

My Baby's Safe Sleep Plan

Most sleep-related deaths happen when babies are between 1 and 4 months old and are due to suffocation and being stuck or trapped between spaces.

There are many expert-recommended safe sleep practices I can do to make sure my baby is as safe as they can be while they are sleeping



Adapted from Spokane Regional Health District

Share this plan with everyone who cares for your baby

The usual plan for how my baby will sleep, including:

Where my baby will sleep: _____

What firm surface my baby will be on when sleeping: _____

What my baby's sleep environment will be like: _____

What my baby will be wearing during sleep to keep them warm while reducing the risk of overheating: _____

What position my baby will be in when laid to sleep: _____

How my baby might sleep and what I will do in unexpected situations, like:

When visiting friends or family: _____

When traveling: _____

When I find my baby asleep in a way that is different than my usual plan: _____

My usual plan for feeding or comforting my baby at night, including:

Who will feed or comfort my baby at night: _____

How I will feed or comfort my baby: _____

What I will do when my baby is done being fed or comforted: _____

When I am fatigued and falling asleep feeding or comforting my baby: _____

Other things that I think will be helpful to reduce my baby's risk of suffocation:

Reviewed By: **Nurse:** _____

Parent/Caregiver(s): _____

Additional Resources

to learn about the safest ways babies sleep, get answers to sleep safety questions, and access to items to keep my babies safe.

