A handover in four lines

For the next person holding the night.

A planning aid, not a medical checklist. Read the linked guides for context and follow your individual care plan.

Last feed.

Last change.

Anything to ask or follow up.

Where supplies are - and who to wake for help.

Tiredness is a reason to ask for help

Put your baby in their safe sleep space if you feel yourself falling asleep while holding them. Never sleep together on a sofa or armchair.

Full guide

getnovababy.com/parents/night-shift-handover/

Sources: NHS / The Lullaby Trust

UK guidance / Sources checked 1 November 2026

Not independently reviewed by a clinician. Full source details are in each linked guide.