

Home Safety Checklist

Consider all of these different ways to make your home safe for your baby. If you have questions, please let us know how we can help.

CRIB

- Crib spindles should be no more than 2-3/8 inches apart. This is about as wide as a 12 ounce drink can or the short side of a dollar bill.
- Make sure that all joints are secure, that there are no loose screws, nuts, plastic parts or springs.
- Make sure that there is no peeling paint or splintered wood.
- The mattress should fit securely in the crib, leaving no gaps around the where your baby could get stuck or trapped.
- Drop side cribs should not be used for babies or children
- Cribs should be free of pillows, comforters, blankets, bumper pads and stuffed animals. Use a tight fitting sheet to cover the mattress.
- Make sure there are no dangling cords from window blinds, lamps or mobiles near the crib.
- If using a playpen or Pack and Play® make sure the sides lock securely. Playpens should be free of pillows, comforters, blankets, bumper pads and stuffed animals.

WATER SAFETY

- Never leave your child alone in the bathtub, hot tub or backyard pool — even for a second. If you must leave for any reason, take your child with you. Young children can drown very quickly in a small amount of water.
- When giving baby a bath, use a plastic dish pan or infant tub with a non-skid mat to keep your baby from slipping. Always test the water with your elbow first to avoid burning the baby's delicate skin)
- Babies have drowned while using bath seats, so you should always keep your baby within your reach. If you do use a bath seat, stop using it when your baby is old enough to start pulling up to a standing position. Bath seats can tip over and infants and toddlers can climb out. The seat can come loose from the suction devices that attach the seat to the bathtub bottom. Baby bath seats are not safety devices and do not take the place of adult supervision.
- Do not leave buckets or inflatable pools around with water in them. Babies can fall in headfirst and drown.
- Hot water heaters should be set at 120 degrees Fahrenheit to avoid burns

WHEN BABY STARTS TO CRAWL

- When your baby starts to crawl or walk, long or sharp objects such as spoons, lollipops, or Popsicle sticks can be harmful. If he falls while the item is in his mouth or near the eyes, it could hurt him.
- Outlet covers should be put in unused outlets and furniture should be secured to walls to avoid the toddler pulling it over and causing serious injury. Electric wires should be secured to the floor or under rugs to prevent injury.
- Safety gates should be placed at the top and bottom of the stairs and 2nd floor windows should remain locked or have a window guard on them to prevent children from falling through the screen. Furniture should be moved away from windows so small children can't climb up and fall out the window.

POISON CONTROL

Call **1-800-222-1222** to be directed to a local Poison Control Center, if your baby ingests something harmful or if you aren't sure what to do.

- Poison-proof your home.
- If you carry medicine, cigarettes or lighters in your purse, keep your purse out of your toddler's reach.
- Move cleaning products and medicines to high cupboards or put safety latches on low cupboards.