

Child Care

“Feet to Foot Rule”

Technical Assistance for Blankets

Kentucky Child Care Regulations prohibits loose bedding but does not prohibit blankets. If a blanket has to be used, the following “Feet to Foot Rule” guidelines should be followed:

- Place the child’s feet against the foot of the crib
- Tuck a light blanket along the sides and the foot of the mattress
- The blanket must be placed only up to the infant’s chest with their arms outside of the blanket.
- The infants head must remain uncovered.
- Frequent visual checks are required to make sure the infant has not pulled the blanket over his or her head.

Resource: *Caring for our children: National health and safety performance standards; Guidelines for early care and education programs.* 3rd Edition page 98, Elk Grove Village, IL: American Academy of Pediatrics; Washington, DC: American Public Health Association.