



SAFE SLEEP CHECK LIST

Always put baby on their back to sleep

Use a firm, flat, non-inclined sleep surface with a tightly fitted sheet

It's recommended that babies sleep in their own sleep space in the same room with their parents/caregivers but not in the same bed for at least the first six months

Couches and recliners are not a safe sleep space as baby can roll over into the cushions

Pillows, blankets, bumpers and stuffed animals should be kept out of the sleep space - bare is best

Second and third-hand smoke increases the risk of SIDS

Breastfeeding reduces the risk of SIDS

Remove hats and headbands when sleeping

Sitting devices, such as car seats, strollers, swings, infant carriers, and infant slings, are not recommended for routine sleep in the hospital or at home, particularly for infants younger than 4 months

Pacifier use is associated with reducing SIDS risk