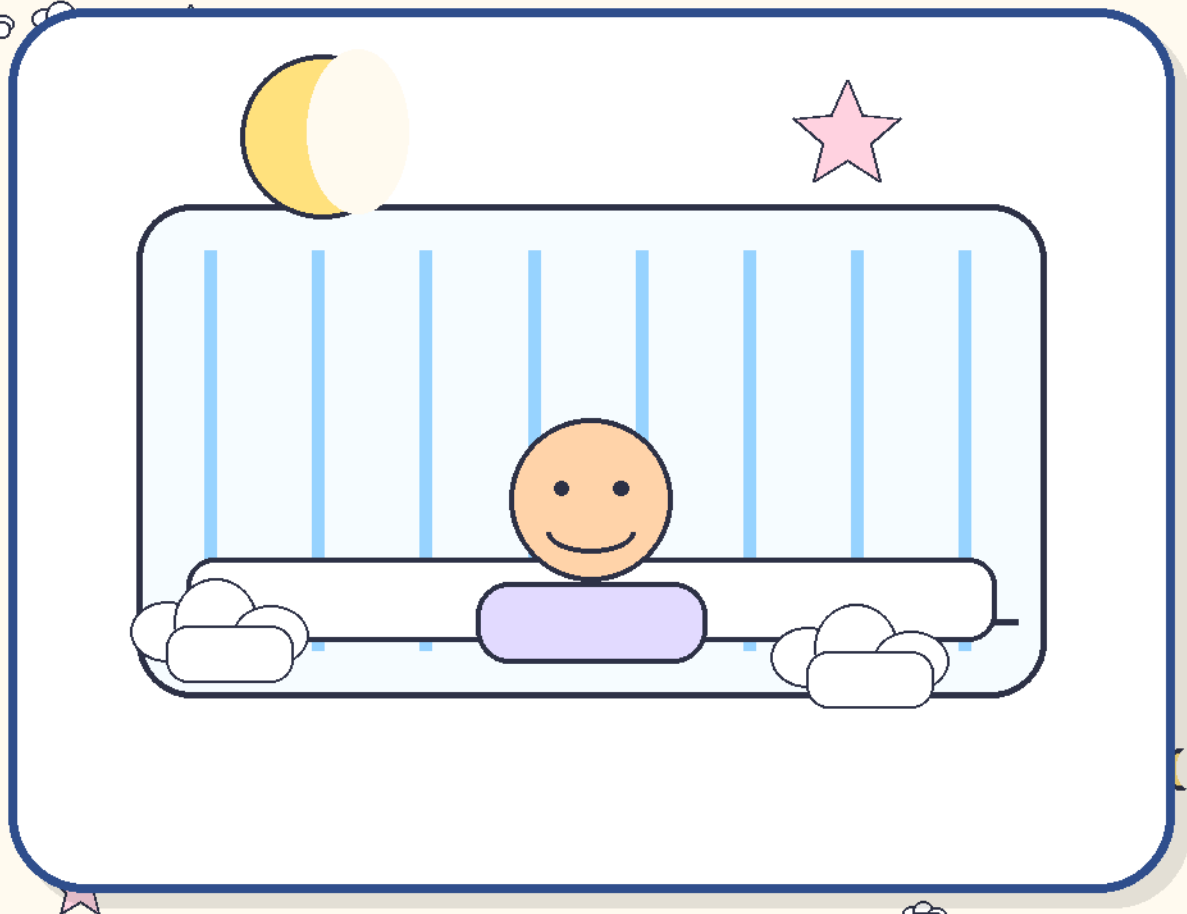


Newborn Safe Sleep Checklist

A gentle printable reminder for back sleeping, clear cot checks, room-sharing and safe sleep questions



Back to sleep. Clear cot. Same room. Separate space.

How to Use This Checklist

Print, place and check gently



Place it nearby

Keep the checklist near baby's cot, changing area, or parent bedside space.



Use before sleep

Check the sleep space before naps and nighttime sleep.



Ask for advice

Write down questions for your midwife, health visitor, GP or paediatrician.



Return to basics

When tired, remember: back, clear cot, firm flat mattress, same room, separate space.

This printable is a reminder only. Always follow advice from your baby's healthcare team.

Safe Sleep Checklist

Check before every sleep



☐ Baby is placed on their back

☐ Baby is in their own sleep space

☐ Mattress is firm and flat

☐ Fitted sheet only

☐ No pillows or loose blankets

☐ No soft toys or comforters

☐ No cot bumpers

☐ No wedges, nests or positioners

☐ No cords, screens or devices near cot

☐ Baby is not too hot

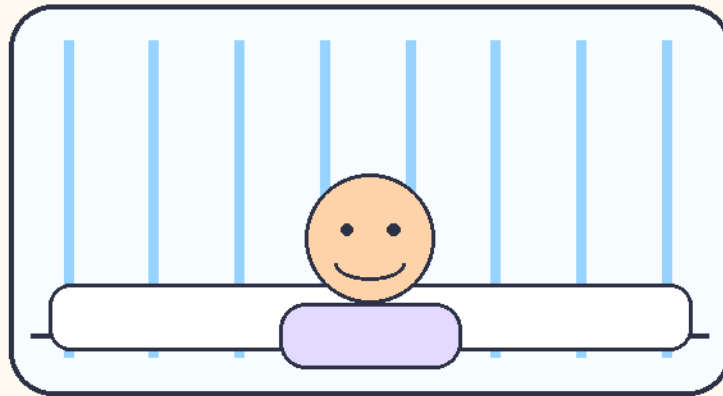
☐ No hat indoors during sleep

☐ Sleep space is smoke-free

Simple memory phrase: Back to sleep, clear cot, same room, separate space.

Clear Cot Reminder

Plain can be safer



Keep

- ☐ Firm, flat mattress
- ☐ Fitted sheet only
- ☐ Baby on back
- ☐ Clear space around baby

Avoid

- ☐ No pillows
- ☐ No loose blankets
- ☐ No toys
- ☐ No bumpers
- ☐ No positioners
- ☐ No inclined sleepers

Parent note: A clear cot may look plain, but clear and simple is the safer setup for newborn sleep.

Room-Sharing Reminder

Same room, separate sleep space



For the first 6 months, safer sleep guidance advises baby sleeps in the same room as you, but in their own cot, crib, Moses basket, bassinet or suitable travel cot.

Night sleep

Baby in own sleep space beside parent

Daytime naps

Use a clear, flat, firm sleep space

Sofa or armchair

Avoid sleeping there with baby

Travel or visits

Plan a safe sleep space ahead

If baby falls asleep elsewhere

Move baby when you can safely do so

My baby's sleep space is: _____

Temperature Check

Keep baby comfortably warm, not hot



Check baby's chest or the back of the neck. If baby feels hot, sweaty or flushed, remove a layer. Hands and feet can feel cooler, so do not use them as the only guide.

☐ Room feels comfortable

☐ Baby is not sweaty

☐ Chest or neck is not hot

☐ No hat indoors during sleep

☐ Outdoor clothing removed indoors

☐ Sleep bag or bedding suits the room

If you are unsure what baby should wear, ask your midwife, health visitor or baby care professional.

Swaddling Safety Reminder

Ask if unsure



If you swaddle

- ☐ Baby on back
- ☐ Lightweight fabric
- ☐ Hips free to move
- ☐ Away from face
- ☐ Stop at signs of rolling

Avoid

- ☐ No weighted swaddles
- ☐ No tight hip wrapping
- ☐ No loose fabric near face
- ☐ No swaddle once rolling begins
- ☐ No positioners

Swaddling is not needed for every baby. If you use it, stop when baby starts showing signs of trying to roll.

Question to ask: Is swaddling suitable for my baby?

White Noise Safety Note

Optional, low and away



White noise is optional. Some families use low, steady sound to mask household noise, but it should never replace safe sleep basics.

☐ Device is outside the cot

☐ Device is away from baby

☐ Volume is low and comfortable

☐ No cords near sleep space

☐ No bright screen near baby

☐ Turn down or off if too loud

Do not place phones, tablets, speakers, monitors, cords or chargers inside baby's cot or Moses basket.

Questions to Ask

Midwife, health visitor, GP or paediatrician



☐ Is my baby's sleep setup suitable?

☐ What should my baby wear at night?

☐ Is swaddling suitable for my baby?

☐ What should I do if my baby has reflux?

☐ What if my baby falls asleep during feeding?

☐ How can I plan safe sleep when visiting family?

☐ What should I do if I am exhausted and worried I'm not doing enough?

☐ Are there any individual medical needs I should consider?

My main question:

Advice I was given:

Next step:

Parent Notes

Write reminders for your baby



Baby's usual sleep space:

Sleep bag or bedding used:

Temperature notes:

White noise or device notes:

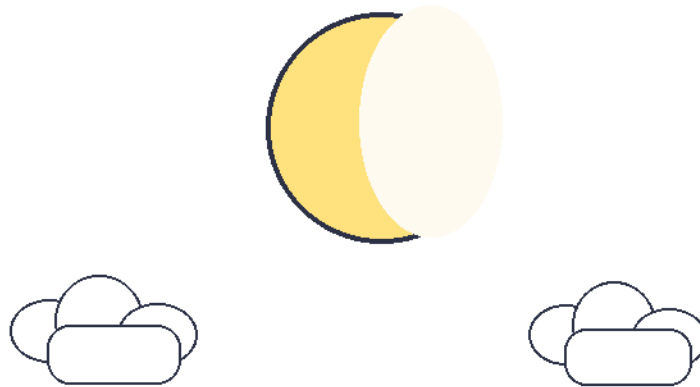
Questions for next appointment:

Seek urgent medical help if your baby has breathing difficulty, turns blue or grey, is unusually floppy, has a fever, is difficult to wake, is not feeding, or you are seriously worried.

Emergency note: Follow local emergency guidance. In an emergency, call emergency services.

Safe Sleep Reminder Card

A gentle note for tired nights



**One safe sleep
at a time.**

Back to sleep.

Clear cot.

Firm, flat mattress.

Same room, separate space.

