ROOM-BY-ROOM FOR AN INFANT OR SMALL CHILD

This information is not to be considered medical advice or take the place of medical care. All material is to be considered following a consultation with your physician. Inspect & repair any furniture or toys in your home to prevent injury. Garage Safety Checklist, Yard/Outdoor Safety & Travel Safety Checklist is separate.

All rooms should have small items removed that could be a choking hazard. Items less than 1 ½ inch or that can fit through a toilet roll should be removed from baby/toddler area.

Remove all strangeling devices such as cords, strings, balloons, toys with cords or ropes that are longer than 4 inches.

Cover sharp furniture or areas of home that may be a hazard.

ENTRANCE/EXIT & HALLWAY/STAIRS

1. _____ Repair any loose flooring at entrance of home, hallway & stairs inside and outside.

2. _____ Rails at stairs & on any balcony or porch should be no wider than 4 inches & heights of balcony or porch rail should be 4 foot or higher. Use safety devices such as plastic guards at rails to prevent child from climbing or going through slats. Use safety gaits as needed at top & bottom of stairs.

3. _____ Consider use of alarms at exits of home to be alerted when small child trying to leave home. Use child safety devices over door knobs/handles or lock devices to keep children from opening doors.

4. _____ Secure all furniture to wall & art to wall. Remove heavy items that may fall on child.

KITCHEN

1. _____ Use CHILD SAFETY DEVICES on all cabinets, drawers & doors where child not allowed.

2. _____ Use child safety locks on all appliances or devices that cover control knobs to appliances. Some appliances have safety lock buttons for child safety.

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3. _____ Lock all medicine out of reach of child & store separately for each child & separate from adult medicine. Store medicine & emergency medical equipment in designated area for quick retrieval and use. First aid kit stored safety & stocked at all times.

4. _____ Post emergency information sheets on fridge & have in designated area where family & caregivers know how to retrieve.

5. _____ Post POISON CONTROL HOT-LINE on fridge & all telephones & program in your cellular phone: 1-800-222-1222.

6. _____ Store unsafe foods or other items such as pet food out of reach of child.

7. _____ Store all unsafe chemicals or products out of reach of child & in locked cabinet or container.

8. _____ Store any flammables or fire starter items in locked container or cabinet.

9. _____ Never leave kitchen when cooking or leave child unattended in kitchen while cooking.

10. _____ Use grounded outlets only.

11. _____ Follow cooking & feeding safety for your child:

   a. Small children under 4 should have food cut into small pieces ½ inch or less
   b. Avoid foods that are unsafe for small children under age of 4. Some children 3 years old or younger may not have all their teeth.
   c. Keep small children away from heat source & away from hot items or any items during cooking.
   d. Keep hot items away from edge of counter. These items may be pulled off counter by small child.
   e. Never give a child aspirin under 7 years old.
   f. Never feed a child honey under 1 year old.
   g. Check with your pediatrician regarding medicines & foods that are safe for your child for each age.

12. _____ Store all sharp items & breakable out of reach.

13. _____ Place safety caps on all medicines.

14. _____ Use safety devices over hot water faucets & /or anti-scalding devices. Set water temperature on 120 degree F or less.

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15. _____ Smoke detectors installed & fire extinguishers safe place.

16. _____ Cover all low electrical outlets with child safety devices.

Bathroom(s)

1. _____ Follow water safety always. Never leave standing water in tub. Cover toilets with child safety devices or keep door to bath locked.

2. _____ never leave child in tub alone (not for a second) or in the bathroom alone to play. Plan your bath time by having all needed items before placing child in tub.

3. _____ Teach water safety at an early age. Not to play in water unless supervised. Teach which faucet is hot & which is cold. Use safety covers over hot faucets. Use anti-scald if needed & turn down water temperature at hot water heater to 120 degrees Fahr or lower.

4. _____ Use safety locks on cabinets to store bath products, cleaning supplies & medicine. Store these items high or in a locked container. Place daily used items in safe place such as toothpaste, lotions or anything a small child might want to place in mouth.

5. _____ Remove small appliances near water source.

6. _____ Remove cords that are within reach of child.

7. _____ Store sharp items out of reach of child.

Living Area(s)

1. _____ Remove unsafe items from play area where child spends most of their time.
   a. _____ small items
   b. _____ long cords, strings, material or toys that are a strangling hazard
   c. _____ any entrapment area that child can get inside should be removed or have lock in place. Consider toy boxes or other areas should have anti-slam device & have locks removed & have ventilation holes. Check all areas of your home in/outside that child plays.

2. _____ cover electrical outlets with child safety devices.
3. _____ Remove sharp objects or breakables.

4. _____ Secure furniture including televisions & heavy shelving to wall & art to wall. Remove heavy objects or breakables off high shelf & remove from area.

5. _____ Remove furniture that is not functional for child.

6. _____ Use child safety devices such as gaits or rails to cover fireplace or other heating source.

7. _____ Use child safety gaits at entrances of living area as needed to keep baby in or out.

8. _____ Use child safety locks at doors & windows & guards at windows as needed.

9. _____ Consider tempered glass on low windows or doors that are in child play area.

**Bedroom(s)**

1. _____ Store unsafe items out of reach of child: choking or strangling items. Check all toys & check furniture for small pieces or loose parts.

2. _____ Check furniture for good condition & secured to wall as needed.

3. _____ remove heavy objects or sharp objects & cover sharp areas of furniture.

4. _____ Use gaits or bars/guards windows & locks for safety. Consider tempered glass.

5. _____ Do not place bed directly under window.

6. _____ Do not place furniture that is easy to climb by child directly under window.

7. _____ Consider a low bed for your small child or bed rails. Follow safety in the crib to prevent Sudden Infant Death Syndrome. See crib safety & the checklist for crib safety.

8. _____ Use a fan in bedroom for child or air purifier that has a fan or use a ceiling fan to circulate air.

9. _____ Discuss with your physician regarding allergy covers for mattresses & pillows and to remove stuffed animals if child has allergies.