Baby Proof Checklist

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# Tasks:

☐ **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 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.*