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ETY SUGGESTIONS FOR BEDTIME

1. Dress a child in enough clothes to maintain normal temperature, but allow unhampered movement. Sleeping bags with drawstrings around the neck, or any neck opening which can draw too tight, can cause an infant to suffocate.
2. Pin diapers carefully so the pin will not become loose and get into the child's hand. Make sure a pin is not left in the crib. Also remove any toy with small parts which can be pulled off and swallowed or inhaled.
3. When undressing or dressing a young child, keep the family pet out of the room. It might not understand what you are doing and may attack you.
4. Never leave pillows or loose covers in the crib. The child might wriggle under them and smother. Sheets should be spread smoothly and tucked tightly under the mattress so they will not obstruct breathing. Top sheets and blankets should be light and loose enough for free movement, and a pillow should not be used before the fourth year.
5. Children should not be tied into their beds.
6. Covering should be kept off a child's face when sleeping.
7. Pull crib sides up all the way so the child cannot climb out; be sure to bar the sides of bunk beds for older children.
8. Turn off the heat in a sleeping child's room.
9. Don't let a baby chew on a painted surface or a substance that would come apart.
10. Never leave an electric heating pad with a sleeping child. If a hot water bottle is used, be sure to wrap towelling around it and stopper it tightly.
11. If you turn on the radio, TV, or record player while the children are asleep, make sure the sound is low enough to let you hear the children if they call you.
12. Sleeping with a baby can be dangerous. You can smother him if you should roll over onto him.

Safety

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SAFETY SUGGESTIONS FOR BEDTIME

13. Keep a flashlight handy in case the lights go out. If you do not know how to reset the circuit breakers or change the fuses, get help from a neighbor or call the electric company.
14. Check sleeping children frequently.
15. Should a child become sick at any time, notify the parents.
16. Put your hand on a child's chest to be sure that he is breathing, if there should be any question.

Kenneth E. Barber, Extension Sociologist, Washington State University, Pullman, Washington.