LESSON 4

Safe sleep

Evaluate your child's sleep safety by filling out the relevant checklist for your situation below. Make sure to come back and review the appropriate safe sleep checklist for your new sleep situation, if you decide based on Lesson 5 of this module to do a bed transition during the sleep training process.

Safety checklist for bed-sharing / co-sleeping

- [ ] Firm mattress
- [ ] Few pillows and minimal bedding
- [ ] No bedding close to baby
- [ ] Mattress on the ground
- [ ] No space between mattress and wall
- [ ] Baby sleeps between mom and the wall, not between mom and dad
- [ ] Mom is breastfeeding
- [ ] Neither parent is overweight
- [ ] Mom didn't smoke during pregnancy AND neither parent currently smokes
- [ ] Neither parent has consumed alcohol
- [ ] No other children sleep in the bed
- [ ] No pets sleep in the bed
- [ ] Neither parent takes drugs or is on constant medication (unless approved by your doctor)

Safety checklist for the crib

- [ ] Mattress and cot meet safety standards, and mattress is firm and flat
- [ ] No loose bedding or blankets
- [ ] No pillows

- [ ] No crib bumpers
- [ ] No extra toys are in the bed (except for one small lovey/cuddly after 7 months)
- [ ] No smoking in the bedroom
- [ ] If still using a swaddle, the swaddle is firm and not able to ride up over the baby's face
- [ ] Your baby is dressed appropriately for the room temperature to avoid overheating (go through previous lessons' checklist for room temperature in your worksheet if you haven't already done so)
- [ ] Baby's head is not covered with a hat or anything else
- [ ] Baby is placed on their back to sleep (may sleep on their stomach if rolling into this position themselves)
- [ ] Mattress height is adjusted depending on your child's age and mobility

Safety checklist for the open bed / floor bed

Treat the whole room as a "bed". Your baby needs to be able to roam the room freely unsupervised, in order for them to be able to learn to self-settle.

- [ ] No shelving or other heavy items that the child can pull onto themselves (attach cupboards and shelves to the wall)
- [ ] No dangling cords that they could get tangled in
- [ ] No unprotected electric sockets
- [ ] No toys that could provide a distraction
- [ ] Child locks on all windows or balcony doors
- [ ] No high cupboards that your child can climb onto / fall off of
- [ ] Bathroom locked for water safety, if a bathroom is directly accessible from the child's room
- [ ] Consider adding a baby gate to the bedroom door (optional)