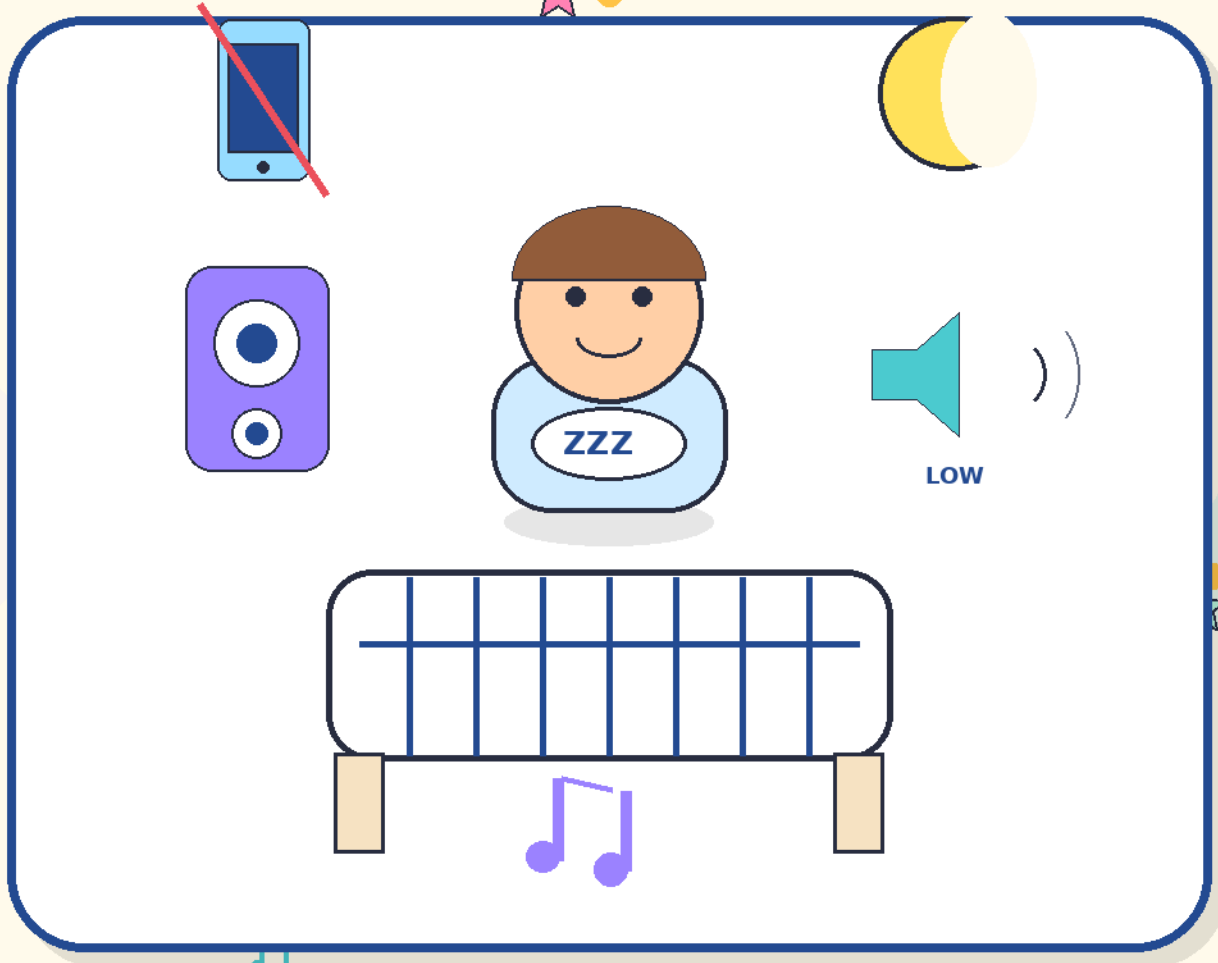


Baby White Noise Safety Checklist

A parent-friendly printable for safer sound, screen-free sleep routines and safe sleep reminders



Safe sleep first. Low sound only.

How to Use This Checklist

Safe sleep comes before sound



1

Set up safe sleep first

Back sleeping, firm flat mattress, clear cot and same room for the first 6 months.

2

Keep devices out of the cot

No phone, tablet, speaker, sound machine, cords or chargers in the baby's sleep space.

3

Use low, gentle sound

If you use white noise, keep it quiet and away from your baby's head.

4

Respond to your baby

White noise should never cover crying, illness, feeding needs or discomfort.

Parent note: This printable is general information only. It is not medical advice, safe sleep certification, hearing advice or sleep training advice.

Safe Sleep Setup

Check before adding any sound



☐ Baby is on their back

☐ Firm, flat mattress

☐ Clear cot or Moses basket

☐ No pillows or loose blankets

☐ No toys or bumpers

☐ No pods, nests or wedges

☐ Baby's head is uncovered

☐ Baby is not too hot

☐ Same room for first 6 months

☐ Device outside sleep space

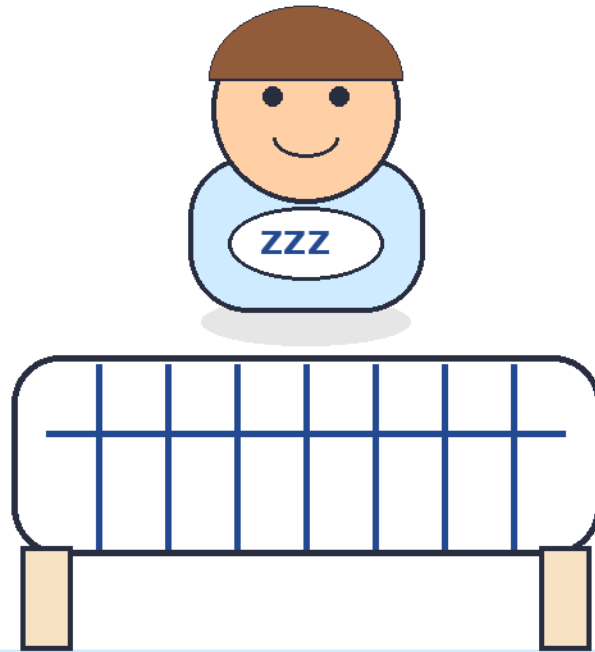
☐ Cords kept far away

☐ Parent checks baby regularly

Reminder: White noise does not make an unsafe sleep space safe.

Back for Every Sleep

Safe sleep reminder card



**Place baby on their back
for every sleep.**

Use this card near your bedtime notes or routine board. It is a reminder, not a replacement for official safer sleep guidance.

If your baby is unwell or you are worried, seek medical advice.

Clear Cot Reminder

Nothing extra in the sleep space



No pillows

Keep soft pillows out



No loose blankets

Use safer sleep guidance



No toys

Clear sleep space



No bumpers

Avoid cot bumpers



No pods or nests

Use a firm flat mattress



No cords

Keep cords away



No phones

No device in cot



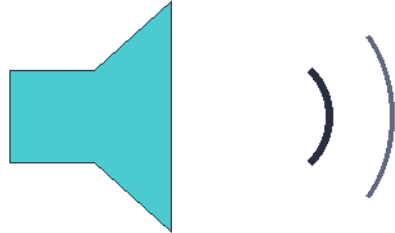
No sound machine

Place it away

Safe sleep first: a clear cot helps reduce hazards around your baby's face, breathing and sleep space.

White Noise Volume Reminder

Low, gentle and away from baby



LOW

Keep it low.

If you need to raise your voice, it is too loud.



Lowest helpful volume

Start low and only adjust gently



Away from baby's head

Do not place sound close to ears



Not all night loud

Use a timer or limited use where possible

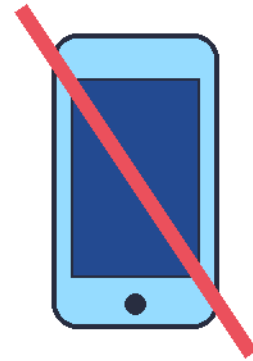
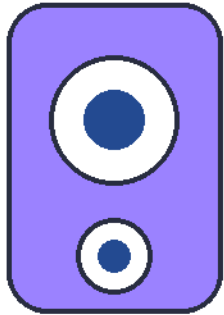


Stop if baby dislikes it

Watch your baby's response

Device Placement Reminder

Outside the cot, away from baby



YES

nowayfreenin.cot

☐ Device is outside sleep space

☐ Speaker is away from baby's head

☐ No cords near the cot

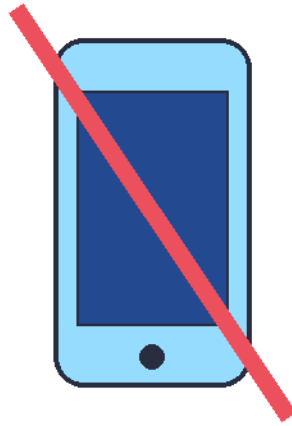
☐ No chargers near sleep space

☐ No phone or tablet in cot

☐ No device attached to cot rail

No Screen in Cot

Audio only is safer for sleep



No phone, tablet or video
near baby's sleep space.

☐ Bright videos

☐ Moving images

☐ Flashing lights

☐ Sudden adverts

☐ Notifications

☐ Overheating devices

If using online audio, keep the device away and check for sudden sound changes.

Timer and Limited Use Tracker

Use gently and review often



You may choose to use white noise only during settling, only for naps, or with a timer. It does not need to be loud or constant.

This week:

☐	☐	☐	☒	☐	☐	☐
--------------------------	--------------------------	--------------------------	-------------------------------------	--------------------------	--------------------------	--------------------------

Volume felt low and gentle:

Device stayed away from baby:

Sound stopped or lowered after settling:

Baby seemed calm with the sound:

Baby Response Notes

Watch, respond and adjust



Baby seemed calmer when:

Baby disliked or startled when:

Best sound so far:

Best time to use it:

I should stop or lower sound when:

Questions for health visitor or GP:

Parent reminder:

White noise should not cover hunger, illness, pain, breathing concerns, nappy needs or a cry that worries you.

When to Stop or Seek Help

Trust your instincts



☐ Baby seems startled or unsettled

☐ Sound feels too loud

☐ Device is too close

☐ Baby is distracted by it

☐ You prefer quiet

☐ Baby sleeps fine without it

Seek medical advice if:

Your baby has a fever, breathing changes, poor feeding, unusual sleepiness, persistent crying, fewer wet nappies, signs of pain, or you feel something is not right.

☐ Health visitor

☐ GP

☐ Midwife

☐ Paediatrician

☐ Emergency help if urgent

☐ The Lullaby Trust guidance

Calm Sleep Routine Planner

Safe, simple and responsive



Use this page to plan a short, calm routine. Babies still wake often, and that can be normal. This routine is about safety and comfort, not guaranteeing sleep.

☐ Dim lights

☐ Nappy change

☐ Feed if needed

☐ Wind baby

☐ Cuddle calmly

☐ Place baby on back

☐ Low sound if using

☐ Check baby regularly

Final reminder: safe sleep first, low sound only, device away from baby, and always respond to your baby's needs.