

# Safe Sleep Assessment

This sheet is intended to be used as an assessment tool based on the recommendations of the American Academy of Pediatrics for infant safe sleep.

	Yes	No
Baby sleeps alone, on his or her back, in a crib		
Crib meets the safety guidelines of the Consumer Product Safety Commission ( <a href="http://www.cpsc.gov">www.cpsc.gov</a> )		
Baby does not sleep on sofas, recliners, waterbeds, bean bags, air mattresses or soft mattresses		
No pillows, soft toys, stuffed animals or crib bumpers in the crib; only a firm mattress with tightly fitted crib sheet is used		
Do not use positioners, wedges or any products claiming to reduce risk of SIDS		
Baby sleeps in the same room as the parents but not in the same bed (room-sharing without bed sharing)		
The temperature of the room is comfortable for an adult and baby is not overheated		
Baby is offered a pacifier at nap time and bedtime		
Baby is being breastfed		
Infant receives recommended immunizations		
Baby has supervised awake tummy time to facilitate development and minimize the occurrence of positional plagiocephaly (flat heads)		
No smoking around infant or in infant's environment		

For more information about the AAP recommendations and other child health and safety information visit: [www.healthychildren.org](http://www.healthychildren.org)