

FAMILY GOALS - SAFE SLEEPING ZONE

Make a space where your child's lungs can rest all night long. Keeping dust mites away will help your child sleep through the night.

Reducing Dust and Dust Mites

- ❑ Put pillows and mattress in their special covers.
- ❑ Every week, use a clean, damp cloth to wipe all surfaces in child's bedroom and a damp mop to clean all exposed floors.
- ❑ Wash blankets, sheets, and pillowcases in hot water at least every two weeks.
- ❑ Wash stuffed animals in hot water or freeze them for 48 hours.
- ❑ Remove area rugs in child's bedroom. Or, try to vacuum once a week when your child is **not** in the room.

Reducing other Triggers

- ❑ Do not use any strong smelling perfumes, sprays, or cleaning products in your child's room.
- ❑ Do not use feather pillows or down comforters.
- ❑ Do not allow your child to eat in his/her bedroom.
- ❑ Other special goals: _____
