



SAFE SLEEP
CHECKLIST

We love the idea of having an amazing sleeper but our number one priority is to have a safe sleeper.

Please be very conscious with the sleeping products you are using. Always make sure they are baby related and **SAFE!**

Make sure you always consult your pediatrician advice and keep up with the latest safety guidelines

SLEEP SURFACE IS:	
<input type="checkbox"/>	Firm *No pillows*
<input type="checkbox"/>	Flat *A flat surface is also recommended for reflux babies*
<input type="checkbox"/>	Designed as a crib, bassinet, travel cot
<input type="checkbox"/>	Empty *No loose bedding, blankets, stuffed animals or sleeping nests or anything else*
<input type="checkbox"/>	Only for the baby *No bed sharing with parents or siblings*

CRIB HAS:	
<input type="checkbox"/>	Its own mattress *That fits perfectly within the crib*
<input type="checkbox"/>	No bumpers or safety braids
<input type="checkbox"/>	Fitted sheets only
<input type="checkbox"/>	All sides up
<input type="checkbox"/>	Adjustable heights for the mattress to be move as your baby grows

BABY SHOULD BE:

<input type="checkbox"/>	Placed on back for sleep *Until 12 months of life*
<input type="checkbox"/>	Allowed tummy sleep if he/she can roll back and forth without assistance
<input type="checkbox"/>	Wearing no head, hair or body accessories during sleep
<input type="checkbox"/>	Wearing no weighted swaddles or sleeping bags
<input type="checkbox"/>	Dressed based on the room's/house's temperature

SWADDLE SHOULD BE:

<input type="checkbox"/>	Placed around the chest and shoulders *Snug enough but with room for your hand to slide in*
<input type="checkbox"/>	Very loose around the hip area
<input type="checkbox"/>	Safe and Secure *Ideally one with a zip or velcro*
<input type="checkbox"/>	Removed when your baby starts showing signs of rolling

SLEEPING ON THE GO:

<input type="checkbox"/>	Sleeping in the car seat * ONLY while car seat is safely installed in the car and the car is moving*
<input type="checkbox"/>	Sleeping in the car seat, relax, stroller, swings etc. *Baby to be moved and placed in a firm sleep surface as soon as available*
<input type="checkbox"/>	Sleeping in a car seat *NO swaddling or any other toys etc.* *Make sure the baby is safely buckled, the face is entirely showing, with no loose bedding or heavy weighted items on top*
<input type="checkbox"/>	Sleeping in babywear or while being held *Adult must remain awake at all times*