

# 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.