

RESTRICTIVE ENVIRONMENTS: RECOMMENDATIONS

When using action equipment, children should always be within view of an adult. Make sure children can't reach furniture, dangling appliance cords, curtain pulls, or hot surfaces such as ovens or radiators. Keep equipment on level ground. Never use swings or exersaucers on an incline or near the top of a stairway. If possible, check periodically on the Consumer Product Safety Commission website at www.cpsc.gov for equipment recalls.

ITEM	APPROPRIATE USE	AGE GROUP	LIMITS
Walkers	American Academy of Pediatrics recommends walkers not be used due to the potential for injury.	Do not use.	Do not use.
Swings	Use only firm, molded swings, and secure all safety straps. If baby falls asleep, move to appropriate sleeping surface. Pay particular attention to the baby's ability to control head.	6 weeks to 6 months	No more than 15 minutes at a time. *
Exersaucers	Baby must be able to sit up on his own and control his head movement. Adjust the seat so that baby's feet are firmly on the floor.	5 months to 12 months	No more than 15 minutes at a time. *
Bouncy Chairs	Always buckle the restraints. Use only on floors to prevent falls from raised surfaces.	Newborn to 6 months	No more than 15 minutes at a time*
Jumpers	Wait until the baby can support himself on his feet before using a jumper.	6 months to 12 months	No more than 10 minutes at a time
Car Seats	Do not use car seats to confine a baby. Car seats should be used only for their intended purpose of transportation.		
High Chairs	Wait until the baby can sit on her own. Always use safety straps. Do not place baby in high chair until you are ready to feed her. Remove the child when she is finished eating.	5 months to 24 months	No more than 15 minutes at a time other than at meals or snack time *

* Based on Caring for Our Children National Health and Safety Standards Guidelines for Early Care and Education Programs