



Understanding Infant & Child Safety

Stages of Childproofing

It's never too soon to start childproofing. All children reach developmental milestones at different times, so it's better to be prepared. Use this checklist as a guide for your child's age.

Newborn Safety starts now

- Check Baby's crib to ensure it meets safety guidelines
- Remove pillows, blankets, stuffed animals, and bumpers from the crib
- Place baby monitors and cords at least 3 feet away from crib
- Replace or secure cords window coverings
- Stay with your baby at all times during a bath
- Use straps on changing table and keep your hands on your baby
- Install smoke alarms and carbon monoxide detectors
- Install gates
- Adjust water heater to 120°F (48.9°C)
- Anchor TVs and furniture
- Install a fence around any pool or hot tub (also consider a pool alarm)
- Do not use baby walkers



Crawlers On the move

- Keep toilet lids closed or install a latch
- Cover electrical outlets lower than counter height
- Remove nightlights that are in lower outlets
- Cover sharp furniture edges and corners
- Use a fireplace safety screen
- Secure or hide electrical cords
- Install latches on appliance doors
- Keep floor clear of choking hazards
- Keep household cleaners and medicines out of reach
- Post (and memorize) the number for Poison Control (1.800.222.1222)
- Turn pot handles inward and use back burners
- Anchor your stove (be sure furniture and TVs are anchored)
- Empty bathtubs, splash pools, and buckets of water after using
- Always supervise your crawler with older siblings or children who visit





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Toddler Active and Curious

- Keep windows latched or use window guards and stops
- Lock doors to the outside
- Keep medications up high or locked away
- Unplug small appliances and keep out of reach
- Remove sharp items from countertops
- Secure doors to off-limit areas (garages, sheds, basements)
- Install stove knob covers
- Place hot foods and lit candles in the center of tables and countertops—do not use tablecloths or placemats
- Be careful with step stools and chairs (especially if you have a climber)
- Do not place couches and other furniture near windows or unsafe window coverings
- Keep electronic devices (cell phones, tablets, computers) out of reach while they are charging
- Remove any storage trunks or chests that cannot be opened from the inside



Child Growing fast, doing more, and testing boundaries

- When they are ready for a bed, find one that is low to the ground
- Recheck latches, locks, and gates to see if they are still strong enough for your child
- Explain why certain things are dangerous (but do not expect they will understand yet)
- Continue keeping cleaners and medications out of reach
- Teach children what to do if the smoke detector goes off and make an escape plan
- Keep matches and lighters out of reach
- Install window guards or stops on upper floors (if you have not already done so)
- Do not allow your child to use the microwave
- Teach your child their full name, street address, and a parent's phone number
- Continue watching your child during bath time
- Keep guns unloaded and locked in a cabinet or safe
- Remove any storage trunks or chests that cannot be opened from the inside





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Room-by-Room Safety Checklist

These room-by-room tips can help make your home as safe as possible for your growing family. Go through each room and use these recommendations to childproof your home.

Kitchen:

- Keep a fire extinguisher in the kitchen
- Store sharp objects (such as knives) out of reach
- Keep medicines and vitamins out of reach
- Lock away any poisons and household products, such as cleaning supplies and alcohol
- Install ground fault circuit interrupter (GFCI) outlets around any water source
- Unplug appliances that are not in use and tie up long cords
- Make sure the highchair is sturdy and has a safety belt



Bathroom:

- To avoid burns, set your hot water heater to 120°F (48.9°C) (or lower) and consider putting anti-scald devices on faucets
- Test bathwater with your wrist or elbow before bathing your child (some bath toys have built-in hot water sensors)
- Never leave water in the tub (drain after every use)
- Install locks on the toilet, keep the lid closed, and keep the bathroom door closed
- Keep vitamins, medicines, and personal care products locked up or out of reach
- Buy products with child-safety caps
- Keep electronics away from sources of water
- Use a non-skid rug on the floor
- If your bath tub has a smooth surface, use an anti-slip mat or decals



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Living Areas:

- Have a working smoke alarm and carbon monoxide detector (they should be located at least 15 feet away from any fuel-burning appliance)
- Place space heaters at least 2 feet away from anything that could catch fire
- Gates need to be properly installed at the top and bottom of all stairs
- Secure tall and heavy furniture (including televisions) to walls using furniture straps or anchors
- Remove poisonous houseplants
- Place covers on all electrical outlets (if you use individual outlet caps, choose bigger ones that are not choking hazards)
- Remove area rugs or add non-skid backing under them
- Remove or cushion sharp-edged furniture
- Consider replacing wax candles with LED candles
- Window covering cords should be out of reach of children
- Install window guards or stops on all windows



Nursery/Child's Bedroom:

- Have a working smoke alarm and carbon monoxide detector
- To reduce the risk of Sudden Infant Death Syndrome (SIDS) always lay your baby down to sleep on their back, have a firm, tight-fitting mattress, remove everything else from their crib, and use a sleep sack, not loose blankets, to keep them warm.
- Use a crib that meets current standards, and position it in the room away from furniture, windows, blinds, and drapery cords
- Furniture (including the crib) should not have openings of more than 2 $\frac{3}{8}$ inches
- Look for the JPMA certification seal on your baby equipment
- Secure tall and heavy furniture to walls using furniture straps or anchors
- Register all products so you are alerted if there is a recall
- Always keep the sides of mesh playpens and portable cribs in a locked position
- Remove any strings that are on baby products (pacifiers, bibs, and toys)
- Store all baby supplies, diapers, and toiletries within your reach, but out of your baby's reach
- Use a toilet paper roll as a small parts tester to make sure a toy is not a choking hazard
- Use toy chests/storage with removeable lids, lids with holes, or spring-loaded supports to prevent accidental suffocation



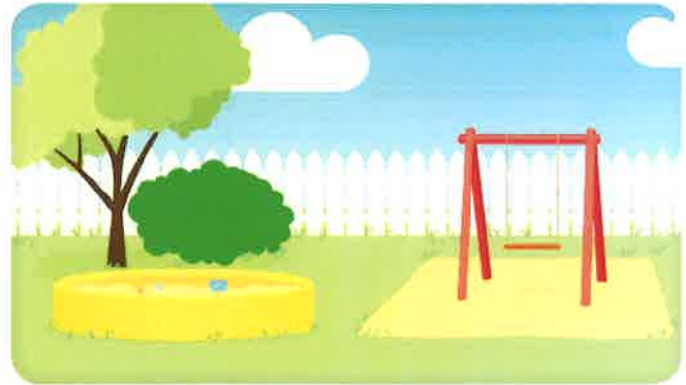
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Other Bedrooms:

- Have a working smoke detector and carbon monoxide detector wherever anyone sleeps
- Store vitamins, medicines, and household products locked or out of reach
- Secure tall and heavy furniture to walls using furniture straps or anchors
- For newborns, have a dedicated sleep area in your room (bed sharing is not recommended), so they can room-in for at least the first 6 months of their life (ideally for the first year)
- Place covers on all electrical outlets (if you use individual outlet caps, choose bigger ones that are not choking hazards)

Garage/Shed:

- Keep all poisonous products (including windshield wiper fluid, fertilizer, gasoline, and antifreeze) locked up or out of reach
- Keep all containers of flammable liquids (such as paint and solvents) stored in their original containers and away from things like water heaters and furnaces
- Keep a fire extinguisher in the garage at all times
- Empty all buckets after use and store them upside down
- Install an automatic garage door opener with an approved safety mechanism
- Do not warm up your car inside the garage; do it outside instead
- Install a carbon monoxide detector in your garage



Backyard:

- If you have a pool, make sure it has a four-sided fence and self-closing, self-latching gate
- If you have an in-ground pool, make sure it has anti-entrapment drain covers and a safety vacuum release system (children can become trapped underwater by suction in the drain)
- Inflatable kiddie pools should be surrounded by a fence, just like any other pool, or emptied when not in use
- Cover and lock hot tubs when not in use
- Pick up items in your yard that could be dangerous to your children (ladders, garden tools, hoses, and chemicals)
- Remove poisonous plants and flowers
- Do not leave your grill unattended and make sure propane, matches, and lighter fluid are locked up after use
- Check all play structures for signs of wear or breakage and fix them before allowing your children to use them
- Have shock-absorbing materials (pea gravel, mulch, or rubber surface) under all play structures and covering at least 6 feet in all directions



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- Keep babies under 6 months out of direct sunlight.
- Dress babies in lightweight clothing.
- Apply sunscreen with at least 15 SPF (if needed). Encourage children to drink water when it is hot outside.

- Make sure that play structures are safe (avoid wooden structures, exposed metal edges, or rusty equipment).
- Check the temperature of the equipment before letting your child use it—metal and plastic slides get very hot!

- Insects are often found around trees—check the area to reduce the risk.
- If you live in an area with ticks, check your child after playing outside.

- Keep your child away from roads and parking lots.
- Always hold your child's hand as you walk through the parking lot.

- Stay off your phone and watch your child at all times—accidents happen quickly!

- Make sure that you use age appropriate playground equipment.
- Teach children about proper playground behavior.

- Look for safe surfaces (rubber mats, wood chips, mulch, and sand)—3 out of 4 playground injuries come from falls.
- Watch for anyone who seems suspicious (talk to older children about “stranger danger”).