

Safe Sleep Checklist

- ☐ **Always place your baby on their back to sleep.**
This is the most effective way to reduce the risk of SIDS (Sudden Infant Death Syndrome), including during naps.
- ☐ **Use a firm, flat sleep surface.**
A crib or bassinet with a fitted sheet is safest. Avoid couches, pillows, or similar soft surfaces.
- ☐ **Keep the crib free of extra items.**
Remove blankets, pillows, stuffed animals, and toys, as these increase the risk of suffocation.
- ☐ **Never sleep with your baby on a sofa or armchair.**
This is particularly risky and should always be avoided.
- ☐ **Talk to your caregivers.**
Make sure everyone who puts your baby to sleep understands and follows safe sleep guidelines.
- ☐ **Room-share for the first 6 months, if it works for you.**
Having your baby sleep in your room, but not in your bed, may reduce early SIDS risk. Some babies and parents may sleep better when sleeping in separate rooms, especially after 4 months.
- ☐ **Ask your doctor about sleep safety.**
Doctors may not always bring it up, especially when it comes to co-sleeping, so don't hesitate to ask for advice.