

Baby Proof Checklist

By Bridget Galbreath

- Throughout the home
 - Cover all electrical outlets with outlet covers** Babies can easily stick their fingers and other objects in electrical outlets and electrocute themselves.
 - Store all electrical wires** Tightly wrap up all electrical wires and tuck them away; secure them to walls, behind furniture or under molding.
 - Lock all windows** Secure lower windows that babies can reach, as they can easily fall out of unsecured windows.
 - Install baby gates.**
 - Remove curtains or replace them with short curtains that your baby can not reach.**
 - Tie up any dangling pull cords for blinds or drapes so that your baby can not reach them.**
 - Remove items from open, low-lying shelves** Books, DVDs, collectibles and any other items you may have out on low shelves should be stored away.
 - Guard fireplaces** Put up fireplace guards around hearths to prevent injury from lit fires, as well as injury from the hard hearth.
 - Apply padding to corners** Cover sharp corners, such as table and shelf edges, with self-adhesive padding to prevent injury.
 - Avoid using tablecloths** The dangling edges of tablecloths can be tempting to babies and they can easily pull them and pull any items on top of the table off with the tablecloth.
 - Use trash cans that have secure lids or place trash cans in cabinets or closets so your baby can't access them.**
 - Block access to radiators or heaters with baby gates** These surfaces become very hot and can cause burns if touched by your baby.
 - Place house plants on tall surfaces to keep them out of your baby's reach** Avoid having toxic plants in the house, such as poinsettias.
 - Keep a list of emergency phone numbers in easy-to-see locations** Numbers on the list should include the number of your baby's doctor, the numbers to hospitals, fire departments and police stations, as well as numbers to trusted emergency contacts, such as a
- Kitchen
 - Cover stove knobs with covers or locks.**
 - Seal refrigerator and freezer doors with adhesive locks.**
 - Install locks on all cabinets within baby's reach** This will keep cleaning products, breakables and anything else that may harm baby at bay.
 - Store plastic bags behind closed doors.**
 - Place exposed food items far back on the counters.**

- Lock away knives and any other sharp objects.
- Furniture
 - Cover pointed edges on tables with soft edge guards.
 - Secure any tall furniture to the walls to avoid toppling Attach L-brackets to the back of tall furniture and screw the brackets into the walls.
 - Place baby gates around furniture that your baby may climb, such as bookshelves.
 - Push heavy equipment, such as televisions and stereos, as far back as possible on the furniture that houses them.
- Bathroom
 - Install locks on all cabinets.
 - Place locks on toilet seats Toilets present a potential drowning hazard, as babies can easily lift the lid and fall in.
 - Place a cover over the bathtub spout Babies can easily knock their heads into the spout while bathing.
 - Use a thermometer when drawing baths Avoid freezing or burning the baby by checking the water temperature; an ideal temperature for babies is between 90 and 100 degrees Fahrenheit.
 - Draw baths to just below the baby's waist height.
 - Never leave a baby unattended in the bath.
- Nursery
 - Secure the crib Stuffed animals, pillows, blankets and any other loose materials should be removed, as they can potentially suffocate the baby.
 - Put locks on drawers and doors.
 - Secure the changing table Use a changing pad with a safety belt and always belt baby onto the table.
 - Lift window coverings and cords A baby can easily pull on window coverings or blind cords and injure herself
- Toys
 - Choose toys that are age-appropriate for your baby Read labels on toy packaging to ensure the toys you select are ; ; appropriate for the age of your child.
 - Ensure that toys do not have accessories that can easily be torn off, such as buttons, zippers or ribbons Babies can pull off such items and potentially choke on them.
 - Make sure toys are not too heavy for your baby to pick up.
 - Ensure there aren't any long cords or strings Long cords and strings can easily be wrapped around your baby's neck and choke her.
 - Avoid small toys that can fit in your baby's mouth Babies explore with their mouths and small toys present a choking hazard.