

Media statement

8 August 2019

No magic fix to help babies sleep – just safe sleeping practices

Sleep deprived new parents will tell you having an infant ‘sleep through the night’ is often viewed as the holy grail of early parenting.

Parents will trade secrets, tips and tricks on how to achieve this. There are countless books, apps, sleep aids, comforters and websites that promise to teach and train babies to give their parents eight hours of blessed sleep.

It’s little wonder that sleep is a popular topic between parents and Child Health professionals. Part of this conversation must always be about sleep safety.

This **Red Nose Day (9 August)** Sunshine Coast Hospital and Health Service (SCHHS) Registered Midwife Faith Stevens is encouraging all parents to familiarise themselves with the safe sleep recommendations, developed by the Red Nose foundation.

“The conversation between a health professional and a parent, desperate for more sleep can be a tricky one. Often parents want to discuss the latest gadget that guarantees an uninterrupted night of sleeping bliss,” Ms Stevens said.

“Unfortunately, safe sleep recommendations warn against the use of most of the aides, comforters and sleep accessories on the market. Like adults, babies are individuals and there is no one size fits all approach.

“Most babies won’t sleep through the night because biologically they are designed to wake and require feeding, settling, reassurance and care several times during the night. What’s most important is that parents are following the safe sleep recommendations.”

A Child Health nurse can discuss the Red Nose safe sleeping recommendations with parents, which include:

- Sleep baby on his back from birth, not on his tummy or side.
- Sleep baby with his face and head uncovered.
- Avoid exposing baby to tobacco smoke.
- Provide a safe sleeping environment with safe furniture and bedding: this means no quilts, doonas, duvets or pillows in cot.
- Sleep baby in his own safe sleeping place in the same room as you for the first six to twelve months.
- Breastfeed if you can.

Finding the best and safest way to ensure a good night’s sleep for parents and babies is a personalised approach.

For more information on safe sleeping recommendations visit: www.rednoseday.com.au, or

Sunshine Coast

Hospital and Health Service

Media statement

contact Child Health on 5319 4824.

Interview and photo opportunity with SCHHS registered midwife is available on request.

ENDS

Media contact: Alicia Temple | Alexia Kelly | 5202 0083 | 0408 713 747

Follow us!  