THE SETUP

The Grandparent Setup Checklist

Your house and car, ready for a little guest — one room at a time.

THE SLEEP SPACE

- **The sleep space itself —** a crib, bassinet, or play yard that meets current safety standards, checked for recalls.
- **Bare is right —** a firm, flat mattress and a tight fitted sheet. No pillows, blankets, bumpers, or stuffed animals.
- **On their back, every time —** naps and nights, for the whole first year.
- **Same room, own bed —** for the first six months at least, baby sleeps close by, in their own sleep space.

YOUR CAR

- **Rear-facing as long as it goes —** until your grandchild reaches the seat's height or weight limit.
- **Check the date —** every seat carries an expiration date on its label. Past it, the seat gets replaced, not passed on.
- **The inch test —** installed right, the seat moves no more than an inch at the belt path.
- **Snug harness, clip at armpits —** straps with no slack to pinch, chest clip up at armpit level.

More on page two: the house, and the table.

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Page two — the house, and the table.

AROUND THE HOUSE

- **Anchor the climbers —** dressers, bookcases, and the TV strapped to the wall.
- **Medicines up and away —** yours, and any in a guest's purse: out of reach and out of sight, every time.
- **Turn the water down —** water heater set so the hottest tap runs no more than 120 degrees.
- **Little things up high —** loose batteries, magnets, and small objects live out of reach.
- **Pods and cleaners put away —** laundry pods and cleaning products behind a latch or up high.

AT THE TABLE

- **Cut it lengthwise —** grapes and cherry tomatoes quartered the long way; hot dogs in strips, never coins.
- **No honey before one —** not in food, not on a pacifier. It can carry botulism spores a baby can't handle yet.
- **Seated and watched —** every bite happens sitting down, with a grown-up close by.

That's the whole list — the rest of the visit is the fun part.

Sources

American Academy of Pediatrics — healthychildren.org · National Highway Traffic Safety Administration — nhtsa.gov · U.S. Consumer Product Safety Commission — cpsc.gov · CDC Up and Away — cdc.gov · Safe Kids Worldwide — safekids.org. Guidance checked November 2026.

Education only — not medical or safety advice for a specific child. Your grandchild's parents and pediatrician know the case.