

Safe Sleep Checklist

Having a great little sleeper is wonderful, but at Taking Cara Babies, we also want you to have a safe sleeper. Use this checklist for babies 0-12 months as a quick reference! As always, be sure the baby products you are using are safe too!

SLEEP SURFACE IS...

Firm

No need for mattress cushions or pillow tops

Flat

Even for **reflux** babies, an elevated position is not safe for sleep

Labeled as a crib, bassinet, portable crib, or play yard

No loungers, sleepers, nappers, or surfaces by any other name are approved.

Clear of weighted products of any kind, loose bedding, blankets, stuffed animals, or pillows

Free of any positional devices

No Boppy, DockATot, SnuggleMe Organic, etc. **Transitioning out of these** devices is best for safe sleep.

More than an arm's length away from windows, furniture and cords

His/her own space

No bed sharing with parents or siblings

CRIB HAS:

No gaps around the edges of the mattress

No bumpers

Snuggly fitted sheets on the mattress

Slats no more than 2 ¾ inches apart

No drop down sides

Crib mattress at **appropriate height setting**

When baby begins to sit independently, crib rail should be at mid-chest or higher on baby in the standing position.

WHEN USING BASSINETS:

Only use with the mattress sold specifically with it

Applies to play yards too

Transition when baby outgrows it

Weight/length limits OR when baby can sit, climb, or roll out

SWADDLING SHOULD BE:

Snug around the chest, but allow for your hand to slide in

Loose around the hips

Secure

Swaddles that **velcro** or **zip** can help to ensure that babies are secure

Discontinued when baby begins to roll from back to belly

BABY SHOULD ALSO BE:

Placed on back for sleep for the entire first year

Allowed to sleep on his tummy IF he/she rolls there independently

Offered a pacifier at nap time and bedtime

Free of any bows, clips, hats, or mittens

Free of any blankets, weighted swaddles, or weighted sleep sacks of any kind

Dressed for temperature comfort

- Think **similar layers** to others sleeping in the home, but never more than 1 additional layer compared to others.
- If baby is flushed, sweating, or back/chest feels warm, remove a layer.
- If baby's back or chest feels cool, add pajamas, swaddle, or wearable blanket/sleep sack not a blanket.
- Do not add a blanket to a sleeping baby.

CONSIDERATIONS FOR SLEEP OUTSIDE THE CRIB:

If baby is being held or snuggled for sleep, caregiver must remain awake.

If baby falls asleep in a car seat, swing, carrier, or stroller, baby is moved to flat, firm sleep surface as soon as safe and practical.

Car seat sleep is safe when car seat is in the car, car seat is installed/used properly, and baby is buckled as directed.

- Baby must NOT be swaddled in car seat.
- No positioners, padding, toys, etc. in car seat other than what was sold with that particular car seat.

If baby is in a car seat outside the car, these must all apply:

- Baby must remain properly buckled.
- Baby's face should be entirely visible to a watching caretaker at all times.
- Car seat should be placed in the big portion of shopping cart or in an approved adapter for a stroller.
- Remove baby from car seat once you arrive home or to your destination.

***Disclaimer:** Please always follow the advice of your doctor and stay up to date with all the recommendations of the American Academy of Pediatrics or the guidelines for where you live.