

[FATHERCRAFT'S]

PERFECT NURSERY GUIDE

HEY.

IF YOU'RE HERE, YOU MIGHT BE
INTERESTED IN:

OUR ONLINE COURSE FOR
EXPECTING DADS – FATHER'S ED
– TRY IT FOR JUST \$1

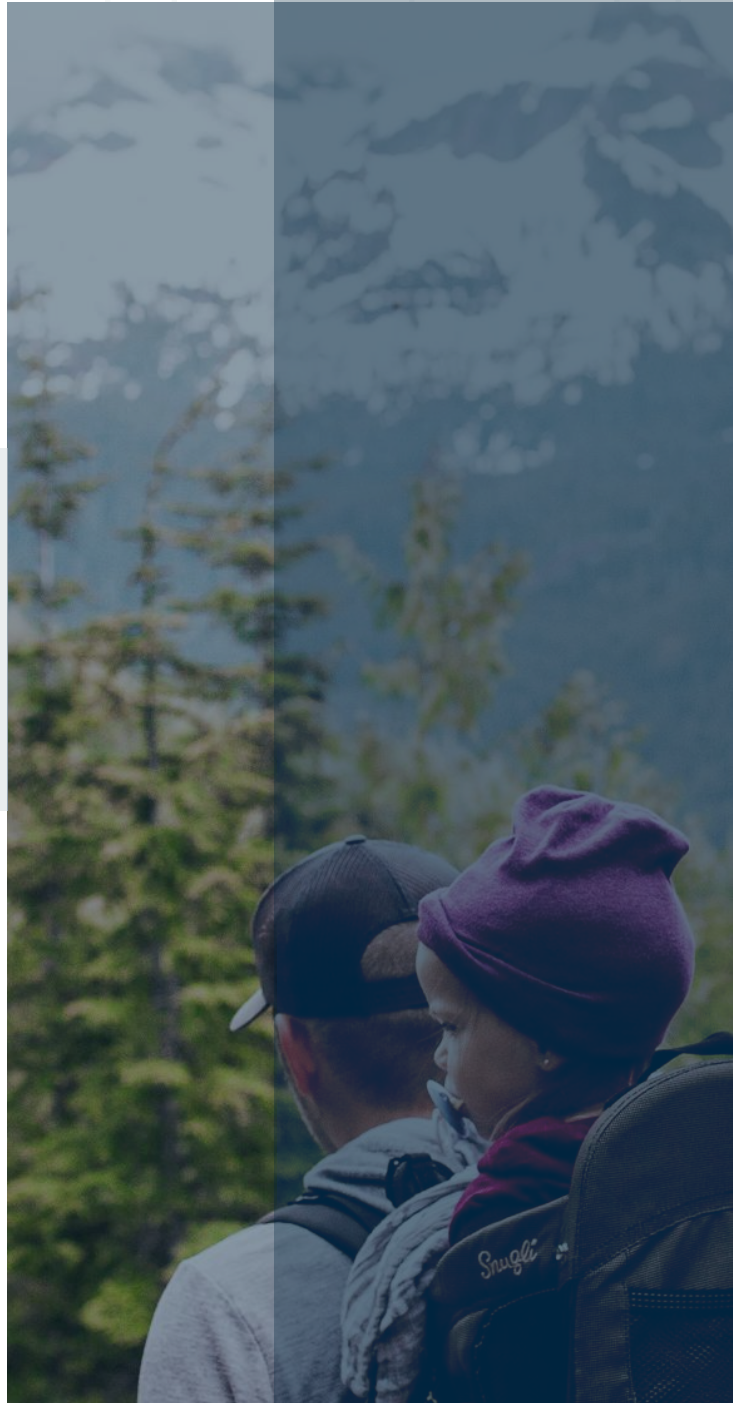
[fathercraft.com/try]

OUR ONLINE COMMUNITY
FOR DADS.

[fathercraft.com/online]

OUR DIAPER BAG, DESIGNED
JUST FOR DADS.

[fathercraft.com/bag]



FATHERCRAFT 



YOUR BABY'S SLEEP ENVIRONMENT CAN PRODUCE

Safer and Healthier Sleep

01 YOUR BABY'S FIRST NURSERY = YOUR ROOM.

According to the American Academy of Pediatrics, your baby should sleep in her parents' room for at least the first 6 months, though in her own crib or bassinet.

02 BABIES SHOULD SLEEP IN THE DARK.

Blackout curtains & blinds, or even black trash bags, should be used to keep the room as dark as possible.

03 NOTHING IN THE CRIB FOR THE FIRST YEAR.

No blankets, stuffed animals. Just your baby in snugly fitting pajamas and optionally, a sleep sack.



04 NO CRIB BUMPERS.

According to experts, crib bumpers are not just unnecessary, they're unsafe due to suffocation risk.

05 NOTHING NEAR THE CRIB.

The crib needs to be away from windows and cords, no pictures or mobiles should be hung above the crib. Avoiding windows and heating vents also produces better sleep.

Set up your baby's sleep environment for safe & healthy sleep

ESSENTIAL GEAR

- A safe crib
- Blackout curtains
- A baby monitor
- Snuggly fitting pajamas
- Sleep sacks
- A bedtime book
- White noise source

CRIB POSITIONING

- Along a blank wall
- Not under a window
- Not above or below a heating/air vent
- No cords of ANY KIND within 3 feet

SLEEP ENVIRONMENT

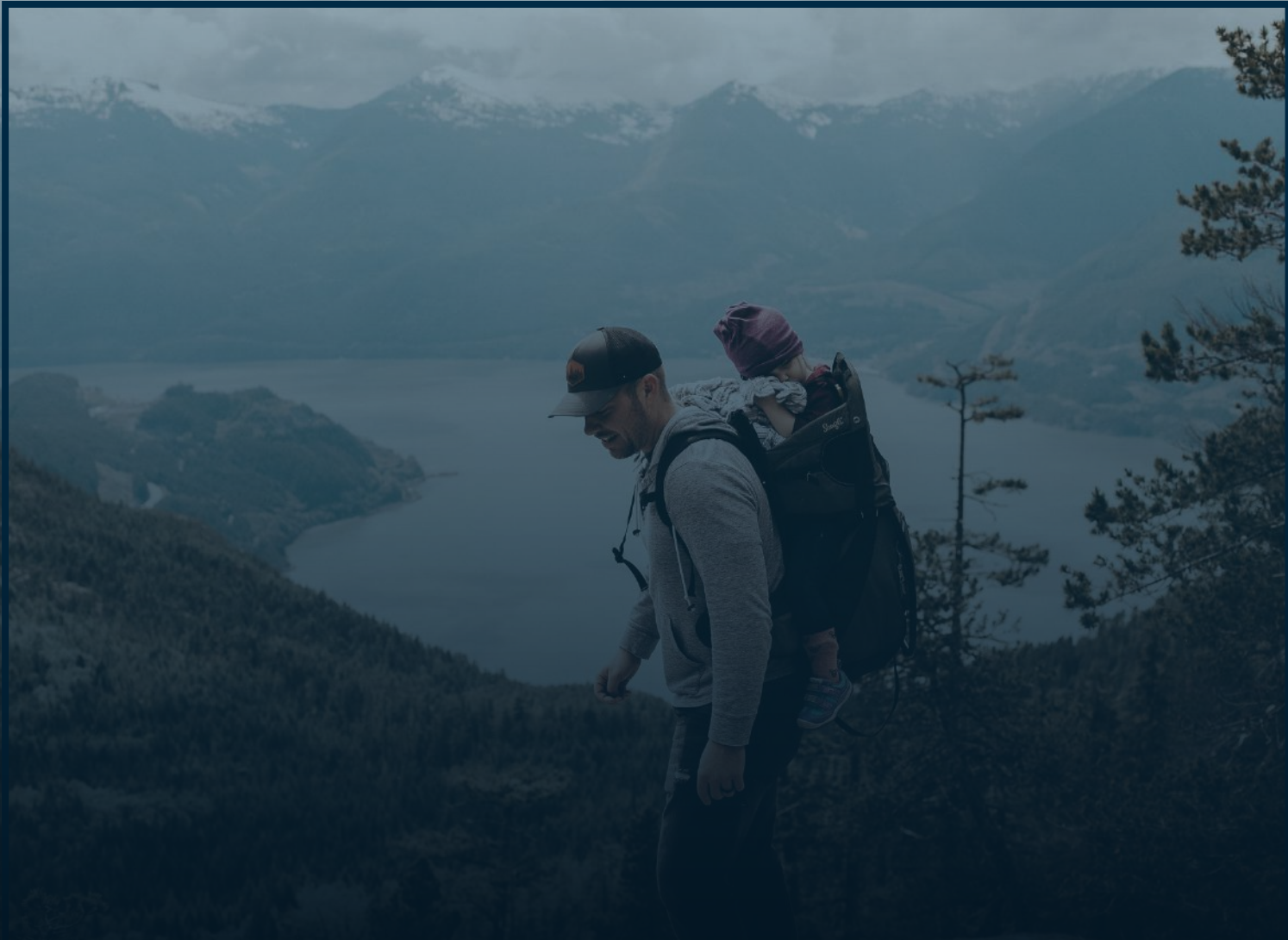
- Clear crib or bassinet (transition to crib by 4 months)
- Blackout curtains AND blinds or, hack it with black garbage bags
- White noise for sleep association
- Cool, consistent temperature (70-72 degrees if possible)

REDUCE THE RISK OF SIDS & SUID

- Place your baby on her back to sleep, every time
- Place your baby on a flat, firm surface
- Child's crib in parents' room for at least the first 6 months
- Let your baby use a pacifier (if she wants it)
- No stuffed animals, pillows, or blankets in the crib
- Don't share a bed with your baby
- Don't fall asleep in a chair while holding your baby
- Don't use crib bumpers
- Don't expose your child to secondhand or thirdhand smoke
- Stop swaddling when she can roll over
- Avoid alcohol and drugs while pregnant and breastfeeding
- Avoid overheating your baby (70-74 degrees, avoid over-bundling)
- Do not use weighted blankets

A SAFE CRIB

- Place your baby on her back to sleep, every time
- Place your baby on a flat, firm surface
- Child's crib in parents' room for at least the first 6 months
- Let your baby use a pacifier (if she wants it)
- No stuffed animals, pillows, or blankets in the crib
- Don't share a bed with your baby
- Don't fall asleep in a chair while holding your baby
- Don't use crib bumpers
- Don't expose your child to secondhand or thirdhand smoke
- Stop swaddling when she can roll over
- Avoid alcohol and drugs while pregnant and breastfeeding
- Avoid overheating your baby (70-74 degrees, avoid over-bundling)
- Do not use weighted blankets



FATHERCRAFT

[LOOKING FOR MORE?]

**OUR ONLINE COURSE FOR
EXPECTING DADS – FATHER'S
ED – TRY IT FOR JUST \$1**

fathercraft.com/try

**OUR DIAPER BAG, DESIGNED
JUST FOR DADS.**

fathercraft.com/bag

**OUR ONLINE COMMUNITY FOR
DADS.**

fathercraft.com/online