

There is a lot to consider when you are planning for your baby to come home. This checklist is an easy way for you to examine your baby's sleep area. Read each section carefully and check any boxes that apply. Use this checklist as a guide to make your baby's sleep area as safe as possible. Talk to your health care provider if you have questions.

Look at your baby's sleep area and surroundings. Are there any of the following unsafe things present?

- Pillows
- Quilts or comforters
- Sheepskins
- Fluffy blankets
- Pillow-like bumpers
- Stuffed toys, dolls or other stuffed items
- Infant positioners or wedges
- Bottles or sippy cups

If so, remove these items from the area. The only thing that should be in your baby's sleep area is a firm mattress and your baby.

Is your baby's sleep area within reach of the following items?

- Drapes or curtains
- Window blinds or shutters
- Electrical Cords
- Furnace vent or radiator
- Space heater or other heat sources
- Any other item that could burn, cut, or become wrapped around your baby

If so, move the baby's sleep area out of reach of any of these items.

Does your baby's sleep area have the following?

- a mattress that is too soft (baby leaves a dent when placed on it)
- a mattress that does not fit in the crib/bassinet correctly
- space (more than two finger-widths) between the mattress and side of the crib/bassinet
- loose sheets or sheets that are not fitted

Your baby's crib/bassinet mattress should be firm and fit well in the crib. Bedding should be tight and fitted.

Do you practice the following safe sleep habits?

- Baby is always placed on his/her back to sleep
- Baby never sleeps with his or her head covered
- Baby never sleeps in heavy sleep clothing
- Baby never sleeps with blanket tucked higher than his or her chest
- Baby never shares a sleep surface with a sibling, adult other than a parent, or pet

In addition to making sure your baby's sleep position and surface are safe, keep in mind that your habits affect your baby's health. The following are things you should consider when it comes to keeping your baby safe during sleep.

- Never smoke where your baby sleeps. Try not to let people smoke indoors or near your baby.
- Keep the room where baby sleeps at a temperature that is comfortable for a lightly clothed adult. If your baby sweats at night, it's too hot in the room.
- For the first six months of life, it's safest to keep your baby's crib in the same room as you.
- Discuss your safe sleep practices with your babysitters, daycare, or other family members that are caring for your baby. It's important that your baby have everyone who cares for him or her following the same rules.

It is never safe to let your baby sleep or nap with you or alone on any of the following:

- Waterbed
- Sofa
- Recliner
- Futon
- Beanbag chair
- Soft mattress
- Other soft surface

The recommended place for your baby to sleep is in a crib, bassinet or cradle that meets the safety standards of the Consumer Product Safety Commission. It is not recommended that you share a bed with your baby.

If you share a sleep surface with your baby, you should never do so if you are:

- A smoker
- Under the influence of alcohol
- Under the influence of illegal drugs
- Taking medication that causes sleepiness
- Sick or unusually tired
- Upset or angry
- Obese or severely overweight