ntaking cara babies

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, or play yard No loungers, sleepers, nappers, or surfaces by any other name are approved. Clear of 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:

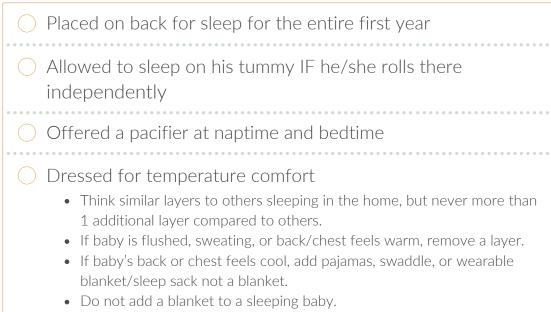
- Only use with the mattress sold specifically with it Applies to play yards too
- Transition when baby outgrows it Weight/length limits OR when baby can sit, climb, or roll out

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
 - ____
- O Discontinued when baby begins to roll from back to belly

BABY SHOULD ALSO BE:



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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.

NOTES:

| 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.

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