



Baby sleep Safety Checklist

The baby is coming! To daddy and mommy preparing the nursery, here's a checklist for making sure your baby will sleep well and sleep safely.

- Cot is placed in a smoke-free zone.
- Temperature in the room can be adjusted to a comfortable level.
- Room can be dark (e.g., the curtains can be closed or blinds can be drawn).
- No cords are hanging from blinds, curtains, electrical appliances and all are out of reach of a child inside a cot.
- Electrical appliances are well away from the cot.
- Plastic packaging is removed from the mattress before use.
- No loose objects in the cot including bedding, blankets, quilts, cot bumpers and soft toys.
- (optional) A dim lamp that you can switch on and use for nighttime diaper changing.
- (optional) A comfortable nursing chair or seat near the cot for nursing at night.
- Use this pictorial guide from the Consumer Product Safety Office:

PLACE the baby cot away from curtains and window blinds. Keep them out of your baby's reach.

REMOVE stuffed toys or cushions to reduce the risk of suffocation.

AVOID raised corner posts or cut-outs as babies' clothes may get caught on them.

MAKE SURE slats are not loose and are spaced between 4.5 - 6.5cm to prevent babies from getting stuck.

For cots with adjustable positions

ENSURE that there is a minimum depth of 30cm from the bed base to the cot rail at all times.

For cots with fixed base positions

LOOK for a minimum depth of 60cm from the bed base to the cot rail to prevent your baby from climbing over.

MAKE SURE cots with casters always come with locking brakes.

USE a firm, snugly-fitting mattress to prevent babies from getting trapped.

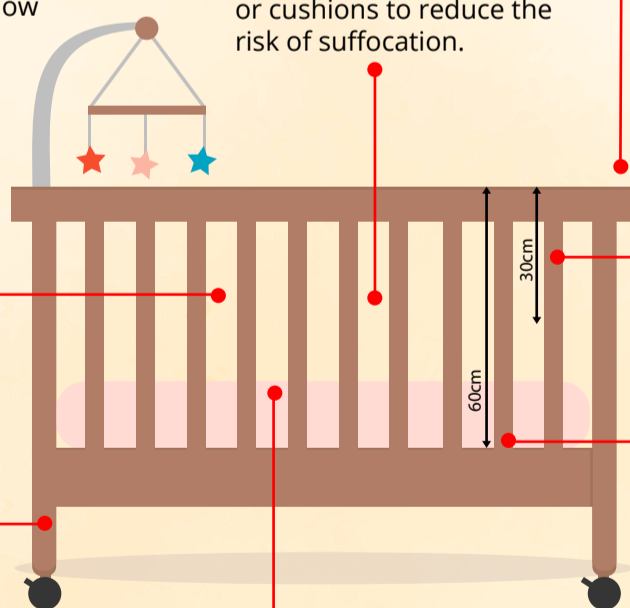


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