

# AIRWAY CHECKLIST

## INFANT

SLEEP PARENTING

RESOURCES

- ☐ My baby will only sleep if I hold them upright.
- ☐ My baby will only fall asleep if they have something like a pacifier, swaddle, swing or intense bouncing / rocking.
- ☐ I can't put my baby down once asleep. He'll wake almost immediately or within 10 minutes.
- ☐ My baby falls asleep while I nurse him but wakes as soon as I put him down.
- ☐ My baby wakes every 1-2 hours overnight and needs a feed to get back to sleep.
- ☐ Sometimes while my baby is sleeping, I can hear them gasp for air, or even stop breathing for a few seconds.
- ☐ My baby is a very restless sleeper. Every time I look in the monitor they're in a different location / position in the crib.
- ☐ My baby enjoys sleeping on their tummy with their knees tucked in and bum up in the air.
- ☐ My baby tends to sleep on their side with their head cocked back, like they're looking up at the ceiling.
- ☐ My baby sweats significantly while sleeping, and not just from body heat. Often times their pyjamas and sleep sack are damp.
- ☐ My baby seems to constantly be congested, even if they're not "sick".
- ☐ My baby has had several ear infections.
- ☐ My baby breathes very loudly and even snores at times while sleeping.
- ☐ My baby is always very gassy.
- ☐ My baby sleeps with their mouth open.
- ☐ My baby often seems tired, even if they've just woken up.

VISIT [SLEPPARENTING.COM](https://slepparenting.com) FOR INFORMATION AND ADDITIONAL RESOURCES

Important disclaimer! This is not a diagnostic tool meant to replace a medical assessment and we 100% encourage you to talk to your family doctor, pediatrician, or midwife if you find yourself relating to several of these statements. Print this sheet off and bring it with you to help you paint a detailed picture for your health care provider.