

























# YOUR HOME BABY PROOFING CHECKLIST



*Mom's Besty*™  
The friend you trust

## GENERAL

It can take a while to see your home as your child sees it; a landscape full of adventure. Remember that the best way to keep a baby safe is to keep the whole family safe, so apply common sense and get to work on all those normal household safety issues that didn't seem quite so important before.

-  Replace old doormats to reduce germs.
-  A surprising number of houseplants are toxic. Check and remove.
-  Review your cleaning products and replace if possible with steam cleaners.
-  Add baby gates on stairs and to help contain open plan spaces.
-  In high traffic areas cushion sharp furniture edges and corners with rubber guards to reduce impact and avoid serious injuries.
-  Control access to all fireplaces and pad the hearth as appropriate.
-  Tie up cords of curtains, blinds and shades.
-  Remove or tuck away floor and table lamps that are easy to topple.
-  Put heavy objects on high shelves out of reach
-  Remove or store away small decorations, feathers, craft supplies
-  Keep all electrical cords, strings or wires out of reach. Babies try to chew them.
-  Cover all electrical outlets.
-  Put pet food, treats, water bowls, leashes and collars out of reach.
-  Lock the wheel brakes or use castor stoppers on furniture to prevent rolling and sliding
-  Attach tall furniture to the wall so it won't topple.
-  Store away glass furniture and heavy glass objects.
-  Install smoke detectors and carbon monoxide detectors on every floor; test your detectors once a month.
-  Have a fire extinguisher on every floor plus one in the kitchen; learn how to use them.
-  Secure all matches and lighters in a locked or latched drawer.
-  Check all stair rails as you might need to hold them when carrying the baby.
-  Install temporary door locks, door knob covers, door stoppers and pinch guards
-  Make sure all rugs have non slip mats
-  Check for uneven floors and fix them to avoid falls.
-  Keep pet toys and older kids' toys organized and off the floor to avoid choking hazard at day and tripping hazard at night.









*Note: All small things are a hazard. Babies love to put small loose objects in their mouths and sometimes push them up their noses and ears.*















## THE NURSERY

This is the room you're most likely to create just for your baby. He or she will spend many hours here as he grows, so it's worth spending some time to get the room right. Make a space that's friendly and calm where it's quick and easy to change diapers, easy to keep clean and comfortable in the small hours of the night. You'll spend many hours here feeding, singing, reading and best of all, cuddling.

### DECORATING THE NURSERY

-  Use natural, washable throw rugs (and slip pads) not wall to wall carpet.
-  Use no-VOC paints
-  Buy natural bedding and mattresses
-  Buy formaldehyde free furniture
-  Use non vinyl wall treatments
-  Air wallpaper before applying non-toxic glue.

### NURSERY ORGANIZATION

-  Choose a crib with a Juvenile Products Manufacturers Association sticker.
-  Check for product recalls on all toys and furniture.
-  Position the crib away from windows, electrical sockets and other furniture.
-  Put a soft rug under the baby changing table just in case.
-  Keep toiletries where you can reach them while keeping one hand on baby.
-  Keep toiletries where baby can't reach or grab them.
-  Keep up with current thinking on bedding, sleep position and toys in the crib.
-  Only use toy- or accessories-storage boxes with child safe hinges.
-  If the crib is pushed to a wall, do not hang book shelves or heavy pictures above it.
-  Tie up all curtain and blind cords.
-  Cover all electrical sockets
-  Move the crib mattress to the lowest position as soon as your baby starts to sit up.
-  At the same time remove anything baby can stand on (like crib bumpers)
-  Remove mobiles and pictures once your baby can reach them

*Note: Teething babies chew everything they can find! Including electrical cords.*





## STAIRS



- Never let a child of any age play on the stairs.
- Add a baby gate at the top to prevent falls.
- Add a baby gate at the bottom to prevent wandering. (
- Choose a stair gate your can open with one hand.
- Install the stair gate according to the manufacturer's instructions.
- Never use a pressure controlled stair gate at the stair head.
- Check banisters and install mesh or plexi glass if more than four inches apart.
- Remove furniture near stair tops or landings to prevent climbing and falls.
- Check and tidy stairs regularly. Small toys on stairs can become huge hazards.

## KITCHEN AND BATHROOM



- Never put your baby on a high surface (more than two feet above the ground)
- Keep baby contained in a playpen or out of the room using a gate.
- Store knives and scissors in a latched drawer and not on the kitchen surface.
- Install safety latches on all cabinets and drawers.
- Move fridge magnets to the very top of the refrigerator, they are a choking hazard.
- Install at least one refrigerator latch for every door or drawer.
- Always turn pot handles to the back of the range, hob or stovetop.
- Learn to use the facilities on your appliances. Many have child locks.
- Put all chemicals and cleaners in a high, latched cabinet out of reach.
- Keep the bathroom door closed to keep your child out.
- Never ever leave your child alone in the bath for any reason.
- Keep your child's head away from faucets when in the bath or install a protector.
- Turn down the thermostat on the hot water heater to 120F to prevent scalding.
- Put hairdryers and curling irons on a high shelf as they take a long time to lose heat.
- Keep medications and cosmetics locked and secured.
- Secure the toilet seat with a lid lock.

## LAUNDRY



- Keep the laundry door closed
- Keep the door to front loading washers and dryers closed.
- Keep all washing powders, liquids and other supplies in a high, latched cabinet.
- Hide water hoses and electrical cords behind the washer and dryer



*Note: Open appliances and cabinets, including freezers and ovens, look like inviting caves to a small child. They sometimes climb in curl up and go to sleep.*

## Living/Family Room

Babies can seem quite harmless at first, but once they start to walk they reveal their full destructive power. Many measures at this stage are to keep the child safe in the home AND to keep the home safe from the child.

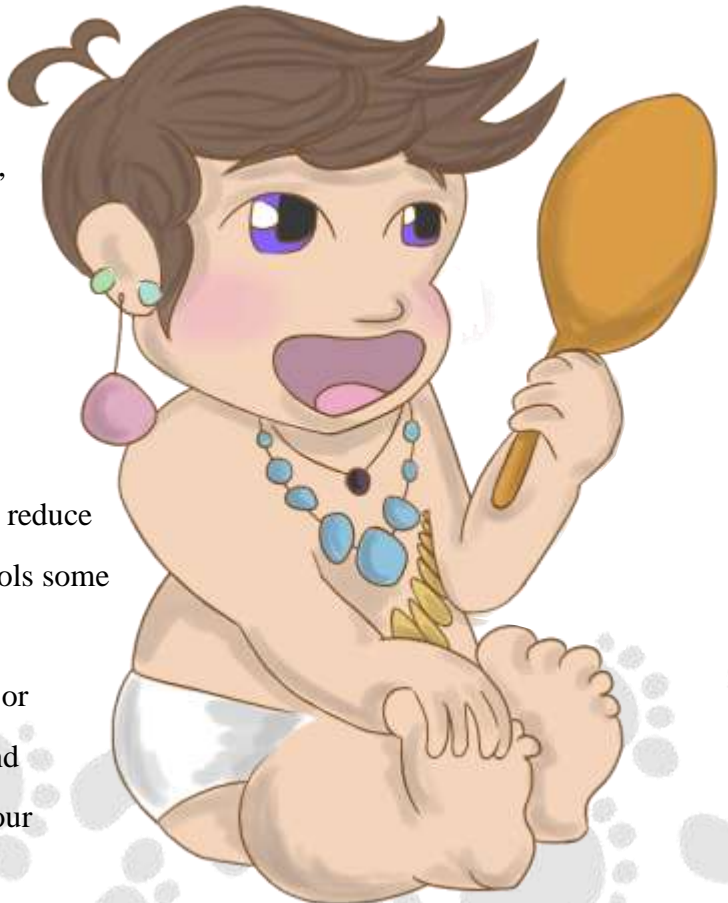
- Remove precious ornaments and objects (store or put up high)
- Store away glass furniture such as coffee and end tables
- In a high traffic area pad sharp furniture edges and corners with edge protectors
- Cover all electrical outlets and hide electrical and extension cords.
- Remove any alcohol from baby's reach along with glass wear.
- Put media equipment like VCRs, DVD players behind latched doors or in drawers.
- Remove heavy floor and table lamps or push them in difficult to reach places
- Move candles and tea lights beyond baby's reach.
- All matches, fireplace tools and logs should be stowed where baby can't get them.
- Pad the hearth; guard the fire.
- Fill one cupboard with interesting, colorful toys as a distraction and leave unsecured.

## Bedrooms

- Keep nightstands clear of medications, loose change, jewelry or any other small, colorful or shiny objects.
- Use tipping restraints on dressers, chests, and any furniture that may topple
- Lock the wheel brakes or use castor stoppers on bed frames to prevent them from rolling and sliding
- Cushion the corners of metal bed frames with rubber guards.

## Outside

- Fence off any pools and Jacuzzis.
- Fill water features with stones or sand to reduce their depth.
- Store garden chemicals, equipment or tools some where latched or locked.
- Don't allow your child in the garden unsupervised
- Remove any obvious poisonous, prickly or irritating plants
- Garages should be off limits to babies and toddlers
- Always check the pool or pond first if your toddler goes missing.



*Note: Toddlers sit on the floor. They eat lose objects, pull things down as they try to stand, and once they can, they climb.*

## Travel

Travel with a small baby can seem like an enormous chore, but you'll soon get used to what you need and what you don't. Days out provide children with much needed stimulation and well prepared Moms and Dads often find long car trips a pleasant break.

### IN THE CAR

- All states in the USA require the use of a child safety seat.
- Treat the legal requirement as the minimum safety standard to achieve.
- Child safety seats vary with age and weight. Choose the right one.
- Register the product to make sure you're informed if it is recalled.
- Install your child safety seat according to the manufacturer's instructions.
- Consider having your child safety seat installed by a National Highway Traffic & Safety Administration (NHTSA) certified installer.
- Always fasten the buckles on every trip even when pulling out of the driveway.
- Make sure the harness is snug and the chest clip is at armpit height.
- Small babies should use a rear facing seat until at least twenty pounds in weight.
- Never use a seat that has been involved in a crash, even if it appears undamaged.
- Check your vehicle's manual and ensure that child safety locks are enabled.
- Learn to use child safety locks.
- Remove loose items from your car's interior and from your baby's reach.
- Never leave your child alone in your vehicle.
- If your vehicle is a rental, you still need a child safety seat. Most rental companies can supply them.
- Bring soft toys along on a long journey to prevent boredom.



### ON A PLANE

- Check airline requirements before you set off.
- Take your Child Safety Seat with you if FAA approved
- Consider the AmSafe Child Aviation Restraint System CA RES harness if your child weighs less than 40lbs

### IN A BOAT

- Don't take your child boating until at least 18lbs in weight and able to wear a personal floatation device (PFD)
- Check that your child's personal floatation device fits snugly before every trip.
- Update sizes as necessary.
- Consider a self-righting PFD for very small children.



## IN THE HOTEL



- Reserve a child proof room if possible
- Request child proofing supplies if these are available
- Move or lock the minibar if it is at child height.
- Get down to ground level, loose objects are easier to find that way.
- Bring a bag containing

- Electrical socket and outlet covers
- Cabinet latches
- A baby gate
- Portable playpen
- Toilet lid latch
- Door knob covers
- Table corner and edge guards.



If travelling light consider Blue painters tape. You can use it to

- cover electrical outlets
- tie back blinds,
- tape washcloths to sharp corners
- and it removes without leaving marks.



You might also take

- Zip ties to lock cabinets - you'll have to cut them, but they are inexpensive.

*Note: When you know you've taken all the safety measures you can, you'll find it much easier to relax around your baby. Babies take their cue from you. They know if you're tense and they react accordingly, so relax, go with the flow and enjoy it while you can. The baby years are over far sooner than you think.*

