Safe Sleep

A reminder for the fridge and the crib

Rules for every sleep of a baby under one: at night, during the day, and when your baby dozes off for half an hour.



BABY'S NAME _____

PEDIATRICIAN'S PHONE _____

FAMILY DOCTOR _____

Before every sleep

- [ ] Baby lies on the back
- [ ] Firm, flat mattress, fitted sheet
- [ ] Nothing in the crib but the baby
- [ ] Crib in the parents' room
- [ ] 16-20 °C in the room, baby in a sleeping bag, no hat
- [ ] Nobody smokes nearby

The crib

- [ ] A firm, flat mattress with no incline
- [ ] No pillows, blankets, bumpers or toys
- [ ] The mobile is secure and out of baby's reach
- [ ] A separate crib, not an adult bed

Not for sleep

- [ ] Sofa and armchair
- [ ] Nursing pillow
- [ ] Car seat, stroller and bouncer
- [ ] Inclined sleepers

Warmth

- [ ] Check warmth on the chest or the back of the neck
- [ ] A sleeping bag instead of a blanket
- [ ] No hat indoors
- [ ] No hot water bottles or electric blankets

Also lowers the risk

- [ ] Breastfeeding, even partly
- [ ] A pacifier for sleep, without a cord
- [ ] Air free of smoke and vapes
- [ ] Vaccinations on schedule