



Arizona infant safe sleep campaign

HOME VISIT SAFETY CHECKLIST

IS YOUR BABY SLEEPING SAFELY?

THINGS TO LOOK FOR:

- A separate sleeping space for the baby.
 - Crib or bassinet in the room.
 - Baby not sharing a bed.
 - Sharing a room with parent/guardian until 1 year old.
- This separate sleeping space should have:
 - A firm mattress with a fitted sheet.
 - No bedding (blankets, pillows, bumpers).
 - No clutter (stuffed animals, toys).
- Room temperature should not be too warm.
 - If room temperature is comfortable for an adult, no extra heat is needed.
- No smoking in the baby's home.



DON'T WAKE UP TO A TRAGEDY

DCS.AZ.GOV/SAFESLEEP | PREVENTION@AZDCS.GOV

AZAAP.ORG/SAFESLEEP

