

# Oh Baby Consulting Safe Sleep Checklist

---



Having a good sleeper is wonderful, but at Oh Baby Consulting, we also want you to have a safe sleeper. Use this checklist as a reference for babies 0-12 months.

**Sleep surface is firm.** You are not using mattress pads, pillow-tops, or other cushions.

Your child is sleeping in something labeled as a **crib, bassinet, or play yard**. Loungers, sleepers, nests, or surfaces with any other name are not approved for safe sleep. Adult beds were not designed with infant safety in mind.

**Sleep surface is flat.** An elevated position is not safe for sleep (even for reflux babies!)

**Sleep area is bare.** There is no loose bedding, blankets, bumpers, stuffed animals, or pillows in your child's sleep space. Use only a flat, fitted sheet.

Your child has his/her **own sleep space**. Bed-sharing with parents/siblings is not safe.



Sleep area is free of any positional devices. Boppies, DockATots, SnuggleMe Organics, crib wedges, etc. are meant to be used during supervised awake times only. They are not safe for sleep.

There are no gaps around the edges of the mattress, and you're only using the mattress sold specifically with your crib, bassinet, or play yard.

In his/her sleep space, your baby is more than an arm's length away from furniture, cords, windows, and wall-hangings.

Crib mattress is low enough for your baby's height and stage of development.

Swaddles are snug around the chest but loose around the hips. They are secure and do not come undone. **Baby is no longer swaddled when they begin to roll.**

**Baby is always placed on his/her back to sleep.** Allow tummy sleep only if he/she is able to roll independently.

Baby is dressed appropriately for temperature comfort. **Ideal sleeping temperature is 68-72° F (20-22° C).**



If baby is held while sleeping, the caregiver must remain awake and alert.

If baby falls asleep in the car seat while in the car, ensure that the car seat is properly installed, baby is buckled as directed, and baby is NOT swaddled.

If baby falls asleep in the car seat, swing, stroller, or carrier, they are transferred to a flat, firm surface as soon as it is safe and practical.

If you're struggling to get your baby sleeping well and safely, we'd love to help! Visit [ohbabyconsulting.com](http://ohbabyconsulting.com) to get in touch.

NOTES:

---

---

---

---

---

---

| DISCLAIMER |

Please always follow the advice of your doctor or trusted medical professional and stay up to date on the latest recommendations from the American Academy of Pediatrics or the guidelines for where you're located.