

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

Eyes on the Baby

Strand 2



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

Pre-existing Risk **Factors**

Circle all that apply

Primary Risk Factors

in the Home

Tick or highlight all that apply

Baby sleeps on their front?

Baby sleeps with parent on a sofa?

smokes near to the baby? Baby sleeps

with parent

that drank

alcohol?

Baby sleeps with a smoker?

Anyone

Baby sleeps with a drugusing parent?

Additional Risk Factors

in the Home

Tick or highlight all that apply

Baby sleeps in room away from parent?

Baby sleeps in

a bag-type

sling?

Baby sleeps with too much bedding?

Baby sleeps in a pod or nest? Baby sleeps in car seat in house?

Baby is overdressed for sleep?

Baby sleeps on a soft surface?

Baby wears hat/hood for indoor sleep

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

