When it comes to monitoring the health of a child using Arduino-based sensors, you need to consider the safety, comfort, and accuracy of the sensors. Here are some sensor options that could be suitable for child health monitoring projects:

1. **Temperature and Humidity Sensor:**

   - DHT11 or DHT22: These sensors can measure ambient temperature and humidity, which can be useful for monitoring the child's environment.

2. **Heart Rate and Oxygen Saturation (SpO2) Sensor:**

   - MAX30102 or MAX30105: These sensors can measure heart rate and blood oxygen saturation. They are non-invasive and can be placed on a child's fingertip or earlobe.

3. **Movement and Position Sensor:**

   - Accelerometer and Gyroscope: Sensors like the MPU6050 can detect motion, orientation, and changes in position. They could be used to monitor a child's activity level and posture.

4. **Bed Presence Sensor:**

   - Pressure-Sensitive Mat: Placing a pressure-sensitive mat under a child's mattress can help monitor their presence in bed, which could be useful for monitoring sleep patterns.

5. **Sound Sensor:**

   - Sound Detection Sensor: This sensor can monitor noise levels in the child's environment and help alert caregivers to sudden loud noises or disturbances.

6. **Environmental Gas Sensor:**

   - MQ Gas Sensors: These sensors can detect gases like carbon dioxide, carbon monoxide, and volatile organic compounds in the child's surroundings.

7. **Baby Breathing Monitor (Apnea):**

   - Ultra-Thin Force Sensors: These sensors can be placed under a crib mattress to detect subtle movements caused by a baby's breathing.

8. **Vital Signs Monitor (Combo):**

   - Kits like the "Healthcare Sensor Platform" from SparkFun include a combination of sensors that can measure heart rate, SpO2, respiration rate, body temperature, and more.

9. **Diaper Wetness Sensor:**

   - Moisture Sensor: A moisture sensor could be used to detect diaper wetness and send alerts to caregivers.

10. **Bluetooth or WiFi Module:**

    - For data transmission and remote monitoring, you might want to incorporate a wireless module like Bluetooth (e.g., HC-05) or WiFi (e.g., ESP8266).

Always prioritize safety and comfort when designing child monitoring devices. Ensure that the sensors are securely attached and non-invasive. Also, consider using child-friendly enclosures to protect the electronics. Additionally, pay attention to power sources and make sure the device is energy-efficient to avoid frequent battery changes.

Lastly, keep in mind that any health-related project, especially for children, should be approached with caution and, if necessary, in consultation with medical professionals to ensure the accuracy and safety of the device.