

# A SAFE NURSERY

5 TOP TIPS TO  
MAKING YOUR  
NURSERY SAFER

ROCKABYE MOMMY



## *Rockabye Mommy*

# A SAFE NURSERY

MAKING SAFETY A TOP PRIORITY DURING THE DESIGN PROCESS

### 1) RESEARCH YOUR CRIB

Crib safety is numero uno. This is where your baby will spend most of his/her hours, so taking the time to properly research their sleeping quarters is a must. Whether you are purchasing a brand new item or second-hand, you'll want to make sure that it complies with the latest safety requirements. Antique cribs can be beautiful however they rarely comply with current standards. The spacing between slats for example, should be 2 3/8" or less which is intended to make it impossible for a baby's head to become caught. And older cribs may also contain lead-based paint. New products with the JPMA seal can be trusted safe. Your mattress should fit snugly in the crib so that arms or legs can't get trapped in gaps. Never substitute hardware parts with those from a hardware store. Always order replacement parts directly from the manufacturer.

### 3) WIND YOUR CORDS

Table lamps provide ambient light and can be decorative and pretty, however the hanging cord can be a strangulation hazard along with baby monitor cords, electrical cords, blinds and drapery cords. Do not ignore the orange warning labels on your products. They are there for a reason and include important safety tips. Remember to keep all cords at least 3 feet away from the crib, use electrical cord shorteners to wind up cords. Cord channels will cover the exposed cords and allow you to adhere them along the wall with 3M tape, out of harms way. A cord-lock mechanism is a good idea for window covering cords and if possible, installing cordless blinds/shades would be ideal.

### 2) SECURE HEAVY FURNITURE

Thinking ahead will be a game changer when your baby starts crawling and walking. When baby is on the move, you can't stop them from climbing. They'll grab, pull and climb onto anything within reach. Stabilizing the pieces that they'll climb on is a top priority. Dressers, changing tables, armoires, bookcases and any tall or large furniture pieces should be securely anchored to the wall, preferably with drywall screws into the studs. If your furniture comes with wall securing straps, definitely use them. If you have any TV's in the nursery, they need to be securely mounted to the wall and not left sitting atop a piece of furniture where it can fall. And avoid storing any other items on top of furniture pieces your child can climb on to avoid those items from toppling over with a little movement.

### 4) INSTALL SAFETY OUTLETS

Electrical outlets are required by code to be spaced no farther than 12' apart, so it's a guarantee you will have a few in your baby's room and many throughout your home which is a constant risk when you have children. According to the National Fire Protection Agency, approx. 2,400 children each year suffer severe shocks and burns from inserting objects into the slots of electrical outlets. Additionally, there are an estimated 6 to 12 child fatalities each year related to this. Prevent this from happening to your family by childproofing the electrical outlets in each room of your home. Installing safety covers such as universal self closing outlet covers is a top-priority. Even if your baby isn't mobile yet, doing it now to get it out of the way will ensure that this hazard is checked off your list in time.

### 5) REMOVE SOFT BEDDING

Blankets, sheets, quilts, pillows and toys can all make the crib cozy and beautiful, but soft bedding and items can cover your baby's face and lead to entrapment or suffocation. Removing all soft items from your baby's sleep area, including crib bumpers is highly recommended. Make sure crib sheets are tight-fitting. If you're worried about cold temps, infant sleep clothing such as wearable blankets are a good idea. Nearly half of the infant crib deaths reported to CPSC (Consumer Product Safety Commission) each year are suffocations caused by overcrowding in the baby's sleeping space. Your baby will spend so much time sleeping, so ensuring their sleep environment is safe will help you sleep better as well.