

Calm Parent

Baby Proofing Checklist

Things to consider before baby arrives

General

- Have a working carbon monoxide detector
- Ensure all fire detectors are operating
- Stock your first aid kit
- Have emergency numbers easily accessible
- Remove all poisonous plants or keep them out of reach
- Ensure small choking hazards are out of reach (general rule, anything that can fit inside a toilet paper roll is not safe for baby)

Baby room

- Ensure your crib meets federal safety standards
- Have a firm mattress that fits the frame
- Do not place crib in front of window, heat register, decorations, or anything that baby can grab
- Avoid bumper pads on crib
- Do not leave toys, puffy blankets or pillows in the child's crib (consider putting baby to sleep in a secure swaddle or sleep sack – try Halo and Aden and Anais brands)
- If using a change table, ensure it has raised edges and a safety strap (note - the safest place to change a baby is on the floor)
- Consider a baby monitor, preferably with video, so you can check on them regularly but make sure the cord is secure and out of baby's reach (see our posts on baby monitors here)

Bathroom

- An anti-slip bath mat (don't use a bath seat to prop baby up)
- Adjust thermostat to monitor hot water temperature, below 120 degrees Fahrenheit (48.89 degrees Celsius), to avoid scalding

Preparing for movement (usually between 6-10 months)

Baby room

- Ensure all large furniture pieces that can topple are bolted to the wall with furniture straps
- Avoid placing furniture that a child can climb in front of a window or ledge
- Do not trust that a screen will protect your child from a fall! If you do want to open the window, consider window stops or guards that restrict how far it can open (these apparatuses should be strong enough to prevent your toddler from removing but easy for you to remove in the event of a fire)
- Keep baby toiletries out of reach, including baby wipes
- Cover all electrical outlets that are not kid safe and remove all wires or appliances that plug in

Bathroom

- Remove water as soon as bath is done
- Ensure all vitamins, medications and other poisonous items are secure in medicine cabinet
- Keep all makeup, razors, pins, perfume, mouthwash, nail polish and remover, scissors or other harmful objects out of reach
- Keep toilet seat down or latched (or keep bathroom door shut)
- Invest in a bathtub spout
- Clean bath toys regularly with vinegar and warm water to avoid mildew and mold, especially inside squeeze toys

Kitchen

- When you can, cook on the back burners with pot handles facing the back of stove
- Secure oven door with a clamp
- Put a latch on drawers containing knives or other sharp objects
- Household cleaning items (including dishwasher tabs) should be placed out of reach
- Unplug kitchen appliances that sit on the counter and don't keep cords dangling

Kitchen continued

- Be aware of food in the fridge or pantry that your child may have access to and place out of reach
- Keep hot food and drink away from table/counter edges and refrain from holding while baby is in your arms
- Avoid table cloths or runners that can be pulled down
- Have a safe and sturdy highchair with a working safety belt, and if you transition to a booster seat when your baby is older, make sure it also has a working seat belt

Various other rooms

- Remove small choking hazards (as a general rule, anything that can fit inside a toilet paper roll is a choking hazard)
- Secure all large furniture pieces, like bookshelves and televisions, to the wall
- Install safety gates to keep child away from hazardous areas
- Cover all sharp corners with edge guards
- Tie, bind or remove all dangling cords on window covers
- Tie up all electrical wires or keep out of reach
- Remove lamps that can topple and secure all cords
- Cover all electrical outlets that are not kid safe
- Avoid placing breakable items within reach, incl. picture frames
- Use door stops to protect fingers
- Use door knob covers to keep selected rooms off limits
- Blow out the pilot light to your electrical fireplace or install a fireplace grill
- Use child-resistant covers if you have accessible garbage cans
- Safely store all plastic bags and balloons
- Safely store batteries, matches and lighters
- All guns and ammunition should be removed from the house or locked in a safe place

Friendly reminder: Check your backyard, garage and vehicle for safety hazards as well, including making sure your child safety door and window locks are on when driving!

Click [this link](#) to find tips about toddler proofing your home.