

Is Your Newborn Baby Safe?

Complete this checklist to see whether you have a safe home environment for your newborn.
If the question does not apply to you, please tick "Not applicable"

1. Do you place your baby on her back to sleep? (See photo)



2. Does your baby sleep in a cot?

If you do not share bed with baby, please go to Q6

3. If you share bed with your baby, do you place him in a basket to separate him from you?



4. If you share bed with your baby, does he have his own blanket?

5. If you or other adults share bed with the baby, have the adults taken alcohol or drug?

6. Do you sleep with your baby on sofa?

7. Does your baby wear light and comfortable clothing at bedtime?

8. Do you put items (other than beddings) in your baby's bed?

9. Do you place your baby to sleep on soft and fluffy objects like quilt, soft pillow, sheepskin or bean bag?

10. Is your baby's sleeping area well-ventilated with a comfortable temperature?

11. Do you provide a smoke-free environment to your baby?

12. Is the distance between the vertical bars of the baby cot less than 6 cm (2.5 inches)?



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	Yes	No	Not applicable
13. Does the mattress fit well with the baby cot without any gaps?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Is the height of the cot rails more than 3/4 of your baby's height?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Have you ever left your baby alone on the sofa or bed without guards (even for just a brief moment)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. When you put your baby in a stroller, do you buckle the safety straps and keep the wheels locked?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Do you use a baby bath basin for bathing your baby?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. When preparing to bathe your baby, do you put cold water in before hot water and test the water temperature with your elbow?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. Do you keep your baby away from hot water at all times?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. Are all feeding equipment (including feeding bottles, teats, tongs) sterilised before use?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. Is each formula feed freshly made?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. Do you reheat milk in a microwave oven?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. Do you check the milk temperature before feeding the baby? (including formula milk or warmed breastmilk)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24. Do you prop up the bottle or leave your baby alone during feeding?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Desirable conditions			
1.Yes	2.Yes	3.Yes	4.Yes
5.No	6.No	7.Yes	8.No
9.No	10.Yes	11.Yes	12.Yes
13.Yes	14.Yes	15.No	16.Yes
17.Yes	18.Yes	19.Yes	20.Yes
21.Yes	22.No	23.Yes	24.No
<p>Congratulations if your answers are the same as the desirable conditions. You have provided a safe environment for your baby. If any of your answers are 'Not Applicable', you still need to stay alert of the situation as it may happen in the future. If any of your answers are contrary to the desirable conditions, please take appropriate measures to ensure your baby's safety.</p>			

