

Baby Sleep

Safe Sleep Checklist

Run through it before every nap and every night. Based on the American Academy of Pediatrics (AAP) safe sleep recommendations.

- ☐ **On their back, every sleep**
For naps and at night. Once your baby rolls both ways on their own, you do not need to turn them back.
- ☐ **A firm, flat surface**
A crib, bassinet or play yard that meets current safety standards, with a tight fitted sheet. Not inclined.
- ☐ **Nothing else in the crib**
No pillows, blankets, bumpers, positioners or soft toys.
- ☐ **Same room, own sleep space**
Room-share, ideally for at least the first 6 months. Do not share a bed.
- ☐ **No couches or armchairs**
Avoid falling asleep with your baby on a sofa, couch or armchair.
- ☐ **Sitting devices are not for sleep**
If your baby falls asleep in a car seat outside the car, a swing or a stroller, move them to a firm, flat surface.
- ☐ **Comfortable, not too warm**
No more than one layer more than you would wear. No hats indoors. Stop swaddling once your baby starts trying to roll.
- ☐ **Smoke-free, and offer a pacifier**
Keep your baby away from smoke and vaping. The AAP recommends offering a pacifier at sleep time (if breastfeeding, once feeding is going well).