



Toddler Safe Sleep Checklist

<input type="checkbox"/>	Crib or playard are fine if babe hasn't outgrown the limits. Both have a limit of 35 inches tall or able to climb out and weight limits.
<input type="checkbox"/>	A blanket or lovey is safest when over 15 months and out of crib/playard. Small firm pillow is safest at 2 years old and out of crib/playard.
<input type="checkbox"/>	If child outgrows crib/playard and is under 15 months, you can put the crib mattress on the floor in the room.
<input type="checkbox"/>	No hats, jewelry, hair items, hoods, or items with drawstrings for sleep.
<input type="checkbox"/>	Feel chest or back to ensure not too warm or cold. Hands and feet are NOT good indicators.
<input type="checkbox"/>	Items attached to the slats of crib can be used to help them climb out and shouldn't be used.
<input type="checkbox"/>	An adult mattress is considered safe after child is 2 years old. If a crib mattress has a toddler side check when you can flip it.
<input type="checkbox"/>	Ensure room is toddler proofed and child cannot wander around the house alone when they are no longer in a crib or playard.
<input type="checkbox"/>	Convertible cribs should use the bed rail that are made for them. Portable rails typically have age limit of 2-5 years old for use only in an adult bed.



More information at
www.safeinfantsleep.org

