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

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