

# 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 or being stuck or trapped between spaces. There are many 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 plan for how my baby will sleep:

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 put down to sleep: \_\_\_\_\_

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

When visiting friends or family: \_\_\_\_\_

When traveling: \_\_\_\_\_

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

When my baby is with a babysitter or is at childcare: \_\_\_\_\_

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

How I will feed or comfort my baby: \_\_\_\_\_

Who else will feed or comfort my baby at night: \_\_\_\_\_

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

What I will do when I am tired 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 baby safe.



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