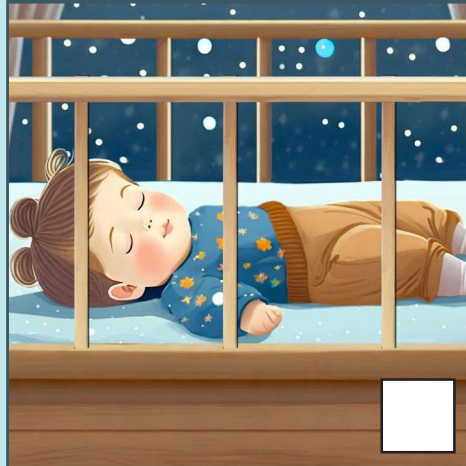


Infant Safe Sleep Checklist

This Infant Safe Sleep Checklist is a tool we offer to assist you in creating a safe and loving environment for your baby.

Please review this entire checklist to ensure that you are providing a Safe Sleep environment for your infant.

1 PUT YOUR BABY ON THEIR BACK FOR ALL NAPS AND AT NIGHT



2 USE A FIRM, FLAT SLEEP SURFACE



3 NEVER SLEEP WITH YOUR BABY



4 INSTEAD OF BED SHARING, ROOM SHARE WITH YOUR BABY



5 KEEP SOFT OBJECTS AND LOOSE BEDDING OUT OF YOUR BABY'S SLEEP AREA



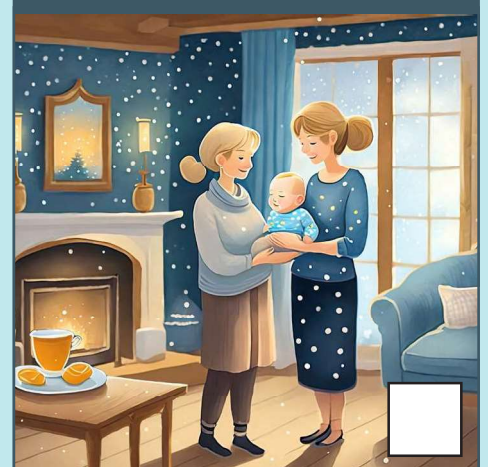
6 DON'T LET YOUR BABY GET OVERHEATED



7 TRY GIVING YOUR BABY A PACIFIER AT NAP AND BEDTIME



8 YOU ARE THE GATEKEEPER OF YOUR BABIES HEALTH - STAY SUBSTANCE FREE



Infant Safe Sleep Checklist - Tips

This Infant Safe Sleep Checklist is a tool we offer to assist you in creating a safe and loving environment for your baby.

Please review all of these tips to ensure that you are providing a Safe Sleep environment for your infant.

3 NEVER SLEEP WITH YOUR BABY

SLEEPING WITH YOUR BABY INCREASES RISK OF SUIDS: Never sleep with your baby, you must always be awake when holding your baby.

SKIN-TO-SKIN SOOTHING: This bonding technique can help calm your baby and give them a sense of security before laying them down in their crib or bassinet.

ANIMAL-FREE SLEEP ENVIRONMENT: Make sure there are no animals in the room, especially cats, rabbits, lizards, turtles, or dogs. This will reduce the risk of accidental incidents.

6 DON'T LET YOUR BABY GET OVERHEATED

RESERVE HATS FOR OUTDOOR ACTIVITIES: Hats can increase risk of overheating especially during sleep time.

USE BREATHABLE BLANKETS: Cotton or linen better regulates your baby's body temperature. Avoid fleece, plush or other items that may cause overheating.

FOLLOW THE LAYERING RULE: Dress your baby in clothing appropriate for the room temperature. Try one more layer than you would wear. Use a cotton safe sleep sack.

RECOGNIZE SIGNS OF OVERHEATING: If you notice sweating, flushing, or chest is hot to the touch, adjust clothing or bedding.

1 PUT YOUR BABY ON THEIR BACK FOR ALL NAPS AND AT NIGHT

SWADDLE WITH AN UNWEIGHTED SLEEP SACK:

This alternative provides a sense of security without the use of loose blankets to minimize the risk of accidental face covering.

KNOW WHEN TO STOP SWADDLING: Once your baby begins to turn over on their stomach, around 3 months. This helps your baby have the freedom to move and explore their sleep space safely.

HELP POSITION YOUR BABY: Lay your baby on their back, and if your baby tends to favor one side, gently turn their head in that direction.

4 INSTEAD OF BED SHARING, ROOM SHARE WITH YOUR BABY

SHARE YOUR BEDROOM WITH YOUR BABY:

Avoid placing crib or bassinet in a separate room. Your baby should sleep in their crib or bassinet, located next to your bed.

PLACE BABY'S CRIB NEXT TO YOUR BED:

Ensure your baby sleeps in a CPSC-approved crib or bassinet placed next to your bed to ensure a safe sleep environment for your baby.

SHARE NIGHTTIME DUTIES:

If possible, share nighttime duties with a partner, family member, friend, or trusted person to ensure a safe sleep environment for your baby.

2 USE A FIRM, FLAT SLEEP SURFACE

USE CPSC INFANT APPROVED SAFE SLEEP PRODUCTS:

Ensure that the sleep surface, including cribs, bassinets, and play yards, meet the safety standards set by the Consumer Product Safety Commission (CPSC).

NO PRODUCT CAN PREVENT SUDDEN UNEXPECTED INFANT DEATH SYNDROME (SUIDS):

A safe sleep environment involves a combination of practices. Use of approved products is just one part.

AVOID INAPPROPRIATE SLEEP SURFACES:

Couches, armchairs, car seats, or swings pose a risk of accidental suffocation or other hazards.

5 KEEP SOFT OBJECTS AND LOOSE BEDDING OUT OF YOUR BABY'S SLEEP AREA

REMOVE EVERYTHING BUT ESSENTIAL ITEMS:

Keep your baby's sleep area free of soft objects and loose bedding. Remove everything except your baby and a fitted sheet.

DESIGNATE OTHER ITEMS FOR AWAKE TIME:

Keep all other items, such as toys, blankets, and pillows, outside the crib. Designate these items for awake time when they can be supervised.

AVOID BABY BUMPERS: No product can prevent SUIDS. Baby bumpers should be avoided as they pose a potential risk to your baby's safety.

7 TRY GIVING YOUR BABY A PACIFIER AT NAP AND BEDTIME

ESTABLISH BREASTFEEDING FIRST: Learn to recognize your baby's hunger cues before introducing a pacifier and never use as a substitute for feeding your baby when they're hungry.

USE BABY'S FINGER AS A PACIFIER: Wash your hands and use your baby's finger as a pacifier to provide comfort and soothing. This supports the natural instinct to suckle and safe sleep practices.

AVOID PACIFIER CLIPS DURING SLEEP: Clips can pose a potential choking hazard if they detach during sleep, so it's safer to avoid them altogether during sleep times.

8 YOU ARE THE GATEKEEPER OF YOUR BABIES HEALTH - STAY SUBSTANCE FREE

SMOKE OUTSIDE AWAY FROM YOUR BABY:

Wash hands, brush teeth, and change clothes to reduce secondhand exposure.

AVOID MARIJUANA WHEN WITH YOUR BABY:

This poses danger to your baby's health. Take proactive steps to minimize secondhand exposure.

ENSURE A SOBER ADULT IS PRESENT: A sober adult can help watch your baby to prevent harm if you use substances at any time.

SEEK SUPPORT GUIDANCE FROM A TRUSTED PROVIDER: Confide in a trusted, non-judgmental care provider who can offer guidance and support to maintain sobriety.

