

# Home Safety Checklist for Parents of Children 0-3 Years

## In your child's bedroom

### Changing Table:

- Never leave your child unattended. Keep supplies within arm's reach and always use the safety belt to help prevent falls.
- Use cordless window coverings on all windows. If this is not possible, make sure drapery and blind cords are tied up high with no loops.

### Crib:

- Safe sleep: babies younger than 1 should sleep on their backs. The safest place to sleep is in a crib with a firm mattress with a fitted sheet. Infants should NEVER sleep in an adult bed or on a couch. Keep pillows, quilts, bumpers, comforters, and stuffed toys OUT of your baby's crib.
- Don't hang anything with strings or ribbon over cribs. Keep monitor cords well away from the crib.
- Use a crib that meets current standards. It should not have a drop side or any raised corner posts or cutouts. The slats should be no more than 2 3/8 inches apart.

## In the bathroom

- Always stay within arm's reach of your infant or young child when he is in the bathtub.
- Keep the bathroom door closed when not in use. Keep the toilet seat cover down and consider using a toilet lid latch.
- Use nonskid mats or strips in the shower or tub to avoid falls. Use bath mats to keep the floor dry.
- Unplug and store hair dryers, curling irons, and other electrical appliances out of your child's reach.
- Turn the water heater down to 120 degrees Fahrenheit to prevent burns.

## In the family room

- Pad edges and corners of tables
- Keep houseplants out of your child's reach
- Use brackets, braces, or wall straps to secure unstable or top-heavy furniture to the wall to prevent furniture or TVs from falling on children.
- Place a barrier around the fireplace or other heat sources
- Block all stairs with gates.

**In the kitchen**

- Store sharp knives or other sharp utensils and dishwasher detergent and other cleaning supplies in a cabinet with child locks.
- Keep chairs and stools away from counters and the stove where a child could climb up and get hurt.
- Use the back burners and point pot handles toward the back of the stove to keep them out of your child's reach. Keep your child away from the stove when someone is cooking.
- Use a high chair that is sturdy and has a seat belt with a crotch strap.

**Preventing choking and strangulation**

- Keep small parts, plastic bags, small toys, coins, and balloons out of reach of children.
- Keep cords and strings out of reach of children, including those attached to window blinds.
- Make sure that batteries are installed in toys correctly. Small button batteries can be swallowed which can cause choking and/or poisoning.

**Poison Prevention**

- Store all household cleaning product and chemicals in their original containers, out of reach and sight of children.
- Keep all medications locked and out of reach of children.
- Keep laundry pods out of reach of children.
- Clearly post or pre-program the Poison Control Center on your phone. (The number for Poison Control is 1-800-222-1222.)

**Fire and Carbon Monoxide Safety**

- Make sure there is a working smoke alarm and carbon monoxide detector on every level of your home. Test the batteries every month.
- Create and practice a home fire escape plan with your family.
- Make sure you have a working fire extinguisher available.
- Keep all matches and lighters out of reach of children.

**Firearms**

- If firearms are stored in the home, keep them locked and out of children's reach and sight. Lock and unload guns individually before storing them. Store ammunition separate from firearms.

**Tobacco**

- Exposure to secondhand smoke greatly increases the risk of heart and lung disease in your child. For your health and your child's health, please keep your home and vehicles smoke-free.
- Keep all tobacco products out of reach and sight of children.
- If you would like help quitting smoking, call 1-800-QUIT-NOW