

### ABC Baby Essentials

- to help shape a discussion -

**Ask** **To raise the issue;** Ask about: sleep position; the sleeping environment; smokefree status and rules; breastfeeding; location of sleep; closeness to a parent, day and night; and about ways to manage stress

**Be clear** To state what is essential

**Check** To support action.  
Check understanding, confidence, expectations and address concerns

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### Baby Essentials

- talking points -

Face-up is essential protection during a critical stage of a baby's development.

A clear face and head helps a baby breathe freely and protects from suffocation.

A smokefree start builds protection into babies as they develop. It is essential.

Breastfeeding is much more than food. It strengthens vital systems eg breathing.

The safest place for your baby to sleep is in their own safe space near to you.

Gentle handling protects your baby's brain from damage at a critical stage.

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