



Babyproof the Bedroom

by: The Watchful Dad - <https://www.watchfuldad.com>

Creating a Safe Sleeping Environment

- Firm mattress:** Use a firm and flat mattress in the crib or bassinet
- Keep bumpers, comforters, pillows, and plush toys out of the crib.**
- Remove mobile above the crib:** That cute mobile you bought on Etsy might not be suitable to be hung above the crib. The string and little parts could be dangerous to your baby.
- Put your baby to sleep on his back:** Don't leave your baby sleeping with pillows or heavy blankets.
- Place the crib in a safe place:** Never place the crib beside windows or heaters because your baby could overheat. Also, remove all lamps and wall decorations around the crib because they could fall on your baby. Finally, move any furniture or toys that could be used to climb out or pull inside the crib.
- Check for gaps between the crib slats:** They should not exceed 3 inches apart. Also, check for loose bolts and screws that need tightening.
- Lower the crib mattress, so your baby can't climb out:** Has your baby grows, you should lower the mattress. You should drop the mattress as soon as your baby can pull himself up.
- Check if your crib follows safety standards:** Especially if you get a second-hand crib. Check our article on crib safety here.
- Don't use drop-side cribs:** Drop-side cribs are known to pinch little fingers. They are also unreliable because the mechanism tends only to clench sometimes.

Buy a baby monitor: A baby monitor is a great way to keep an eye on your kids while you are doing chores around the house. It will alert you the second your baby wakes up.

Use nonflammable safe sleepwear: According to the CPSC, sleepwear should be fire-resistant or snug-fitting in case of a fire. Loose-Fitting sleepwear can catch flame more easily. The CPSC records almost 300 incidents per year because of this.

Don't use baby clothes with drawstrings: Drawstrings can look cute but also dangerous. Your baby could pull it off and choke on it.

Managing Bedroom Hazards

Secure furniture to the wall: Your kid will spend a lot of time in his room. Sometimes your kid will play alone and could try to explore. Even if you teach your children not to climb on furniture, they could try to do so one day. That is why you should ensure the dresser and other large furniture are secured to the wall to avoid tipping over.

Secure the cords from window-blind: If you have horizontal blinds with cords, cut the cords off or use a safety tassel. These cords are a severe strangulation risk to children.

Remove unsafe toys: Check toys for any small plastic parts or ribbons your baby could tear off and choke on. Also, remove any toys with strings longer than 12 inches.

Keep baby wipes and supplies out of baby reach: Have the baby wipes and supplies in a place that is easy to reach for you but not your baby. When you are busy changing the diaper, your baby could look for something to play with.

Put a thick rug beneath the changing table: If your baby falls off the changing table, a thick mat can make a huge difference.

Use eco paint in the nursery: Painting the nursery is essential to the ritual when waiting for a first child. Parents want to create a safe environment for their kids to sleep in. That is why you should only use non-toxic paint. Also, try to finish painting and put up the wallpaper at least a month before your baby's due date. That way, you are not exposing your precious baby to paint fumes.

Use the safety strap of the changing pad: Never let your baby alone, even for a second, on the changing table. Take the time to use the safety strap. It's better to lose 5

seconds to attach the strap than 5 hours going to the hospital.

Secure toy chest: Check if the toy chest has a spring-loaded hinge that smoothly closes the top. Otherwise, that toy chest could slam close on your toddler's head.



For more tips on how to keep your children safe at home, check out:

<https://www.watchfuldad.com/baby-proofing-checklist/>