# Your Safe Infant Sleep Checklist

Every parent wants to keep their child safe, secure and healthy. That starts day one with making sure your infant has a safe sleep space and that you – and anyone who helps you care for baby – are using the safe sleep practices below.

☐ **Place babies on their backs for naps and at night until they are 1 year old.** Make sure babies sleep on a firm, flat surface in their own crib, bassinet or play yard.
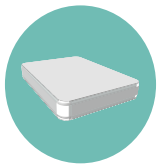
☐ **Choose a firm mattress and fitted sheet for baby's crib.** Remove toys, blankets, pillows, bumper pads and other accessories from the crib.

☐ **Dress baby in a wearable blanket, onesie or similar clothing for every sleep.** A loose blanket could cover baby's airway or make their body temperature too high.

☐ **Share your room, not your bed.** Place baby's crib or bassinet in your bedroom instead of letting baby sleep in the same bed with you.

☐ **Follow the manufacturer's instructions to assemble baby's crib.** Make sure to complete and submit the product registration card to learn about any recalls or safety updates.

☐ **Don't use products with your baby that are not specifically marketed for infant sleep.** Examples include Boppy® pillows and DockATots®.

☐ **Set an alarm while you are feeding your baby.** Always return them to a bassinet, crib or pack and play immediately after feeding.

Sources: Safe Kids Worldwide and HealthyChildren.org

For more Safe Sleep Tips, scan the QR code.

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SAFE KIDS NORTHEAST FLORIDA

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