

Calm Parent

Toddler Proofing Checklist

Bed

- Ensure your crib meets the federal safety standards
- Lower crib railing if you have a child who is a climber (seems counter intuitive but may help prevent injury)
- Do not leave toys, puffy blankets or pillows in the child's bed (consider putting child to sleep in a sleep sack until they are out of their crib)
- When your child is 35 inches tall, you can consider moving their to a bed
- Use a safety railing to ensure your child does not roll out of bed
- Do not leave smaller toys inside larger plastic bags (toys can be dumped and bag can be placed over head)
- Bedroom
- Remove small choking hazards from room, especially at bedtime (as a general rule, anything that can fit inside a toilet paper roll is a choking hazard)
- Ensure all large furniture pieces that can topple are bolted to the wall with furniture straps
- Tie or bind all dangling cords on window covers
- Avoid placing furniture that a child can climb in front of a window
- 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)
- Cover all electrical outlets and remove all wires or appliances that plug in
- Consider a baby monitor, preferably with video, so you can check on them regularly but make sure the cord is secure and out of reach (see our post on baby monitors we like here)

Kitchen

- When you can, cook on the back burners with pot handles facing the back of stove
- Never leave cooking food unattended on stove, even for a minute
- 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
- Be aware of food in the fridge or pantry that your child may have access to and place out of sight or reach
- Keep hot food and drink away from table/counter edges
- Avoid table cloths or runners that can be pulled down
- When placing a toddler in a highchair, ensure the seatbelt is still being used

Bathroom

- Do not ever leave a child unsupervised in the bathtub, even for a minute
- Use an anti-slip bath mat
- Adjust thermostat to monitor hot water temperature below 120 degrees Fahrenheit (48.89 degrees Celsius) or attach a bathtub spout
- 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 the toilet seat down or latched (or keep the bathroom door shut)
- Clean bath toys regularly with vinegar and warm water to avoid mildew and mold, especially inside squeeze toys

Living room/Family room

- All electrical outlets should be covered
- Secure all large furniture pieces, like bookshelves and televisions, to the wall
- Watch for lamps that can topple and secure all cords
- All drapes or blind cord strings should be cut or secured
- Cover all sharp corners with edge guards
- Avoid placing breakable items within reach, including picture frames
- Remove all poisonous plants or keep them out of reach
- Avoid clutter or area rugs that your child could trip on
- Blow out the pilot light to your electrical fireplace or install a fireplace safety gate

Other considerations

- Use safety gates to restrict access to particular areas or rooms (remember to allow your child to practice going up and down the stairs with your supervision)
- Avoid placing furniture pieces by windows or overlooks in your house
- All doors leading outside or to the garage should be locked (consider installing a high lock or dead bolt if they learn to manipulate a regular door lock)
- Place stickers or other markers on patio doors at toddler eye level
- Lock all accessible windows
- Use door stops to protect fingers
- Use door knob covers when trying to prevent access into a room
- Use child-resistant covers if you have accessible garbage cans
- All guns and ammunition should be removed from the house or locked in a safe place
- Don't forget to check your backyard, garage and vehicle for safety hazards as well, including making sure the child safety door and window locks are on when driving!

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