



## Nursery Safety

Safety and comfort are two important things to consider when planning your baby's nursery. Locate your nursery in an area of your home that is not too hot during the day or too cold at night. Babies can get overheated or chilled quickly and do not have the ability to get their temperature back to normal. Keep babies away from window-unit air conditioners and ceiling fans.

When shopping for the nursery, always keep product safety in mind. A bassinet can be used until your baby weighs about ten pounds. A bassinet should have a wide base, locking legs or wheels, a solid frame, and a firm mattress that fits securely. If you can fit two fingers between the mattress and the bassinet, it is too small. Stay away from bassinets with sharp or wicker edges.

You may not want to use a bassinet at all if you have younger children who could get to the baby easily or pets that could knock it over or jump inside. Pillows, heavy quilts or soft fluffy bedding should be avoided until your baby is over one year old.

If you use a crib, make sure it meets current safety standards. Look for the Juvenile Product Manufacturers Association (JPMA) certification seal if you buy, borrow or receive a crib as a gift. Cribs made before 1985 do not meet current safety standards.

Crib slats should be no more than 2 3/8 inches apart and all plastic mattress coverings should be removed. Again, you should not be able to fit two fingers between the mattress and any part of the crib including the headboard and side

rails. Side rails should be stable and lock securely. Side rails should lock in low position at 9 inches above the top of the mattress. The highest locked position is 26 inches above the low position and the total side rail height should be 35 inches above the mattress.

Before using a crib, remove any cracked or peeling paint, sand and repaint using a lead-free paint. If you are using an older crib and are not sure if the paint is lead-based, then it is best to remove all paint and repaint. Also, do not use a headboard with cutouts or raised wood designs that might injure your baby.

Keep the crib away from windows because of the danger of open windows or cords on window blinds. You will also want to remember to remove all mobiles from the crib when your baby begins to pull up and reach for objects.

Your changing table should be waist level with sturdy legs and a safety strap. Keep lotions, wipes and diapers out of baby's reach. Keep one hand on the baby when reaching for these things. Use the safety strap and never leave the baby alone on a changing table.

Wash baby clothes, bedding and towels separately always using a mild, unscented detergent and fabric softener. It is also better to keep your baby's clothes and bedding stored separately. A baby's skin is delicate and can develop rashes easily.

Another safety measure to consider when planning a nursery is the need for a baby monitor. You will be able to hear the baby when you are in another room. Also, if you have a low wattage nursery lamp or nightlight you will be able to look in on the baby during the night without turning on the light and waking him or her.