

Safe Sleep Surveillance Tool

For Health Professionals

At each point of contact with a family who has an infant in the home, ask the parent or guardian:

Where does your baby sleep at naptime and at nighttime?

SAFE

Baby is sleeping in a ...

- 0-3 months: Crib, bassinet, portable crib/play yard (bassinet portion up to 15 lbs.)
- 3-6 months: Crib, portable crib/play yard (bassinet portion acceptable if infant is < 15 lbs.)
- 9-12 months: Crib, portable crib/play yard (if < 30 lbs.)

UNSAFE (Any age)

Baby is sleeping ...

- in an adult bed
- on a recliner
- on a sofa or couch
- in a baby swing or other device
- in a car seat or bouncer seat
- on an air mattress
- Anytime baby is using the bassinet portion of a portable crib and he/she is > 15 lbs.
- Anytime baby is using a portable crib or play yard and is > 30 lbs.

Client needs to have a Pack'n Play ISSUED TODAY!

Tell me what your baby's sleep space looks like.

SAFE

Baby sleeps ...

- alone with a parent nearby (share a room, not a bed)
- on their back
- in a crib, portable crib, or play yard with a firm, tight fitting mattress and nothing else in the crib (bare is best)
- in a smoke-free environment

UNSAFE (Any age)

Baby sleeps ...

- with blankets, toys, pillows
- with parents, siblings, pets
- with a positioning device (wedge)
- in a crib with bumper pads
- on a soft surface like a comforter or other type of padding
- in an environment where smoking is allowed

Provide Safe Sleep Education/Referral

Do the people who care for your baby follow safe sleep practices?

NO

YES

Praise parents/guardians for embracing safe sleep practices. If using a bassinet, ask what is your plan when the baby outgrows the bassinet?

* May still need a Pack'n Play issued

Information for Professionals when Discussing Safe Sleep

- Sleeping in the same bed as parent is never recommended. If this happens accidentally (as in breastfeeding at night), discuss with mother/parent that breastfeeding can be done in seated position to avoid falling asleep, or a support person (if available) can help by bringing the baby to mother and then returning the infant to its own sleeping environment. If no support person is available, suggest setting a quiet alarm (such as on a cell phone) to wake mom if she did fall asleep while breastfeeding.
- If a mother/parent states that they believe that baby is too small for a crib, you may suggest a bassinet if appropriate (<3 months old). The Pack & Play we provide has a bassinet component that is safe for use up to 15 lbs., and may be issued if there is no alternative for the baby's sleep environment.
- A Pack & Play has the benefit of being both smaller and more portable than a crib, and is a wonderful option for sleeping near, but not with, a baby.
- A crib or Pack & Play should not be placed near window blinds with cords.

Crib Safety Tips

1. Check your crib for safety. There should be:

- A firm, tight-fitting mattress so a baby cannot get trapped between the mattress and the crib (gap should be < 2 fingers wide).
- No missing, loose, broken or improperly installed screws, brackets or other hardware on the crib or mattress support.
- No more than 2 3/8 inches (about the width of a soda can) between crib slats so a baby's body cannot fit through the slats; no missing or cracked slats.
- No corner posts over 1/16th inch high so a baby's clothing cannot catch.
- No cutouts in the headboard or foot board so a baby's head cannot get trapped.
- No drop down sides.
- Cribs that are incorrectly assembled, have missing, loose or broken hardware or broken slats can result in entrapment or suffocation death. Infants can become strangulated when their head and neck become entrapped in gaps created by missing, loose or broken hardware or broken slats.

2. For portable cribs or play yards, look for:

- Mesh less than 1/4 inch in size, smaller than the tiny buttons on a baby's clothing.
- Mesh with no tears, holes or loose threads that could entangle a baby.
- Mesh securely attached to top rail and floor plate.
- Top rail cover with no tears or holes.
- If staples are used, they are not missing, loose or exposed.
- Sides that lock securely when in the upright position.

* Use only the mattress that came with the unit. Mattress should be covered with a tight fitting sheet.

*Refer to your local agency policy for documentation guidelines of safe sleep assessment and follow-up.

