

Safe Sleep Checklist

Based on recommendations from the AAP and the NIH Safe to Sleep® campaign.

The sleep space

- ☐ Firm, flat crib, bassinet or play yard that meets current safety standards
- ☐ Fitted sheet only — no pillows, bumpers, quilts, toys or positioners
- ☐ Mattress fits snugly: no more than two fingers between mattress and side
- ☐ Check regularly for loose, missing or broken parts; use only manufacturer parts
- ☐ Away from windows, blind cords and anything within reach

Temperature & air

- ☐ Dress for the room — a wearable blanket/sleep sack instead of loose blankets
- ☐ No hats indoors for sleep; watch for sweating or flushed skin
- ☐ Keep the home smoke- and vape-free, including clothes and car

Every sleep, every time

- ☐ Back to sleep — for naps and nights, until 1 year
- ☐ Room-share on a separate sleep surface; avoid bed-sharing
- ☐ Offer a clean, dry pacifier at sleep times (once feeding is established)
- ☐ Lower the mattress as soon as baby can push up on hands and knees

Look after you, too

- ☐ Attend well-baby checks and ask your pediatrician anything
- ☐ If crying feels overwhelming: lay baby down safely in the crib, step away, breathe
- ☐ Shower, music, a cup of tea, or call someone — then return calmer
- ☐ If nothing soothes your baby, contact your doctor

The ABCs: babies sleep safest **A**lone, on their **B**ack, in a **C**rib (or bassinet / play yard) — in your room for at least the first six months.

Support lines: 1-800-4-A-CHILD (24/7 parent support) · The Period of PURPLE Crying® — purplecrying.info · National Center on Shaken Baby Syndrome — dontshake.org · safetosleep.nichd.nih.gov · aap.org. Always follow your pediatrician's advice for your child.