



REBECCA MICHI  
CHILDREN'S SLEEP CONSULTANT

# Bedroom Safety Checklist

under 12 months old

- Sleep on a firm surface.
- No loose bed covers.
- No pillows.
- Nothing in the crib apart from mattress, sheet and baby (a pacifier is okay).

all ages

- All outlets covered.
- All tippable furniture secure to the walls.
- Windows are lockable.
- Keep blind cords short or tied out of the way.
- Don't use toy boxes with heavy lids.



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# Bedroom Safety Checklist

continued.

- Keep toys easily accessible or out of sight, not on high shelves.
- Keep all diaper changes supplies out of sight and reach.
- Make sure the room has a smoke detector.
- If you child is in a bed, use a bed rail or have the bed low to the ground,
- Don't place your child's crib or bed next to a window.
- Clear the floor of toys each evening.
- Put no slip pads under rugs.