



Nursery / Bedroom Safety

Make the area safer for sleeping and playtime by following these safety tips:

- Use only a crib that was manufactured within the last 6 years to insure that it meets the most recent safety standards.
- To prevent suffocation and strangulation, be sure that the crib sheet stays tightly in place. Don't keep pillows, extra toys, stuffed animals, or blankets in the crib. When your child is a newborn they could pose a suffocation hazard. Then, when your child is older and can pull herself up, these items as well as crib bumpers, can create a "stepping stool" for her to get out of the crib. Also, hang toys only on the side of the crib that is next to a wall, for this same reason.
- Place your baby on his or her back when sleeping to prevent suffocation.
- Do not place any wall-hangings above the crib. Your child could pull these items down onto himself.
- Cover all outlets to prevent an electrical shock.
- Blind cords can pose a strangulation hazard to children. Do not position the crib near a window. Wrap up excess blind cords to keep them out of reach.
- Window screens cannot support the weight of a child, and are not intended to do so. Keep windows locked and keep children away from open windows.
- Keep electrical cords out of child's reach by tucking them behind a piece of furniture when possible or with a cord shortener.
- Furniture, even wide dressers, can be surprisingly tippable. Toddlers open drawers and use them as a ladder to reach items that are on top of a dresser. These open drawers, plus the weight of a toddler, can make even the sturdiest of dressers tip over. Secure furniture to the wall to prevent tipping.
- Moving a child to a bed is not recommended until the age of two. Thereafter you can use a portable bed rail to safely secure a child over the age of two.
- It is recommended that only children over two years of age be transitioned into an adult or toddler bed. For added security, utilize a portable bed rail.