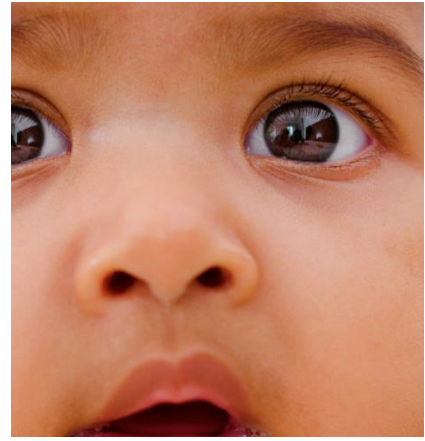




Eyes on the Baby

Safer Sleep Checklist



Strand 3

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

Primary Risk Factors in the Home
Tick or highlight all that apply



Additional Risk Factors in the Home
Tick or highlight all that apply

Baby sleeps in room away from parent?	Baby sleeps with too much bedding?	Baby sleeps in car seat in house?	Baby sleeps on a soft surface?
Baby sleeps in a bag-type sling?	Baby sleeps in a pod or nest?	Baby is over-dressed for sleep?	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



Risk Reduction Plan

It is important to identify all of the people who will spend time caring for the baby and ensure that the risk reduction plan is discussed with everyone.

Professional:

Discussed and agreed with:

Discuss with family the Key Priorities for this baby's sleep safety and list below. Confirm that all carers are aware.

Mum

Dad

Other caregivers

Priority 1				
Priority 2				
Priority 3				
Other actions				
Additional support				
Review date:				

