

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 $\frac{3}{8}$ 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

- Discontinued when baby begins to roll from back to belly

BABY SHOULD ALSO BE:

- Placed on back for sleep for the entire first year

- Allowed to sleep on his tummy IF he/she rolls there independently

- Offered a pacifier at naptime and bedtime

- Dressed for temperature comfort

- Think similar layers to others sleeping in the home, but never more than 1 additional layer compared to others.
- If baby is flushed, sweating, or back/chest feels warm, remove a layer.
- If baby's back or chest feels cool, add pajamas, swaddle, or wearable blanket/sleep sack not a blanket.
- Do not add a blanket to a sleeping baby.

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.