

# Safe Sleep Checklist



## PRENATAL CARE

- Avoid smoke exposure alcohol and illicit drug use
- Obtain regular prenatal care

## YOUR NURSERY

- Choose a firm sleep surface designed for infants, such as a firm mattress in an approved crib or a bassinet. Avoid bed sharing.
- Place crib/bassinet in the parents room, near the parents' bed for at least the first 6 months, ideally the first year.
- Cover mattress with a fitted sheet with no other bedding or soft objects
- Keep soft objects and loose bedding away from the infant's sleep area
- Cardiorespiratory monitors are not recommended as a strategy to reduce the risk of SIDS.
- Avoid commercial devices that are inconsistent with safe sleep recommendations, such as sleepers, loungers, or hammocks

## SAFER SLEEP TECHNIQUES

- Use a pacifier
- Infant should be placed for sleep on their back (face up) for every sleep by every caregiver until the child reaches 1 year of age**
- Avoid overheating and head covering in infants.

## NEWBORN CARE

- If able, breastfeed exclusively until 6 months.
- Immunize your baby.
- Supervised, awake tummy time is recommended.