



Arizona infant safe sleep campaign

# HOME VISIT SAFETY CHECKLIST

## IS YOUR BABY SLEEPING SAFELY?

### THINGS TO LOOK FOR:

- A separate sleeping space for the baby.
  - Crib or bassinet in the room.
  - Baby not sharing a bed.
  - Sharing a room with parent/ guardian until 1 year old.
- This separate sleeping space should have:
  - A firm mattress with a fitted sheet.
  - No bedding (blankets, pillows, bumpers).
  - No clutter (stuffed animals, toys).
- Room temperature should not be too warm.
  - If room temperature is comfortable for an adult, no extra heat is needed.
- No smoking in the baby's home.



## DON'T WAKE UP TO A TRAGEDY

[DCS.AZ.GOV/SAFESLEEP](https://DCS.AZ.GOV/SAFESLEEP) | [PREVENTION@AZDCS.GOV](mailto:PREVENTION@AZDCS.GOV)

[AZAAP.ORG/SAFESLEEP](https://AZAAP.ORG/SAFESLEEP)





Infant Sleep Suffocation Prevention Campaign  
Arizona Chapter of the American Academy of Pediatrics

**PLEDGE TO USE INFANT SAFE SLEEPING PRACTICES**

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Parent/Guardian Pledge

I, \_\_\_\_\_, pledge to use infant safe sleep practices to protect my child and/or any other child in my care from accidental suffocation.

- I understand that sleep suffocation is the number one preventable cause of infant death in Arizona.
- I understand that infants can be accidentally suffocated by items or other people in the baby's sleep space.
- I understand that it is safest for infants to room-share but not bed-share.
- I understand that it is safest for infants to sleep in a space of their own such as a crib or bassinette.
- I understand that crib bumper pads, soft toys, soft bedding and blankets are too dangerous to be placed in an infant's sleeping area (crib or bassinette.)
- I understand that safe sleep practices need to be used for every sleep from birth up to one year of age.
- I understand that smoking or the exposure to tobacco increases the risk of sleep suffocation.

I pledge to use infant safe sleeping practices to join the effort to help prevent tragic deaths caused by accidental suffocation.

Signed by:

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date

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 **FIRST THINGS FIRST**

 **Prevent Child Abuse**  
Arizona™



THE AMERICAN ACADEMY OF  
**PEDIATRICS**  
ARIZONA CHAPTER