

HOW SAFE IS YOUR NURSERY?

After months of waiting, you have finally welcomed your child into the world. Your main priority now is to keep your little miracle safe. Your baby will be spending a lot of time in the nursery, so it is important to check it over and correct potential hazards. Take a few minutes to evaluate each part of your nursery with these tips in mind.



Cribs and beds

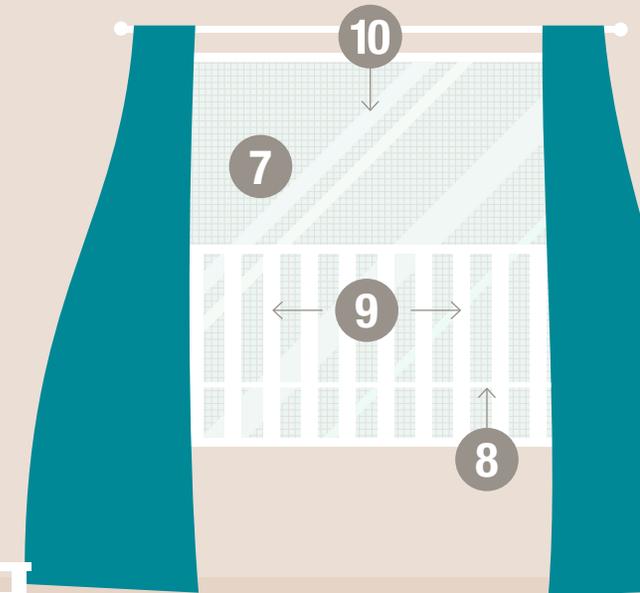
Crib and bed safety is important to help prevent sudden infant death syndrome, which is the unexplained death of an infant under age 1. While the exact cause of SIDS is unknown, researchers have found ways to help prevent babies dying while in their cribs.

- 1 Place baby to sleep on his or her back until he or she is 1 year old.
- 2 Do not use blankets, bumpers, pillows or stuffed animals.
- 3 Choose a firm, authentic baby crib mattress.
- 4 Install safety rails on beds for toddlers.

Windows

Windows can pose a threat no matter how high they are above ground. Make sure that windows in the nursery and other parts of your home are secure:

- 5 Move furniture away from windows.
- 6 Supervise children in rooms with open windows.
- 7 Do not rely on screens to prevent falls.
- 8 Install a stop that prevents windows from opening further than 4 inches. Most children 5 and younger can fit through a 6 inch opening.
- 9 Install window guards that cover the lower part of the window.
- 10 Open double-hung windows from the top only.



Making a few changes to the nursery can help keep your baby safe from harm. These changes may seem small, but they can protect your child from injuries or death.

Other nursery tips

Additional safety measures also can make the nursery safer:

- Use a nightlight in the child's bedroom, the bathroom and hallways.
- Install smoke and carbon monoxide detectors inside the nursery and hallway outside of the room.
- Anchor heavy furniture, such as dressers and book shelves, to the wall to prevent them from falling on children who like to climb.

Outside the nursery

You should also pay attention to other furniture in your home.

- Do not leave a baby unattended on furniture.
- Place bassinets or car seats on the floor rather than on tables, counters, beds or other furniture.
- Place bumpers or guards on sharp corners of furniture.
- Do not co-sleep with your infant. Instead, place the crib or bassinet in your room for the first six months. The risk of SIDS increases when a baby sleeps in the same bed as parents, siblings and pets. The baby could suffocate if a parent rolls over in their sleep and covers the baby's nose and mouth.



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