**.SAFESLEEP**

Safe sleep education provided. Discussed the following:

* There are 3 places that are safe for babies to sleep - in a crib, a bassinet, or a portable crib/play yard
* Use a firm, flat surface with a fitted sheet
* Put your baby on their back for all naps and at night
* Never sleep with your baby and only one baby per safe crib
* Instead of bed sharing, room share with your baby
* Keep soft objects, blankets, toys and loose bedding out of your baby’s sleep area
* Don’t let your baby get overheated. You can dress your baby in layers of clothing or use a wearable blanket. In general, you should dress your baby in only one layer more than you are wearing
* Swaddle or use a wearable blanket for your baby if you like
* Feed your baby breast milk
* Try giving your baby a pacifier at nap time and bedtime
* Don’t smoke, vape or use nicotine around your baby
* Make sure your baby has tummy time while awake every day
* Babies sleep at night, just not all night. Brainstorm how to adjust to this
* Ensure that this information is shared with everyone
* Be cautious when buying certain products. Refer to the Consumer Products Safety Board

Caregiver(s) verbalized understanding and plan to follow safe sleep recommendations.