

Space for your baby (and lots of love)



Congratulations on your new family member! At the start, a baby mostly need affection and tenderness, and you as a parent are most important.

But there are things to help make your surroundings simpler, more fun – and safer. All our products are developed and produced with a focus on safety and children's needs. We collaborate with some of the world's leading child experts, perform careful risk analyses and follow the strictest safety requirements, so you can feel safe and focus on your baby.

Small children and their development

0-3 months

Although it may not always feel like it for you as a parent, your baby sleeps for most of the day during the first few months, often up to 20 hours. Vision and hearing are the senses used to become familiar with the outside world, but the eyes and ears are still sensitive to strong light and loud noise. The ability to focus eyes is not yet fully developed. A baby has significantly thinner skin and a higher respiratory rate than older children and adults, so that's why it's important that the baby is not exposed to any harmful chemicals.

3-6 months

After a couple of months, vision and hearing have developed and the baby is ready to discover more of their surroundings. The motor skills of the fingers are more developed, and the baby likes to reach out for small things that hang from the baby gym and the mobile. Even the mouth is used during this journey of discovery, and everything within a baby's immediate surroundings will be tasted.

6-12 months

Now your baby has developed their motor skills further and can soon sit without support. A little later in this period, the baby starts crawling, standing and maybe even walking. A toddler truck provides good support when legs are still a bit unstable. Let the family's youngest member sit with the rest of the family at the dining table in their own secure highchair. But move fragile items out of reach, since a popular activity for babies is to grab things and hit them against each other.

12-18 months

Your child is going to now explore and get around the entire home. Running, climbing, playing hide-and-seek, throwing and rolling things are different ways to develop balance, motor skills, logical thinking and imagination at this age. The need for sleep is less now and it's enough with about 12 hours of sleep per day.

18-24 months

Your child has enjoyed fantastic development during the first 18 months and continues to develop motor skills, logical thinking and imagination. At this age, the child can use their entire hand to hold a spoon or a mug and eat on their own. Closer to the age of two, your child is in constant motion when awake and likes to pull and push furniture when playing

The baby's health and safety

A baby is vulnerable and totally dependent on care from their surroundings. A baby is also not aware of risks around them, so when a baby begins to crawl and climb, the home is full of potential risks. For example, a baby's skin is thinner and more sensitive – and absorbs chemicals much easier. For us at Children's IKEA, children's safety is our top priority. Already when we design and choose materials, we perform risk analyses and follow the world's

strictest laws and requirements for how children's products should be designed. But we don't stop there, and carefully perform further safety tests since we know that children don't always use things as adults intend to. You can trust in knowing that our children's furniture is painted with non-toxic paints, and that textiles and plastics are free from harmful chemicals and that toys don't have any small parts that can come loose.



Good to have for the baby

The safest sleeping place for your baby is a cot. A dimensioned mattress, mattress protector, fitted sheet and sleeping bag create a well-ventilated and safe place. Since you'll change many nappies, it's good to have a sturdy and ergonomic changing table where your baby lays on a soft changing mat. Store washcloths, nappies and other items close at hand and choose a baby bath with soft anti-slip protection for safe baths. Don't forget fun and

stimulating bath toys. In a stable highchair with a safety belt, your baby sits safely for meals. With ergonomically-designed dishes, mugs and spoons, you can easily feed your baby or let them eat on their own. A washable bib catches most spills. A baby gym or a mobile initially provides enough stimulus. After a few months, your baby's interest will grow to include rattles, soft toys, toddler trucks and other safe toys that develop fine motor skills and balance.

Good-to-have list for the baby

There are a number of things that can make things a little easier, more fun and safer for your baby.

Sleeping

- ☐ Cot
- ☐ Cot mattress
- ☐ Mattress protector
- ☐ Fitted sheet
- ☐ Sleeping bag
- ☐ Duvet (from 12 months)
- ☐ Pillow (from 12 months)

Nappy changing and care

- ☐ Changing table
- ☐ Baby care mat/cover
- ☐ Cotton blanket
- ☐ Washcloths
- ☐ Baby bath
- ☐ Bath toys
- ☐ Towel with hood
- ☐ Dribble bib
- ☐ Storage

Eating

- ☐ Nursing pillow
- ☐ Plate, mug and spoon
- ☐ Bib
- ☐ Highchair with safety belt

Playing

- ☐ Baby gym
- ☐ Play mat
- ☐ Mobile
- ☐ Rattle
- ☐ Soft toy
- ☐ Toddler truck

Safety

- ☐ Drawer catch
- ☐ Window catch
- ☐ Baby monitor

Important sleep

In the first few months of life, your baby actually spends most of the time sleeping – possibly up to 20 hours per day. Sleep is necessary for the recovery of the small body, building up the immune system as well as brain and muscle development, especially during the first year when the child undergoes incredible development.

That's why it's important to create really good conditions for sleeping

so that your baby is as comfortable and relaxed as possible – both for the baby and the rest of the family.

3 tips for a good sleep

- Unwind well in advance before bedtime.
- Make the room dark.
- Try and have a temperature of max. 18°C.



The cot – where the baby sleeps safest

The safest place for your baby to sleep is in their own cot. High spindles prevent falls and help create an airy climate where the baby does not risk getting too warm. A dimensioned mattress, mattress protector, fitted sheet and sleeping bag all create a well-ventilated sleeping environment where you avoid the risk of something covering the baby's face and respiratory tract.

Our cots are designed and tested according to the toughest requirements in the world. One test (of 28 different tests) involves us releasing a weight of 10 kg on the bed base 1,000 times.

We also test that the spindles sit securely so that they cannot loosen and create dangerous gaps where the child's head or other body parts could get stuck.

The materials and paints we use for our beds are of course completely non-toxic, since we know that small



children like to taste and bite most things they come across.



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Safe cot for a growing baby

We have very strict safety requirements for our cots, but we cannot affect the immediate surroundings of the cot. That's why it's important to take note of our recommendations.

If you place the cot next to a wall, it should stand right against it to avoid the risk of your baby getting stuck between the cot and the wall. Make sure that there are not any pieces of furniture, blinds, loose cords, curtains, drapes or openable windows within reach of the cot.

A potential hazard with cots is that the child tries to climb out it on their own, so when your baby starts to sit up, it's time to move the base lower down so that they cannot fall over the cot's edge. When the baby is even bigger, it's possible for most of our cots to remove one side and replace it with a guard rail. This makes it easier for the child to get in and out of the cot on their own and this reduces the risk of falls.

Dimensioned mattress

When developing mattresses, we use all our knowledge about small children. The first few months, a baby cannot lift and move their head if their breathing is blocked. That's why all our dimensioned cot mattresses follow applicable safety standards,



and we perform careful tests to ensure that the baby's head cannot sink too deep into the mattress. With a mattress that's exactly dimensioned to a cot, you avoid gaps where the baby's head, arms or legs could get stuck. You can choose from different thicknesses and feel assured knowing that they're all well-ventilated to ensure a sleeping climate with an even temperature. We don't use brominated flame retardants (except in countries where legislation requires it) or any other harmful chemicals. Most mattresses have removable and washable covers with child-safe zippers so that small fingers can't access and put contents in their mouth.



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Soft and comfortable bed linens

The first year it's safest to not have pillows, duvets and toys in the cot in order to avoid the risk of accidentally covering a baby's face and blocking airways. Use a fixed fitted sheet and put your baby in a sleeping bag that gives an even temperature and can't be kicked off. After age one, you can use a duvet cover and pillow that are soft against the baby's thin skin. All cotton in our products comes from more sustainable sources. This means that the cotton is recycled – or grown with less water consumption, chemical fertilisers and pesticides than conventional cotton. We also use lyocell, a sustainable natural material that's highly absorbent and breathes,

which feels soft against the skin. All textiles are tested and free from substances and chemicals which can harm a baby's skin or health, such as phthalates and flame retardants.



Cosy times full of care

Nappy changing, baths and dressing are great chances to talk, sing and laugh. Maybe it's one of these times when you see your baby's first smile. For a baby, it doesn't matter where a nappy change occurs. But for you, who will change about 5,000 nappies over the next years, it's good to have a practical changing table at a height that's ergonomically sound. All our changing tables stand firmly, and with good storage, everything you need is close at hand – so you can always have one hand on your baby. Complete with a foldable baby

care mat that's easily used for nappy changing on a soft surface when not at home. Baths are a nice and relaxing time, and a good way to unwind before bedtime. Our baby bath has smooth anti-slip protection inside and under the bottom and is made from the same harmless BPA-free plastic found in baby bottles and nappies.



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Spills, laughter and safe meals

Sooner than you can imagine, a baby is ready for taste portions. Expect a battle of wills, laughs and many spills. But spills are actually a part of their development – since by mashing, squeezing and throwing food, a baby trains their fine motor skills and becomes familiar with taste, texture, smell and temperature. Also cutlery, plates and mugs need to be examined, flipped, bitten and tasted. That's why all our children's products are safety-tested and free from bisphenol A (BPA), phthalates and other harmful chemicals. Learning to eat is an art that requires both practice and patience. That's why it's good for a baby to sit around the dining table with other family

members to see and learn – and have cosy times together.

3 tips for handling spills

- Put on a bib and have a washcloth close at hand
- Cut food into pieces that are easy to pick up
- Place a floor protector under the highchair



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Safe highchair and togetherness

When your baby can sit without support, it's a good time to start with a highchair, initially with a supporting cushion. Sitting with the rest of the family at the dining table gives a sense of belonging, and the new family member learns to associate food with a positive time which involves sharing and caring for one another. Sitting calmly is also about safety, since children who run around or play while having food in their mouth can easily get it stuck in their

throat. All our highchairs comply with the toughest safety requirements and have wide and stable bases, rounded edges and safety belts. They're safe highchairs that withstand even the most active days. For most highchairs, you can complete with a removable tray that's easy to wipe dry and provides a small distance of safety between curious children's hands and porcelain and glasses on the dining table.



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Play is a way to discover the world

For small children, everything is about play. This is how they develop and learn things. During the first six months, play primarily involves exploring their surroundings with all of their senses. That's why our toys for the littlest ones, like baby gyms and mobiles, are developed to stimulate vision, hearing and touch.

They're also carefully tested so that children can suck, bite and use them without injuring themselves. For example, our soft toys have embroidered eyes instead of sewn on plastic eyes that can fall off and entice the baby to put them in their mouth.

From the age of six months, your baby is ready to develop their fine motor skills and logical thinking with things like UPPSTÅ stacking rings and colourful building blocks. Of course we have only used non-toxic paints and lacquer so that small mouths can suck and bite the toys as much as they like.



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Decorate for your baby

The new small family member not only affects your feelings and night sleep, but the home also needs to be adapted to your new life situation.

Children are curious and inventive, and as adults it can be hard to imagine and foresee all the potential risks. A good tip is to sit on the floor and look at the home from the child's angle. You probably see power sockets, cords and other exciting things under the sofa – and maybe bookcases and chests of drawers that entice climbing. Well in advance before your baby starts to crawl and stand up, it's time to fix furniture to the wall and move dangerous and fragile things where little hands cannot reach them.

To make it easy for you to make your home child-safe, we've developed the PATRULL and UNDVİKA series with a baby monitor, drawer catches, corner bumpers and many other safety products.



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