



Parenting Genie
A-Z of Parenthood!

Parenting Genie Nursery Makeover Checklist



Before Starting the Sleep Training Program

Is your baby's sleep environment safe, comfortable, and conducive to good sleep? Use this checklist to ensure you've covered all the essentials before beginning the sleep training program.

Instructions: Go through the items below and check off those that apply to your baby's nursery. Make any necessary adjustments to create an ideal sleep space.

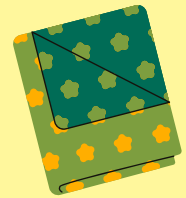
1. Crib and Mattress:

- ☐ Crib is sturdy and in good condition.
- ☐ Mattress is firm and fits snugly.
Crib sheets are clean and fitted securely.



2. Bedding and Accessories:

- ☐ No loose blankets or quilts in the crib.
- ☐ Baby sleeps in a sleep sack or wearable blanket.
- ☐ Crib bumper is removed (as per safety guidelines).



3. Sleep Position:

- ☐ Baby sleeps on their back.



4. Room Conditions:

- ☐ Room is cool, ideally between 68-72°F (20-22°C).
- ☐ Room is dark during sleep times.
- ☐ White noise machine or soft music is used, if helpful.



5. Safe Sleep Area:

- ☐ Crib is free of toys, pillows, and stuffed animals.
- ☐ Crib is positioned away from cords, blinds, and curtains.



7. Nursery Décor:

- ☐ Nursery is clutter-free and organized.
- ☐ Nursery has a soothing color scheme.





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8. Safety Measures:

- ☐ Smoke and carbon monoxide detectors are functioning.
- ☐ Window cords are out of reach and secured.
- ☐ Furniture is anchored to prevent tipping.



9. Emergency Supplies:

- ☐ First-aid kit is readily accessible.
- ☐ Emergency contact numbers are posted.



10. Parent's Comfort:

- ☐ Comfortable chair or seating for night feedings.



11. Monitoring Equipment:

- ☐ Baby monitor is set up and functioning.



12. Personalization:

- ☐ Nursery includes personalized touches.



Note :

Use this checklist to ensure your baby's nursery is prepared for the sleep training program. A safe, serene sleep environment is essential for your baby's healthy sleep habits.