



Baby-Proofing Your Home Checklist

General Safety:

- ☐ Install safety gates at the top and bottom of stairs.
- ☐ Secure heavy furniture and appliances to the wall to prevent tipping.
- ☐ Cover electrical outlets with safety caps or outlet covers.
- ☐ Use cordless blinds or secure cords out of reach.
- ☐ Install window guards or stops to prevent falls.
- ☐ Keep small objects, choking hazards, and toxic substances out of reach.
- ☐ Remove or secure sharp objects and furniture with sharp edges or corners.
- ☐ Place doorstops or door holders to prevent fingers from getting pinched.

Kitchen:

- ☐ Install cabinet and drawer locks to keep little fingers out of cupboards.
- ☐ Use stove knob covers to prevent accidental turning of burners.
- ☐ Keep hot liquids and foods away from the edge of countertops.
- ☐ Use appliance locks for ovens, dishwashers, and microwaves.
- ☐ Store sharp objects, cleaning supplies, and chemicals in locked cabinets.
- ☐ Keep pot handles turned inward on the stove.

Living Room/Family Room:

- ☐ Anchor heavy furniture like bookshelves and TVs to the wall.
- ☐ Cover sharp corners and edges of furniture with corner protectors.
- ☐ Use safety straps to secure flat-screen TVs.
- ☐ Keep small objects and choking hazards off the floor.
- ☐ Use safety brackets to secure freestanding bookshelves.

Bathroom:

- ☐ Install toilet locks or lid locks to prevent drowning hazards.
- ☐ Set water heater temperature to a safe level (typically 120°F or 49°C).
- ☐ Secure cabinets and drawers containing medications and cleaning products.
- ☐ Place non-slip mats or decals in the bathtub.
- ☐ Use faucet covers to prevent head injuries during baths.



Bedroom:

- ☐ Install safety gates at the bedroom door.
- ☐ Secure heavy furniture like dressers and nightstands to the wall.
- ☐ Use safety brackets to attach changing tables to the wall.
- ☐ Keep cords from blinds or curtains out of reach.
- ☐ Use bed rails for toddler beds and bunk beds.

Nursery:

- ☐ Ensure the crib meets safety standards and has secure slats.
- ☐ Remove bumper pads, pillows, and stuffed animals from the crib.
- ☐ Use a firm crib mattress and fitted sheet.
- ☐ Secure furniture like dressers and changing tables to the wall.
- ☐ Keep baby monitor cords out of reach.

Doors and Windows:

- ☐ Use door knob covers or locks to prevent entry to certain rooms.
- ☐ Install window guards or window stops to prevent falls.
- ☐ Keep blind cords out of reach and use cord cleats to secure them.

Stairs:

- ☐ Install safety gates at the top and bottom of all staircases.
- ☐ Ensure that balusters or railings are closely spaced to prevent climbing.
- ☐ Use stairway carpeting or non-slip treads for traction.
- ☐ Teach your child how to safely navigate stairs as they grow.

Fireplace:

- ☐ Use a fireplace safety screen or gate to keep your child away from the fire.
- ☐ Store firewood and fireplace tools out of reach.
- ☐ Consider using hearth padding or cushions.

Electrical Safety:

- ☐ Cover unused electrical outlets with safety caps or outlet covers.
- ☐ Use cord shorteners or organizers to keep cords tidy and out of reach.
- ☐ Secure TVs and electronics with anti-tip straps.



Emergency Preparedness:

- ☐ Keep a first aid kit handy.
- ☐ Post emergency numbers, including poison control, near the phone.
- ☐ Learn CPR and basic first aid techniques.
- ☐ Install smoke and carbon monoxide detectors and check them regularly.
- ☐ Create a fire escape plan and practice it with your family.

