



# The Safe Surface Checklist

From *Sweet Sleep: Nighttime and Naptime Strategies for the Breastfeeding Family*  
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*Avoid these possible smothering risks:*

- Sofas and recliners
- Softness or sagging that keeps a baby from lifting his head free
- Spaces between mattress and headboard, side rails, and wall where a baby could get stuck
- A bed partner who thrashes or sleeps exceptionally soundly
- Other children
- Pets that could interfere

*Clear your bed of:*

- Unused pillows
- Stuffed toys
- Heavy covers and comforters
- Anything nearby that dangles or tangles (such as cords, strings, scarves, ribbons, elastics)

*Check your bed for possible hazards:*

- Distance to floor
- Landing surface
- Sharp, poking, or pinching places

If you can meet the Safe Sleep Seven criteria on the other side of this page, then solid research indicates that your baby's SIDS risk is no greater in your bed than in a crib. And your automatic behaviors and responsiveness as a breastfeeding mother make it practically impossible for you to roll over on him. By about four months, research indicates that bedsharing with a healthy baby by a responsible adult on a safe surface is as safe as any other sleep arrangement.