



SAFE SLEEP CHECKLIST

Above all else, safety is our top priority. While we want you to have a good sleeper, safety is a must. Use this checklist as a reference for babies 0-18 months.

Sleep surface is firm. You are not using mattress pads, pillow-tops, or other cushions.

Your baby is sleeping in something labeled as a crib, bassinet, or play yard. Loungers, sleepers, nests, or surfaces with any other name are not approved for safe sleep. Adults beds were not designed with infant safety in mind.

Sleep surface is flat. An elevated position is not safe for sleep (even for babies with reflux!).

Sleep area is bare. There is no loose bedding, blankets, bumpers, stuffed animals, or pillows in your baby's sleep space. Use only a tightly fitted sheet.

Your baby has his/her own sleeping space. Bed-sharing with parents/siblings is not safe.

Sleep area is free of any positional devices. Boppy pillows, DockATots, SnuggleMe Organics, crib wedges, etc. are meant to be used during supervised awake times only. They are not safe for sleep.

There are no gaps around the edge of the mattress, and you are only using the mattress sold specifically with your crib, bassinet, or play yard.

In his/her sleep space, your baby is more than an arm's length away from furniture, cords, windows, and wall-hangings.

Crib mattress is low enough for your baby's height and stage of development.

Swaddles are snug around the chest, but loose around the hips. They are secure and do not come undone. Baby is no longer swaddled when they show signs of rolling.

Baby is always placed on his/her back to sleep. Baby must be able to roll in both directions independently before it is safe to allow her to remain in the sleep position he/she assumes.



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Don't let baby get too hot during sleep. At most, a baby should wear only one layer more of clothing than an adult would wear to be comfortable.

If baby is held while sleeping, the caregiver must remain awake and alert.

If baby falls asleep in the car seat while in the car, ensure that the carseat is properly installed, baby is buckled as directed, and baby is NOT swaddled.

Baby should not sleep unsupervised in car seats, strollers, swings or infant carriers. Babies under 4 months are most at risk for positional asphyxiation. Do not place car seat in the crib.

If baby falls asleep in the car seat, stroller, swing, or infant carrier, transfer to a flat, firm surface as soon as it is safe and practical.

The CDC warns that smoke has been linked to an increased risk of SIDS. If you or a family member are a smoker, be sure to wash hands and change clothes before handling baby.

Other items in crib: 1 lovey toy - 12 months and up; 1 blanket - 12 months and up; 1 pillow - 18 months and up.

NOTES:

| DISCLAIMER |

Please always follow the advice of your trusted medical professional and stay up to date on the latest recommendations from the American Academy of Pediatrics or the guidelines where you are located.