

# My Baby's Safe Sleep Plan



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:

### 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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