

# Sleep plan for our new baby

I have a crib/bassinet: Yes  No

Where is your baby's crib or bassinet going to be located?

I plan to breastfeed: Yes  No

I am taking the following medications:

Does anyone in your home smoke or vape tobacco or THC? Yes  No

If yes, how can you avoid exposing your baby to secondhand smoke/vapors?

What objects will be in your baby's crib/bassinet?

How will you keep your baby warm?

Who can you turn to for help with sleep problems?

How do you expect lack of sleep to affect your mental health?

## Resource Links (Click or scan)



Swaddling



Helping baby  
sleep



Soothing  
baby / colic



Safety tips



Sleep  
products



Medication  
safety info



Mental  
health  
resources