

BACK to sleep

Sleep baby safely



River's Gift
Stamping Out SIDS





River's Gift

Our story

He was with us for just 128 days. But what a legacy he's left.

River's Gift was established in November 2011 by two devastated, yet focused and determined parents who were searching for answers surrounding the death of their healthy four month old son, River.

It has now evolved into being one of Australia's largest SIDS research funding organisations, and a leader in educating parents, grandparents, healthcare and childcare professionals about the key principles of infant safe sleep.

Sudden and Unexpected Death in Infancy (SUDI), including SIDS, is the leading cause of death in infants aged between 1 month and 12 months, in Australia.

We still experience 80 to 100 infant fatalities a year, with the ripple effect tragically shattering families, friends and the wider community.

Contact us to learn more about River's Gift's safe sleeping education services:

- T 1300 RivGift
- E education@riversgift.org
- W www.riversgift.org

www.riversgift.org



Sudden Infant Death Syndrome (SIDS) is defined as the sudden and unexpected death of an infant under one year of age with an onset of a fatal episode occurring during sleep, that remains unexplained after a thorough investigation. Following infant safe sleep practices can reduce the incidence of SIDS and fatal sleeping accidents.

Your baby will spend a lot of their time sleeping

Knowing how and why to sleep your baby safely is so important

Sleeping your baby safely for every sleep, day and night, reduces the risk of Sudden Infant Death Syndrome (SIDS) and fatal sleep accidents.



Place your baby on their **BACK** for every sleep from birth, on a firm, flat and well fitted mattress. Sleeping your baby on their side or tummy greatly increases the risk of SIDS or fatal sleeping accidents. Tilting your baby's head into a chin to chest position should always be avoided because it can bend and constrict your baby's airway and make it hard for them to breathe.



Ensure your baby's **AIRWAYS** are always clear (no padded bedding, loose blankets, loose sheets, sheepskin underlay or doonas, accessories such as pillows, bumpers, sleep nests or positioners, beanies, hooded clothing or soft toys). ALWAYS sleep your baby with their head and face uncovered.



Sleep your baby in their own safe **COT**, in your room, for the first 6 to 12 months. Sofas, armchairs, beanbags, sleep nests or positioners, slings and cushions are not safe places for your baby to sleep. Car capsules are not recommended as a device for your baby to sleep in and should only be used when travelling in a car, with regular monitoring by an adult.



KEEP your baby smoke free during pregnancy and after birth.



Other KEY POINTS to reduce the risk of SIDS and fatal sleeping accidents:

- Breastfeeding is recommended, as it offers the optimal form of nutrition for babies, and provides many benefits for babies and mothers.
- Use a safe cot or portable cot that meets current Australian Mandatory Standards.
- Consider using a safe baby sleeping bag that is the correct size for your baby and has fitted neck and armholes (or sleeves) and no hood.

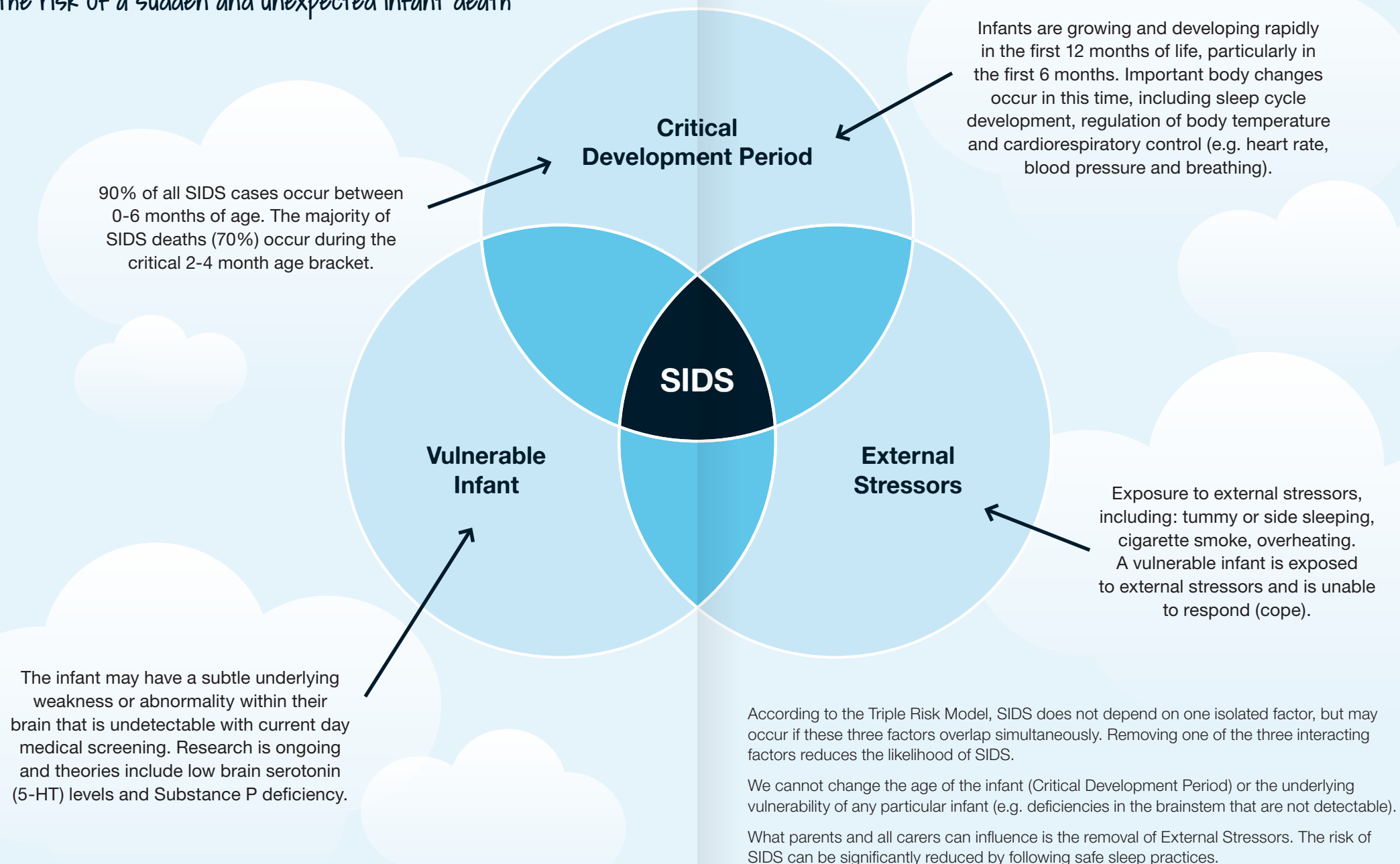
Remember:

- B – BACK**
- A – AIRWAYS**
- C – COT**
- K – KEEP BABY SMOKE FREE**

If you follow the **BACK** principles, you are creating the safest possible environment for your baby, minimising the risk of SIDS and fatal sleeping accidents.

The Triple Risk Model

The removal of external stressors significantly reduces the risk of a sudden and unexpected infant death





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