The Safe Nursery Checklist

Sixteen quick checks, based on guidance from the American Academy of Pediatrics and the U.S. Consumer Product Safety Commission. Pin it up, check things off, breathe easier.

Safe Sleep Basics

EVERY NIGHT

- [ ] **Back to sleep** — every nap, every night, until their first birthday.
- [ ] **A bare crib** — one snug fitted sheet, and nothing else inside.
- [ ] **Firm & flat mattress** — no incline, no soft surfaces that hug.
- [ ] **Room-share, don't bed-share** — baby's own crib or bassinet in your room for at least 6 months.

The Crib Itself

SET IT UP RIGHT

- [ ] **Snug mattress fit** — if two fingers slide between mattress and frame, it's too loose.
- [ ] **Lower the mattress** when baby can sit, and again when they can pull to stand.
- [ ] **Meets today's standards** — be extra careful with hand-me-down or secondhand cribs.
- [ ] **Registered & recall-checked** — register your gear and peek at CPSC.gov/recalls.

Around the Nursery

THE ROOM ITSELF

- [ ] **Anchor the furniture** — dresser, bookshelf and changing table strapped to the wall.
- [ ] **Mind the crib's neighbors** — away from windows, blind cords, heaters and wall art.
- [ ] **Cords out of reach** — baby monitor cords at least 3 feet from the crib.
- [ ] **Changing table habit** — strap on, one hand on baby, always.

Skip These (For Now)

NOT IN THE CRIB

- [ ] **Padded crib bumpers** — now banned in the U.S., even the pretty ones.
- [ ] **Weighted blankets, sleepers or swaddles** — weight and babies don't mix.
- [ ] **Inclined sleepers & loungers** — swings and pillows are not sleep spots.
- [ ] **Pillows, quilts & plush toys** — they get their turn after 12 months.

The why behind each check

Short and honest — because at 3 a.m. nobody has time for a textbook.

Safe Sleep Basics

Back to sleep
Babies who sleep on their backs are far less likely to die suddenly in their sleep. Once they can roll both ways on their own, it's fine if they roll — just always start them on their back.

A bare crib
Soft things are the biggest hazard in the sleep space. A fitted sheet over the mattress is all the bedding a baby needs — cozy comes from a wearable blanket, not loose layers.

Firm & flat
If the mattress indents under your baby's weight, it's too soft. Any surface tilted more than 10 degrees is unsafe for sleep.

Room-share, don't bed-share
Keeping baby's own sleep surface in your room can cut the risk of SIDS significantly — some studies suggest by as much as half. Adult beds, sofas and armchairs are not safe places for a baby to sleep.

The Crib Itself

Snug mattress fit
Gaps between mattress and frame are an entrapment risk. Use the mattress made for your crib model, and do the two-finger test at the edges.

Lower the mattress
The day your baby learns to sit — and later, stand — the crib walls get shorter from their point of view. Lowering the mattress keeps climbers in.

Today's standards
Drop-side cribs were banned in 2011, and older cribs can have wide slats or worn hardware. If a crib is a hand-me-down, check it against current CPSC rules first.

Register & recall-check
Registering your crib, bassinet and monitor means the maker can actually reach you if something's recalled. Two minutes, real peace of mind.

Around the Nursery

Anchor the furniture
Babies pull up on everything, and an unanchored dresser can tip with just a drawer's worth of leverage. Anti-tip straps cost a few dollars and take ten minutes.

Mind the crib's neighbors
Blind cords, curtains, heaters and anything hanging on the wall become reachable sooner than you'd think. Give the crib a clear bubble on all sides.

Cords out of reach
Monitor cords are a strangulation risk. Mount monitors high, route cords away, and keep them at least 3 feet from the crib.

Changing table habit
Rolling is a skill babies debut without warning — often mid-diaper-change. The strap plus one hand is the habit that catches the surprise.

Skip These (For Now)

Padded bumpers
They looked sweet, but they're a suffocation risk — which is why the U.S. banned them in 2022. Modern crib-slat spacing already protects little limbs.

Weighted sleep products
Weighted blankets and swaddles can make it hard for babies to move, breathe and wake normally. The AAP says no weight on a sleeping baby.

Inclined sleepers & loungers
Inclined sleepers are banned; swings, bouncers and loungers were never meant for sleep. If baby dozes off in one, move them to their crib — flat and firm wins.

Pillows, quilts & plush
Everything soft waits until after the first birthday. Until then, quilts are for tummy time on the floor, and stuffed friends can watch from the shelf.

So… when do blankets get their turn?

After 12 months, a blanket can finally join the crib — and quilts shine even earlier *outside* it: as tummy-time mats, stroller layers and nursing covers. That's exactly how we design ours to be used. Until baby's first birthday, keep sleep bare and save the beautiful layers for daytime.

Sources: American Academy of Pediatrics safe sleep recommendations (healthychildren.org) and U.S. Consumer Product Safety Commission safe sleep & nursery product guidance (cpsc.gov). This guide is for general education only and isn't medical advice — always follow the latest AAP/CPSC guidance and talk to your pediatrician about your baby's sleep. | **bacati.com** — 100% cotton nursery essentials