



Childproofing Check List

The following is a list of suggestions for preventing household injuries in your home. However, remember that no safety device can take the place of adult supervision.

When considering how to child proof your home and what products will work best, put yourself in your child's place by crawling around your home on your hands and knees looking for potential dangers. We suggest eliminating any dangers before the baby arrives, to give you time to get used to using the devices properly.

Throughout the Home

- Install safety gates at the top and bottom of stairs to prevent falls
- Inspect loose floor coverings and replace any flammable carpets/rugs
- Block off any railings children could climb over
- Provide a childproof enclosure for your dog, if you have one
- Plug in electrical outlet covers/safety caps
- Test smoke alarms (consider switching to talking smoke detectors) and change batteries every six months
- Install window blind cord wind-ups
- Secure dressers (even short ones) TVs/plasmas, bookcases or any other tip prone furniture to the wall or floor
- Place bumpers or corner protectors on any sharp furniture corners
- Consider cord shorteners for any dangling appliances that could be pulled down (i.e. lamps)
- Put on door knob covers
- Plan and practice your emergency evacuations for fires and tornados
- Create a list of emergency numbers (doctor, poison control, neighbors, family) and place by phone
- If you smoke, use large, deep ashtrays and empty the ashes in a metal container. Also, make sure to check furniture in the room for discarded cigarettes
- Use extension cords with "anti-mouth burn" design features, such as safety caps and closures
- Remove any sharp toys or toys that are small and can be swallowed
- Remove any poisonous plants and store household plants out of children's reach
- Cover all trash containers securely

Family Room

- Keep any boxes or papers at least three feet away from the furnace or fireplace
- Make sure to use the glass doors or tight fitting screen when using the fireplace to keep sparks from flying out

Bedroom

- Turn off portable heaters and unplug them when you go to bed
- Never smoke in bed

Nursery

- Move the crib away from any windows
- Ensure crib rails are less than 2 3/8 inches apart (less than a can of soda)
- Ensure crib mattress is firm and tight fitting in the crib leaving no gaps between the crib and mattress
- Do not overhang any items (mobiles, etc) or place any items (stuffed animals, pillows, etc) in the crib
- Inspect crib for any missing or broken crib hardware; make sure crib does not contain lead-based paint
- Place all products needed for changing baby within reach of change table (so you don't have to step away)
- Secure strap to dresser if using a changing table pad
- Use the safety straps to prevent the baby from falling or wiggling off the table when changing
- Place any books or toys down low where children can reach them without climbing

Kitchen

- Purchase a fire extinguisher
- Secure and store poisons (ideally up high), including cleaning products, dishwasher detergent, chemicals
- Firmly fix stove to wall or floor
- Place knives and matches out of reach and in a locked drawer
- Store plastic bags and plastic wrap out of children's reach to avoid suffocation
- Lock/latch cabinets that baby should not get into
- Purchase a five point harness high chair and ensure it is stable/locked on floor
- Apply stove and burner guards/covers – remember to turn pot handles inward and use back burners first
- Consider a safety gate in the kitchen so the baby does not have access to this area while you are preparing meals, or place baby in a playpen where you can see them but where they can not be splashed by grease or an overturned pot
- Never carry hot liquids or food near your child or while you are holding a child
- Remove tablecloths – children can pull everything onto their heads by yanking on the cloth

Bathroom

- Lock away any prescription and non-prescription medications, toiletries, cosmetics, razor blades and any other hazardous items
- Place a slip resistant bath mat in bathtub and on floor
- Store any electrical appliances (hair dryers, etc) when not in use
- Cover the water taps
- Set hot water heater to below 120 degrees Fahrenheit
- Make sure to test the bath water temperature before placing a child in the bath
- Use a toilet lock
- Children six and under should always be supervised in the bathtub as they can drown in a few inches of water

The following information was gathered from Safe Kids USA, Kids Safe Australia, Olathe Fire Department and SIDS.