

# ROOM-BY-ROOM CHECKLIST FOR AN INFANT OR SMALL CHILD

Inspect & repair any furniture or toys in your home to prevent injury.

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 strangling 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.
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 safely & stocked at all times.
4. \_\_\_\_\_ Post emergency information sheets on fridge & have in designated area where family & care givers 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.
  
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 of 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.