

# Good sleep for kids and safe sleep for baby

## Kids need lots of sleep



Kids need lots of sleep to learn, grow and behave well.



Bedtime routines help – dinner, bath, teeth, bed, story and sleep.



Water is best before bed.

## Getting ready for bed



Give bedtime stories and hugs.



Kids need peace and comfort to sleep.



Put noisy ones out. Keep volume down.

## Safe sleep for babies



Put your baby to sleep on her back, head uncovered. Use firm, safe bedding.



No smoking around babies any time.



Baby is always safer sleeping alone. This is even more important if parents drink or use drugs.