



Eyes on the Baby

Safer Sleep Checklist



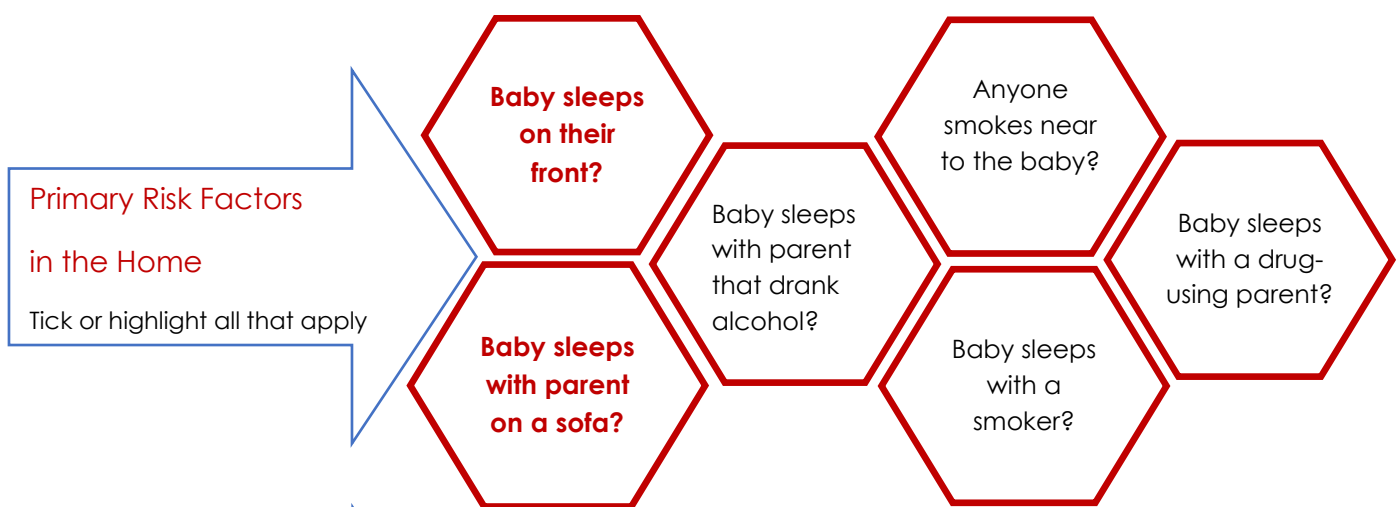
Strand 2

There are some pre-existing factors which make co-sleeping more risky for some babies and other risk factors, which may be observed in the home, which further increase the risk for these babies.

- Use this checklist to identify the pre-existing risks and risks arising from the home.
- Discuss these with the family.
- Offer to make a referral to the Health Visiting team if further support is needed.
- Health visiting team HDFt.spocnorthumberland@nhs.net

Age	<2 mths	2-4 mths	5-6 mths	>7mths
Premature?	no	yes		
Birthweight	normal	<2500g		
Pregnancy risks	none	drugs	nicotine	alcohol
Breastfeeding	yes	no		

Pre-existing Risk Factors
Circle all that apply



Safer bedsharing if there are no Pre-existing or Primary Risk Factors

- Baby on their back and lying flat on the mattress
- Keep covers at mum's waist height
- Face the baby
- No pets or other children in bed
- No gaps

