

Baby Safe Sleep Checklist

Gentle Tips for Safer Baby Sleep

- Always place baby on their back to sleep (naps and night).
- Use a firm, flat crib mattress with a fitted sheet only.
- Keep the crib empty - no bumpers, toys, or blankets.
- Use a wearable sleep sack instead of loose blankets.
- Offer a pacifier at naps and bedtime (after 1 month if breastfeeding).
- Maintain a room temperature between 68-72°F.
- Share a room, not a bed (crib or bassinet in your room).
- Breastfeed if possible to help lower the risk.
- Avoid all exposure to smoke or secondhand smoke.
- Practice tummy time daily while baby is awake.
- Use a breathable mattress and avoid overheating.
- Keep lights dim and interaction minimal during night wakings.

Bonus Reminders

- Check baby's sleep space before each nap.
- Keep this checklist visible near the crib or changing table.
- Trust your instincts. If something feels off, check in with your pediatrician.