
Nursery Safety Checklist

Crib, changing table, windows, and room layout essentials

13 items across 4 sections

The crib and sleep surface come first

The single most important decision in a nursery is the sleep surface. Current pediatric guidance is consistent: a firm, flat crib mattress with a tightly fitted sheet, and nothing else inside the crib for the first year. No bumpers, no loose blankets, no stuffed animals, no pillows. The look of an empty crib can feel stark to first-time parents, but it reflects what is best understood about safe sleep.

- Use a firm, flat mattress with a fitted sheet and nothing else in the crib.
- Confirm slats are no more than 2 3/8 inches apart with a snug mattress fit.
- Place the crib away from windows, cords, shelves, and climbable furniture.

Anchor the dresser, bookshelf, and changing table

Every tall piece of furniture in a nursery deserves a wall anchor. Dressers are involved in a high share of furniture tip-over incidents, often when an open drawer is used as a step. Bookshelves, wardrobes, and freestanding changing tables are similar. Wall straps are inexpensive, take a few minutes to install, and remove a category of risk that is otherwise hard to predict.

- Anchor the dresser, bookshelf, and any tall freestanding furniture.
- Strap the changing pad to the dresser top and use the safety strap on baby every change.
- Keep heavier items on lower shelves to lower the center of gravity.

Windows, cords, and air quality

Window blind cords have caused serious strangulation incidents in nurseries. Cordless blinds and shades are now widely available and worth choosing whenever possible. If you cannot replace existing window coverings, use cord winders or cleats placed well out of reach, and never place a crib, changing table, or chair within reach of a cord.

- Use cordless blinds or move all cords well out of reach.
 - Install window locks or stops on upper-floor nursery windows.
 - Confirm working smoke and CO alarms near the nursery.
 - Keep white noise machines a few feet from the crib at a moderate volume.
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Layout, lighting, and routines that age well

A calm, low-clutter nursery is easier to keep safe. Open floors mean fewer trip points for tired parents during night feedings, and fewer small objects in reach when your baby starts grabbing. A simple lamp with a warm bulb, an out-of-reach phone charger, and a designated spot for diapers and wipes covers most night-time needs.

- Keep floor space open and clutter low for night-time movement.
 - Plan early for toddler reach: take down mobiles, keep decorations out of grasp.
 - Place baby on the back for every sleep, in a clear crib.
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