

A Safer Sleep with Sleep Sacks: Jill Koehler

According to The Canadian Medical Association Journal (June 2006): "Because loose bedding can be hazardous...sleep clothing, such as a sleep sack, may be used in place of blankets."

Not only are sleep sacks a safety item, but they are an essential part of a baby's sleep routine. Because sleep sacks are an enclosed space, a baby feels comfortable and secure when they are put to bed in one. Another great thing about a sleep sack is that they are easy to transport. Whether visiting a friend's house, camping in a tent or flying on a plane - wherever you are, once you bring out the sleep sack, your baby knows it is bedtime.

Perhaps the benefit most often mentioned by parents is the peace of mind a sleep sack can bring. No more worrying that your baby will throw off the blankets and wake up cold and crying, a sleep sack has him/her covered!

Five Things to Consider When Choosing a Sleep Sack

1. How old is your baby?

Sleep sacks are most useful after the first couple of months when a baby no longer needs to be swaddled. It is a nice transition because it is a contained space that feels safe.

2. What fabric should I choose?

There are many fabrics to consider: cotton, hemp, fleece, wool, down. If the temperature is warmer, cotton or hemp are great choices, but for cooler weather, fleece, wool and down are better options.

3. What temperature rating should my sleep sack be?

When considering what warmth of sleep sack to buy, consider not just the season but the temperature of your baby's room. It is generally better to have a slightly cooler sleep sack that you can make warmer or cooler by adding warmer pj's or just diapers underneath

4. What is a good fit?

For fit issues, look to make sure the neck hole is a good fit and will not go over the baby's head. For the armholes they should be big enough to offer air circulation, but not so big your baby's arms could get tangled.

5. What zipper style?

There are two main zipper styles. One zips down the middle of the sleep sack, the other zips around the outside like a sleeping bag. Many parents prefer the zippers that are sleeping bag style and open from the bottom for easy diaper changes in the middle of the night

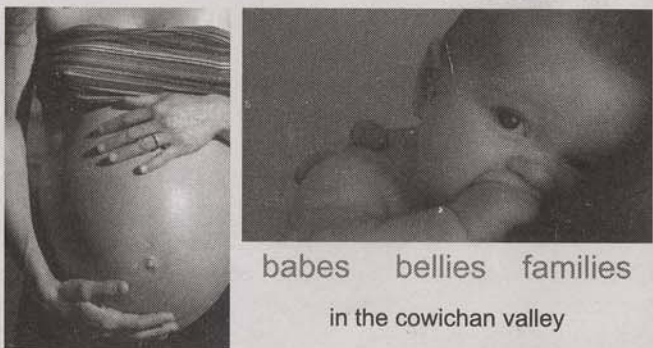
The Most Common Question

Why Are Sleep Sacks Not Long Sleeved?

At first you might think: "The baby's little arms will get cold!" But the concept of sleep sacks is built around layering the baby's pajamas inside the sleep sack, kind of like when you go hiking or running. If it is cold, your baby can snuggle down in heavier, long-sleeved pjs inside the sleep sack, but for warmer temperatures you have the option of using lightweight pjs or just a diaper.

Jill Koehler is the owner and designer of Kohlr Baby, a Canadian company based out of Vancouver, BC. To learn more about sleepsacks visit www.kohlrbaby.com

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