Safe Sleep Checklist

Do this before Night 1, and again whenever something changes: new crib, new sleep sack, baby starts rolling.

Checked on _____ _____ _____ _____

- [ ] Baby goes down on their back, every sleep, day and night
- [ ] Firm, flat, non-inclined crib mattress that fits the crib with no gaps
- [ ] Crib meets the mandatory safety standard where we live
- [ ] Nothing soft or loose in the crib: no pillows, comforters, bumpers, lambswool or soft toys
- [ ] Baby sleeps in their own safe space in our room (until at least 6 months)
- [ ] No bed sharing, and never asleep with baby on a sofa
- [ ] **No arms-in swaddle** (baby is 4 months or older, or showing signs of rolling). Sleep sack with arms free
- [ ] No weighted products, nests, inclined sleepers or in-crib devices
- [ ] If baby falls asleep in a car seat, swing or sling, we move them to the crib
- [ ] Pacifier offered at naptime and bedtime, if baby takes one (AAP recommendation)
- [ ] Smoke-free home, car and people; no alcohol or drugs for anyone sleeping near baby
- [ ] Not overdressed: no more than one layer more than we'd wear; no hats; we check warmth on the back or tummy
- [ ] If baby can roll or pull up: moved from bassinet to crib, no blankets
- [ ] Anyone who puts baby to sleep (partner, grandparent, sitter) knows these rules

Every sleep: on the back · flat, empty crib · no arms-in swaddle · own sleep space in your room · not too warm, head uncovered · smoke-free.

ROLLING AND SWADDLING

Stop arms-in swaddling by 4 months, or at any sign of rolling, whichever comes first. Then use a sleep sack with the arms free. Keep putting baby down on their back until age 1.

AN HONEST NOTE

No routine, method or product prevents SIDS or sudden unexpected infant death. Always follow the safe sleep rules on this page.

Based on the American Academy of Pediatrics 2022 safe sleep policy, which Red Nose (Australia), the NHS (UK) and Canada's Joint Statement on Safe Sleep match on the core points. None of these organizations has reviewed or endorsed this printable. Guidance is updated from time to time, so check your national guidance. **Emergency:** 911 US and Canada · 999 UK · 000 Australia.

General information only, not medical advice. Talk to your pediatrician, doctor or child health nurse about your baby.