

# 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 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.