

# Childproofing Checklist

By Laura Cooper Peterson

- Nursery
  - Move the crib away from any windows.
  - Ensure crib rails are less than 2 3/8 inches apart.
  - Ensure crib mattress is firm and tight fitting in the crib.
  - Inspect crib for any missing or broken crib hardware.
  - Place night-lights at least three feet away from the crib.
  - Place any books or toys down low where children can reach them without climbing.
  - Check age labels for appropriate toys.
  - Use window stops so windows do not open more than 4 inches.
  - Use a nursery monitor to listen when you are out of the room.
  - Keep toiletries out of your baby's reach but within yours.
- Bathroom
  - Lock away any medications, toiletries, razor blades and any other hazardous items.
  - Put nonslip mats in bathtub and on the floor next to the tub.
  - Store any electrical appliances when not in use.
  - Install toilet-lid locks to prevent drowning.
  - Install additional safety grips to help prevent falls.
  - Make sure to test the bath water temperature before placing a child in the bath.
  - Never leave a young child alone in the bathroom.
- Kitchen
  - Keep your dishwasher latched at all times.
  - Use an oven lock to prevent access to the hot oven.
  - Secure and store poisons.
  - Place knives and matches out of reach and in a locked drawer.
  - Store plastic bags and plastic wrap out of children's reach.
  - Apply stove and burner guards/covers.
  - Consider a safety gate in the kitchen.
  - Never carry hot liquids or food near your child.

- Remove tablecloths.
- Never leave cooking food unattended.
- Keep chairs and step stools away from counters and the stove.
- Always strap child in high chair.
- Move refrigerator magnets out of reach.
- Throughout the House
  - Block off any railings children could climb over.
  - Plug in electrical outlet covers/safety caps.
  - Test smoke alarms.
  - Place bumpers or corner protectors on any sharp furniture corners.
  - Place houseplants out of children's reach.
  - Keep cigarettes, matches, and lighters out of children's reach.
  - Secure unsteady furnishings.
  - Safety-proof windows and fire exits.
  - If possible, install carpeting on stairways to protect from falls.
  - Remove glass top coffee tables.
- Outside
  - Don't use a power mower to cut the lawn when young children are around.
  - Never leave kids unattended around the grill.
  - Store tools, garden, and lawn-care equipment and supplies in a locked closet or shed.