

safety measures

for every room:

Check each room of the house periodically to evaluate its safety for your baby and all other children in the home. Here are a few recommendations to help ensure that your home is as safe as it can be for baby's first few years.

ALL ROOMS:

- Install child-resistant covers on all electrical outlets.
- Keep dangerous chemicals out of children's reach.
- Always use a safety belt on your baby when she is sitting in a bouncy seat or a swing.
- Shorten curtain and blind cords.
- Use corner bumpers on furniture and fireplace-hearth edges.
- Place houseplants out of children's reach.
- Keep cigarettes, matches, and lighters out of children's reach.
- Be sure that furnaces, fireplaces, wood-burning stoves, space heaters, and gas appliances are vented properly.
- Place screened barriers around fireplaces, radiators, and portable space heaters.
- Install carbon-monoxide (CO) alarms outside bedrooms to help prevent CO poisoning.
- Install smoke alarms outside each bedroom and on every level of your home.
- Remove the plastic end caps on doorstops or replace the stops with a one-piece design to prevent choking.
- Consider placing plastic guards along the hinge side of frequently used interior doors to prevent the doors from pinching fingers.
- Safety-proof windows and fire exits.
- Make a fire evacuation plan and practice fire escape routes at least twice a year.
- Keep firearms and ammunition safely locked away.
- Secure unsteady furnishings.
- Test homes built before 1978 for lead paint.

HALLWAYS AND STAIRCASES:

- Add additional lighting to dark hallways.
- Safety-proof stairs.
- Secure any loose rugs

KIDS' ROOMS:

- Position your child's crib away from all drapery, electrical cords, and windows.
- Make sure the crib meets national safety standards.
- Make sure the mattress and crib sheet fits snugly.
- If you use a crib bumper, make sure it's firm (not fluffy) and secured tightly with at least six ties.
- Remove mobiles and other hanging toys from the crib as soon as your child can reach up and touch them.
- Remove electric blankets from the room. Never use an electric blanket in the bed or crib of a small child or infant.
- Place night-lights at least three feet away from the crib, bedding, and draperies to prevent fires.
- Always use a safety belt on your infant when you have her on a changing table, and never leave her unattended.
- Provide padding near and around the changing table for falls.
- Check age labels for appropriate toys. Remove toys recommended for older children.

BATHROOMS:

- Put a lock on the medicine cabinet.
- Put away all vitamins and medicines to prevent possible poisoning.
- Install toilet-lid locks to prevent drowning.
- Lower the maximum household water temperature (on the hot water heater)
- Make sure bathtubs and showers aren't slippery by adding rubber mats, as needed
- Use electrical appliances carefully. Store & lock all electrical devices when not in use.
- Install ground-fault circuit interrupters on outlets near sinks and bathtubs.

KITCHEN:

- Keep knives, cleaning supplies, and plastic bags out of children's reach.
- If stove knobs are easily accessible to children, use protective covers to prevent kids from turning them.
- Unplug electrical appliances when not in use
- Keep chairs and step stools away from counters and the stove.
- Keep activated charcoal (helps absorb some poisons) and syrup of ipecac (used to induce vomiting) on hand.

YARD:

- Store tools, garden, and lawn-care equipment and supplies in a locked closet or shed.
- Don't allow children to play on a treated lawn for at least 48 hours following an application of a fertilizer or a pesticide.
- Know the types of trees on the property in the event children ingest berries, leaves, or other plant life.
- If you have a swimming pool, install a fence (with an automatic childproof gate) that separates the house from the pool.
- Never leave kids unattended around a grill or BBQ. Ensure that propane tanks used for gas grills are stored in a location where children cannot reach the knobs.

Parent's Choice[®]

