

Home Safety Checklist for Parents of Children 3-5 Years

In the kitchen

- Install locks on cabinets that children should not have access to.
- Place knives and matches out of reach of children, or in locked drawers.
- Store alcoholic beverages out of reach of children.

- Cook on the back burners of the stove and keep pot handles turned away from the edge. Keep hot foods and liquids away from the edges of counters and tables

- Do not hold a child while cooking

In the bathroom

- All children need to be supervised at all times when they are in or around water.
- Lock medicine cabinets. Make sure that all medications and drugs are in a locked location, out of reach of children.
- Use nonskid mats or strips in the shower or tub to avoid falls. Use bath mats to keep the floor dry.
- Keep cleansers, shampoos, soaps, toiletries, and cosmetics out of children's reach. (Many are poisonous if swallowed.)
- Turn the water heater down to 120 degrees Fahrenheit to prevent burns.

In the living room and bedrooms

- Place your plants where young children can't reach them.
- Keep perfumes and cosmetics out of reach and sight of children.
- 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.
- Keep furniture away from windows and install window guards on second- and higher-story window.

In the garage and basement

- Lock up all insect sprays, fertilizers, and weed killers, paints, gasoline, antifreeze, or any other poisonous items

Preventing choking and strangulation

- Keep small objects out of children's reach and sight.
- Keep cords and strings out of reach of children, including those attached to window blinds.

Poison Prevention

- Store all household cleaning product and chemicals in their original containers, out of reach and sight 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