

Childproofing Your Home

Childproofing your home is an ongoing process and now is the time to begin!

Bedroom Safety:

TO DO

DONE

- Always** place your baby to sleep on his or her back.
- Do not smoke when holding infant.
- Use a crib made after 1992 and be sure the mattress fits snugly.
- Crib slats should be 2 3/8" apart or less.
- Put the mattress at its lowest level to prevent falls.
- Avoid putting pillows, soft bedding, or stuffed animals in a crib.
- If you use a playpen with mesh sides, the holes must be less than 3/4" across.
- Use a safety belt on infant changing table.
- Nightlights should be at least three feet away from the crib.
- Post poison control and physician phone numbers on all phones.
- Use smoke detectors and carbon monoxide detectors on every level of your home.
- Never leave an infant unattended on changing table, bed, or bath.
- Keep blind cords, electrical cords and mobiles out of baby's reach.
- Place a baby monitor in the nursery far from child's reach.
- Anything that will fit inside an empty cardboard toilet roll is a choking hazard.

Bathroom Safety:

TO DO

DONE

- Set water heater to 120 degrees F or below.
- Babies can fall into a toilet head first and not be able to get out, so be sure to install toilet locks.
- Never leave a child unattended in or around water.
- Keep all electric appliances away from water sources.
- Put safety locks on all bathroom cabinets.

Kitchen and Living Room Safety:

TO DO

DONE

- Anything that will fit inside an empty cardboard toilet roll is a choking hazard.
- Shorten drapery and blind cords.
- Lock any potentially dangerous substance in a high cabinet. If you have to, keep them under the sink and use a childproof lock on the cabinet doors.
- Know the names of all houseplants and keep out of child's reach.
- Cover all unused electrical outlets with a child-resistant outlet cover.
- Place barriers around wood stoves, fireplaces, and portable space heaters.
- Do not place your baby in a walker with wheels.
- Keep appliance, drapery, and lamp cords short and protected.
- Doorknob covers will keep your child from getting into places when the doors are closed.
- Do not smoke in the home.
- Do not leave food and drinks out on the counters or tables where your child could get them.
- Anchor all dressers, tables, appliances that can topple onto child as a result of climbing or pulling.
- Mount safety gate at the top and bottom of stairs.
- Do not hang dish towels on the oven door, as baby can pull towel and bring the door down.
- Unplug all kitchen counter appliances and beware of leaving knives, scissors, coffee mugs on the counter.
- Cover end tables, coffee tables, or low dressers with cushioning.

Garage Safety:

TO DO

DONE

- Keep all paint, varnishes, and dangerous tools out of reach.
- Unplug all power tools after use.
- Keep all guns unloaded and in a locked cabinet.
- Take doors off old refrigerators and freezers.

It is a good idea to have a few sets of EMERGENCY NUMBERS including Physician, Poison Control and Hospital. Some suggestions as to where to put these numbers:

- ✓ On your refrigerator
- ✓ In your car.
- ✓ In your diaper bag.
- ✓ Give to family and friends.
- ✓ Near phones.
- ✓ Give to caregivers and neighbors.

For more information on creating a child safe home, visit the National Safe Kids campaign at www.safekids.org

The American Academy of Pediatrics also provides childproofing information at www.aap.org