



Nice to meet you!

My name is _____

My mother's name is _____

Date of birth _____

Time _____

Sex _____

Weight (gms) _____

Length (cms) _____

Head circ (cms) _____

Midwife _____

Doctor _____

Supported by



australian
breastfeeding
association

For advice or support call or text "breastfeeding" to
13HEALTH (13 43 25 84).
www.health.qld.gov.au/breastfeeding



Queensland
Government

Safe sleeping for babies

Essential care checklist

- Sleep baby on their back from birth
- Head and face uncovered (feet to foot)
- Smoke free environment
- Safe sleeping place: same room as parents for first 6-12 months
- Home sleeping arrangements: room-sharing, bed-sharing, daytime naps
- Breastfeeding safe settling strategies: infant wrapping
- Tummy time when awake
- Immunisation

Enjoy your baby!

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Why supine is safest for babies



On back (supine)



On side



On front (prone)



Sleep baby on their back from birth

sids^{and}kids