

SAFETY CHECK LIST

- ✓ Breathing
 - Make note of how your child is breathing before putting them in their sleep positioning equipment.
 - If it is too slow/fast or they are struggling, take them out immediately

- ✓ Temperature
 - Know your child's baseline temperature. Check your child's temperature for 5 days while they are feeling well. Use the average of the 5 days as your baseline.
 - Temperature should not raise more than 1 degree from their baseline while they are sleeping.
 - Make adjustments, monitor, and remove if necessary.
 - Sweating is normal during sleep, but soaking the sheets with sweat is not.

- ✓ Skin
 - Check for redness.
 - If redness does not go away within 30 minutes of removing equipment, contact your therapist.
 - Check for wrinkles in the sheets or toys left in the bed to be sure your child is not lying on anything.

- ✓ Pain
 - You know your child best! If they present with any signs of pain, discontinue use and call your physiotherapist or occupational therapist.

- ✓ Reflux/Aspiration
 - Be cautious about neck and head position. You may need to raise the head of the bed. Follow your doctor's recommendation.

STOP IF UNSURE