Nebraska Safe Sleep Environment Checklist

Name of Baby: **Date of Safe Sleep Assessment:** **Completed by:**

Safe Sleep Assessment Completed at:
☐ Prenatal Visit ☐ Weekly Visit (first month after baby born) ☐ Bi-Weekly Visit ☐ Monthly Visit (up to six months of age) ☐ Other / As needed _____

Age Of Infant At Time Of Discussion:
☐ <1 month ☐ 1-2 months ☐ 3-4 months ☐ 5-6 months ☐ 7-8 months ☐ 9-12 months

Medical History: ☐ NICU ☐ Substance exposed prior to birth
☐ Preterm (< 39 weeks) ☐ recent illness ☐ Other _____

1. Baby **always** sleeps alone in his/her own safe sleep environment (never sleeping with others, including pets, on couches, chairs, or beds).	☐ Yes ☐ No	☐ Observed ☐ Caregiver Report	☐ Action Step Identified	Follow up Date:	Resolved: ☐ Yes ☐ No Date:
2. Baby has his/her own safe sleepenvironment(s): (Check all that apply).	☐ Crib ☐ Pack 'N Play ☐ Bassinette ☐ Other_____ ☐ No	☐ Observed ☐ Caregiver Report	☐ Action Step Identified		
3. Baby's safe sleep environment(s) **contains unsafe** sleep practices/hazards: *(Check all that apply).*	☐ Loose bedding ☐ Bumpers ☐ Toys/stuffed animals ☐ Quilts/blankets ☐ Pillows ☐ Cords/wires ☐ Curtains/blinds ☐ Low/loose mobile ☐ Drop-side rails ☐ Decorative cutouts ☐ Furnace/ vent/radiator next to sleep area ☐ A soft sleep surface / mattress that is loose fitting ☐ Corner posts that are higher than frame ☐ Side-slats spaced > soda can width ☐ No unsafe sleep practices / hazards	☐ Observed ☐ Caregiver Report	☐ Action Step Identified		
4. When baby is sleeping: *(Check all that apply).*	☐ Room temperature is appropriate (approx. 68-74°F) ☐ Baby is not over- or under-dressed	☐ Observed ☐ Caregiver Report	☐ Action Step Identified		
5. Baby is always placed on his/her back to sleep with head and face uncovered.	☐ Yes ☐ No	☐ Observed ☐ Caregiver Report	☐ Action Step Identified		
6. Baby's safe sleep environment and home are smoke free.	☐ Yes ☐ No	☐ Observed ☐ Caregiver Report	☐ Action Step Identified		
7. Reviewed/left with caregiver(s) the NIH "What Does A Safe Sleep Environment Look Like?" handout.	☐ Yes ☐ Previously Given ☐ No – State Reason: _____				

Documentation of Identified Action Steps and Medical History:

Resource Contact Information: Department of Health and Human Services, Division of Public Health, Lifespan Health Services DHHS Lifespan Health Toll Free: 1-800-801-1122 Email: DHHS.MCAHFeedback@nebraska.gov	
Nebraska Maternal, Infant, and Early Childhood Home Visiting Program (N-MIECHV): 1-402-471-1938	Nebraska Department of Health and Human Services Maternal Infant Health Program: 1-402-471-0165

Talking Points:

- Unsafe sleep is the #1 cause of death reported to the Office of Child and Family Services.
- In Nebraska, 15-20 babies die every year due to unsafe sleep-related incidents.
- Bed sharing and cluttered cribs (blankets, bumpers, stuffed animals, etc.) account for the largest percentage of deaths.
- Babies exposed to substance use during pregnancy are at higher risk

Alone
On their **B**ack
In a **C**rib

SLEEP ENVIRONMENT HAZARDS

Below is an example of an unsafe sleeping environment.

Image provided by Consumer Product Safety Commission, Kids in Danger.

Back sleeping does not increase the risk of choking.

In fact, babies may clear fluids better when on their backs, possibly because of anatomy.

Sleeping on back:	Sleeping on stomach
▪ The trachea lies on top of the esophagus. ▪ Spit-up /fluid must work against gravity to be aspirated into the trachea. ▪ If babies do spit up, it will stay in the esophagus, not go into trachea ▪ Nothing around nose, mouth and ears to block air flow or hearing.	▪ Spit-up / fluids pool at the opening of the trachea, making it easier for the baby to aspirate or choke. ▪ Nose and mouth may be blocked, decreasing air flow ▪ Infant ear next to mattress, decreasing the auditory stimulation

Image and information courtesy of the Safe to Sleep® campaign, for educational purposes only; Eunice Kennedy Shriver *National Institute of Child Health and Human Development, http://www.nichd.nih.gov/sids; Safe to Sleep® is a registered trademark of the U.S. Department of Health and Human Services.*

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Nebraska Safe Babies