

Childproofing Checklist and Safety Tips

AROUND THE HOUSE

Carbon Monoxide

- Install carbon monoxide (CO) detectors if you use gas or oil heat or have an attached garage. Check the batteries twice a year.

Fire Prevention

- Install and maintain working smoke detectors. Check monthly.
- Keep a fire extinguisher on hand.
- Plan a fire escape route.

First Aid

- Assemble a first-aid kit for babies.
- Post emergency numbers next to your telephone.
- Take an infant CPR class.

Outlets

- Install plates that slide closed over outlets, or use outlet protectors.

Rooms and Furniture

- Cover sharp corners and edges of furniture and end tables with padding or bumpers.
- Raised fireplace hearths should be covered with padded bumpers or blocked off.
- Put no-slip pads under area rugs that don't have a rubberized backing to prevent slip and falls while carrying your baby.

Poison Control

- Put childproof locks on all cabinets containing medicines, poisons and caustic substances. Keep syrup of ipecac on hand in case of emergency.
- If you suspect your home has lead paint, and it is flaking or peeling, have a professional remove or seal it.

Water Safety

- Set your water heater no higher than 120 degrees Fahrenheit to prevent scalding.
- Make sure the infant tub you select has a slip resistant bottom, or other features so baby won't slide down.

Windows

- Cut looped window blind cords; use safety tassels and inner cord stops.
- Install window stops or window guards.

NURSERY

Bassinet

- Has a sturdy bottom, wide stable base, and smooth surface with no protrusions.
- Legs lock securely.
- Avoid soft fluffy bedding such as pillows, comforters or sheepskins.

Changing Table

- Has a safety strap attached.
- Find a place to keep baby wipes and other supplies within your reach, but out of your baby's.
- Has a carpet or rug below in case of a fall.

Crib

- Slats no more than 2 3/8 inches apart, and no decorative cutouts that can entrap baby's head.
- Mattress that is firm and fits snug (less than two fingers' width between mattress and side).
- Avoid soft fluffy bedding such as pillows, comforters or sheepskins.
- Is positioned away from windows, heaters, lamps, wall decorations, cords and climbable furniture.

IN THE CAR

- Purchase a car seat intended for infants, and replace when child reaches weight or height limitations.
- Install it properly in rear-facing position in the middle of the back seat. Practice removing & installing.
- Keep towels in the car; roll up and use to position baby or wedge under car seat to level.
- A mirror that let's you see your baby, and a window shade to block the sun are nice to have.

IMPORTANT TIP: With babies traveling in the back seat of the car and facing the rear, it has happened where exhausted parents or other care-givers have forgotten the baby is there, have gone in to a store or business, and come back to find the baby dead from hypothermia or heatstroke. **To prevent this from happening, place your purse in the backseat, and keep an item of the baby's in the front seat next to you, such as a stuffed animal or diaper bag as reminders. Encourage anyone who transports your baby to do this...it could save his or her life!**