

SAFE SLEEP PLAN

A safe sleep plan for your baby is essential to an overall parenting plan. A safe sleep plan lets anyone who cares for your baby know the details for helping your baby receive the safest and best sleep possible. Grandparents, babysitters, childcare providers, older siblings, and anyone else who cares for your baby should know, and be on board with your safe sleep plan.



BABY'S NAME

BED TIME

BEFORE BED ROUTINE

- | | |
|---|----------------------------------|
| <input type="checkbox"/> Bath | <input type="checkbox"/> Rocking |
| <input type="checkbox"/> Breastfeeding
or Bottle | <input type="checkbox"/> Lotions |
| <input type="checkbox"/> Story | <input type="checkbox"/> Prayers |

PAJAMA PREFERENCES

BED LOCATION

- In Room – Recommended for the first 6-12 months.
- Own Room – Make sure room is nearby and/or utilize a monitor.

LIGHTING

- On Off Dimmed

SOUND

- Music
- Sound Machine
- Ambient Sound

NIGHTTIME FEEDING

- Time(s): _____ Amount: _____

CHECKLIST FOR SLEEPING

- Place the baby on their back for sleep.
- Sleeping surface should be firm and have no incline.
- The baby's crib should be empty. Remember to remove all toys, pillows, blankets, and bumpers.
- Infants should not sleep in a car seat, stroller, swing, or infant carrier. Move baby as soon as possible if they fall asleep in one of these devices. Never allow babies to sleep on a couch, armchair, or nursing pillow.
- It is OK for a baby to have a pacifier at nap and bedtime. Ensure it is free of straps, strings, or other choking hazards.

COMFORT MEASURES

- | | |
|---------------------------------------|---|
| <input type="checkbox"/> Rocking | <input type="checkbox"/> Burping |
| <input type="checkbox"/> Walking | <input type="checkbox"/> Rubbing/
Patting Back |
| <input type="checkbox"/> Singing | |
| <input type="checkbox"/> Infant Swing | |

Once infant is asleep, transfer to crib for safe sleep. If you are unable to comfort the baby, but feel sleepy, place infant in bed, and allow them to settle themselves.