

the baby's "good night sleep" guide

by simplybabyfurniture.com

A few simple precautions can help your baby sleep safely.

NOTE: This guide is informational only and you should consult your medical professional with any questions.

- Lie your baby on his or her back, unless your health professional advises otherwise.
- Make sure your baby is in the 'feet to foot' position (see diagram). All bedding should be tucked in and covers should reach no higher than the shoulders.
- Babies old enough to roll over should be allowed to choose the sleeping position they find most comfortable.
- Don't prop your baby up with pillows or cushions.
- Check your baby isn't too hot or too cold by feeling his neck or body (not hands or feet). Use lightweight bedding in layers you can add or subtract to keep your baby at a comfortable temperature.
- Position a room thermometer above the crib and check the temperature from time to time. A regular room temperature of 18°C (65°F) should be maintained.
- Don't use a comforter or pillow if your baby is under 12 months.
- Use quilts and coverlets with caution as their use may lead to overheating.
- Do consult a doctor if your baby is unwell.
- Don't smoke - babies should be kept in a smoke-free zone.

Room Temperature Guide at a Glance

	°C		°F	
Too hot	27		80	Use a sheet only
	24		75	
	21		70	
Just right	18		65	Use a sheet and two layers of blankets
	15		50	
	13		55	
Too cold	10		50	Use a sheet and four layers of blankets