



Safe sleep checklist

- Is your baby sleeping on their back?
- Is your baby on a firm, flat mattress sleeping in their own cot/crib/moses basket?
- Is your baby in a sleeping bag? No loose blankets
- Is your baby dressed correctly for the room temperature?
- Is the cot/crib/moses basket free from any cot bumpers, duvets and pillows?
- Have you kept your baby away from any smoking environments?