

A child usually graduates to a regular bed around age 2 or 35 inches (when she outgrows her crib). Bunk beds are a popular next step. Here are safety tips when using bunk beds.

Choose bunk beds that have:

- Guardrails on all sides, which are firmly attached to the bed.
- Spacing between bed frame and bottom of guardrails that is no greater than 3 1/2 inches.
- Guardrails that extend at least 5 inches above the mattress surface to prevent a child from rolling off.
- Cross ties under the mattress foundation that can be securely attached.
- A ladder that is secured to the bed frame and will not slip when a child climbs on it.
- A feature that permits the beds to be separated to form two single beds. Children under six years of age are too young to sleep safely on the upper bunk.
- And finally, choose a mattress that correctly fits your bunk beds.

For children who sleep in a regular bed:

- Make sure the bed is an adult's arm length away from the wall and that the bed has guardrails on both sides. This is to prevent suffocation as well as falling out of the bed.

Keeping Your Grandchildren Safe



This brochure was designed by the
Guilford County Department
of Public Health for the Child Fatality Prevention Team.

Source: U.S. Consumer Product Safety Commission

April 2010
PEC APP 04/10
Revised 01/13

Grandparents,

It may have been a while since you have had little ones around. A few things have changed... for the safety of children. This checklist is to help you find things that may be unsafe in your home.



Grandchild's Sleeping Area:

If you are purchasing a *new* crib, look for the certification seal showing that it meets the safety guidelines of the US Consumer Product Safety Commission (CPSC). New crib standards were issued by the (CPSC) in December, 2010. Cribs meeting these new standards were available for purchase on June 28, 2011. Contact CPSC at (800) 638-2772 or www.cpsc.gov/cribs for more details.

If you are using an *older* crib, check it against the following guidelines. If it does not meet the standards, destroy it and replace it with a safe one. CPSC staff recommends that you not use a crib that is more than 10 years old.

A safe crib has:

- Been assembled correctly according to the manufacturer's instructions.
- No missing, loose, broken or improperly installed screws, brackets or other hardware.

No more than 2 3/8 inches between crib slats. (Hint: If a soda can is able to pass through the slats, the slats are more than 2 3/8 inches apart).

- A firm, snug-fitting mattress so the baby cannot get trapped between the mattress and the side of the crib.
- A fitted bottom crib sheet.
- No fluffy blankets, comforters, pillows or stuffed animals that could trap the baby and suffocate him.
- No corner posts over 1/16 inch above the end panels (unless they are over 16 inches high for a canopy). A baby's head can get trapped otherwise.
- No cracked or peeling paint.
- No lead-based paint.
- No splinters or rough edges.
- No split or chipping plastic or vinyl.

- No cut out designs in the headboard or footboard.
- **Place your grandchild on her back to sleep and tummy for play unless directed otherwise by the child's health care provider.**
- Remember, as the baby grows, the crib may need some adjusting (e.g., lower the mattress, move away from blinds, etc.).
- Do not use a crib with drop-sides or install an immobilizer recommended by the crib manufacturer.

If you do not have a crib:

- Place a thin blanket or quilt on the floor in a safe sleeping area, where you can keep an eye on your grandchild. A safe sleeping area on the floor should be well contained, and free of any hazards (e.g., heaters, plants, pets, etc.).
- Place the baby on its back to sleep and tummy for play.
- The floor is safer than an adult bed because you do not have to worry about the baby falling or rolling off the bed (this includes waterbeds or day beds, chairs or sofas).
- Do not put the baby in the same bed with you or another child.

