

# LLR Safer Sleeping Risk Assessment for babies under 12 months

## My Baby's Safer Sleeping Plan

Baby's name:

Parent name(s):

Remember: The safest place for my baby to sleep at every sleep, is on their back, in a clear cot or sleep space, in the same room as me, for the first 6 months.

### Things I can do to make my baby's sleep time safer at every sleep:

- Have a smoke-free house.
- Breastfeed if I can.
- Keep baby's sleep space ready and clear of clutter (including stuffed toys, pillows or duvets, cot bumpers).
- Always put baby to sleep on their back to sleep.
- Make sure that baby's head and face are free from being covered by loose bedding.
- Make sure that baby does not get too hot.
- Never fall asleep with baby on a chair or sofa.



### Sharing a sleep space:

- I should only ever let baby share my sleep space if they were:
  - born at full term (more than 37 weeks) AND
  - born weighing more than 5 pounds, 8 ounces (2.5 kg)
- I should only ever let baby share my/our sleep space if I/we:
  - are sober.
  - do not smoke at all, and did not smoke during the pregnancy
  - are not taking medication which causes drowsiness.
  - are not under the influence of recreational drugs.

### My change in routine plan:

#### If my baby and I are sleeping somewhere different:

Where will baby be sleeping at night?

Where will baby be sleeping during the day?

What things do I need to have with me or to get, to give them a safe sleep space?

### My baby won't settle:

What will I do if my baby won't settle in their usual sleep space, to help them sleep safely?

Who else looks after my baby?

Who do I need to share this plan with?

Who can I go to for help, support and information?



Name of parent(s) completing this plan:

Name of professional supporting this plan:

Date: