

Safe Home Checklist

Go through your home, check this list, and do what needs to be done. As your child grows up, you will need to re-check this list to make sure that you have adjusted your home to match your child's increasing size and ability to reach things.

Living Room

- cover electric outlets with plastic outlet covers
- take away small rugs so your child will not trip, or put rubber pads under them so the rugs don't slip
- put padding on the sharp edges of the table (use foam pads). If you can't pad the table or don't want to, remove the table until your child is older
- some plants are poisonous! Put them on a high shelf that your child can't reach
- cords on drapes should be short enough that your child can't reach them
- put away things that can break
- check all shelves and things your child can climb on. The shelves should be strong and not fall over
- Put a screen in front of the fireplace and teach your child that this isn't a place to play in. Put padding over the sharp edges of the hearth

Stairs

- put a gate at the top and bottom of the stairs
- keep stairs clear of toys, papers, and other objects

Laundry Room

- always close washing machine and dryer doors
- keep detergents and fabric softeners out of reach

Kitchen

- take knobs off the stove when you are not using it
- put sharp knives and scissors in a place your child can't reach or open
- put matches in a place your child can't reach or open them
- use only the back burners when you're cooking and turn the pan handles inward so your child can't reach them and pull them down
- put all cleaners, paints, and detergents in a cabinet with a child safety lock
- don't use cleaners near your child, the smell can make them sick or burn their skin
- if your child swallows poison, call Poison Control immediately
- unplug everything when you aren't using it (toaster, iron, blender, etc.)
- keep all plastic bags and garbage bags in a place your child can't reach or open
- wipe up all spilled liquid from the floor as soon as it happens

Bathroom

- always use child-proof safety caps and keep caps on all bottles
- lock up all medicines (vitamins, aspirin, alcohol, laxatives, etc.)
- put rubber mats in the bath tub or shower to prevent slipping
- keep a bath mat next to the bath tub and shower
- put a toilet lid latch on the toilet if your child likes to reach in
- if you can, lower the temperature of your hot water heater to 120°F at the most. The hot water shouldn't be able to burn your hand. If you can't change the water temperature, use a hot water faucet guard (you can buy these in many stores). Be sure your faucets can't be turned on easily
- never leave a child alone in the bath tub

Garage or Workroom

- put away all tools so your child can't reach them
- put paints, cleaners, and other chemicals in a place your child can't reach or open
- lock up all poisons
- put nails and screws in a place your child can't reach or open

Child's bedroom

- look at all toys and dispose of any with broken or sharp edges or pieces smaller than a big walnut
- use only toys that/re right for your child's age
- make sure windows can't be open and cover electrical outlets

Other things to check

- garbage cans should be kept in a locked closet or high off the floor
- have smoke alarms and carbon monoxide alarms in the house. Check them every month. Change the batteries twice a year when the time changes
- have fire extinguishers in the house and know how to use them
- practice how to get out of the house if there is a fire. Remember to crawl on the floor (where there is less smoke). Have an escape plan
- put these numbers by your telephone: poison control, fire, police, emergency medical services, pediatrician
- don't leave children unsupervised around bath tubs, hot tubs, pools (including baby pools), ponds and lakes, streams and rivers, and other water. Babies, young children, and weak swimmers should always have an adult swimmer within arm's reach. Even if they know how to swim, young children shouldn't be left alone around water.