



# One Day At A Time Baby Safety Checklist

To Mom- and Dad-to-Be,

Thirty days has September,  
Here are some safety tips to remember!  
If you want it all done by Baby's Due Date,  
Do one at a time so you won't be late!

IN CASE OF EMERGENCY, DIAL 911

POLICE \_\_\_\_\_

FIRE \_\_\_\_\_

DOCTOR \_\_\_\_\_

NEIGHBOR \_\_\_\_\_

OUR ADDRESS \_\_\_\_\_

OUR PHONE NO \_\_\_\_\_

September is National Baby Safety Month, so break out the tool box and go on The Shower Diva's DIY (Do-It-Yourself) 30-day home safety tour! This handy dandy guide is geared towards helping Mom- and Dad-to-Be go from overwhelmed to organized.

Help them get organized by sending this list their way! Check out the U.S. Consumer Product Safety Commission's baby safety check list for lots more good pointers, too. Happy Labor Day! B-Safe!



**1** **Make the commitment!** Resolve to start home safety fixes. Talk to hubby, friends and family. Line them up for help on projects.

**2** **Car safety seat.** Make sure it's installed to spec. Double check the instructions and car owner's manual. Center the safety chair in the back seat if possible. Never place the chair in the front passenger side of the vehicle. The seat should face the rear of the car for a baby under 20 pounds. Children are required to ride in the safety seat until they are at least 4 years old and weigh a minimum of 40 pounds.

**3** **Fence in your pool or hot tub.** Make sure pool and hot tub areas are locked and impossible for little ones to crawl under or through. Pools and hot tubs should be covered for extra protection. If you don't have covers, make sure that the fence is one honey of a barrier. Take away all poolside toys after playtime is over. Water toys can go in the garage or pool shed. Other toys can be taken back to the playroom. Make sure little ones have no reason or temptation to try to get back into the pool area.



**4** **Guns.** If you own a gun, keep it unloaded and put it in a lockbox. Put the ammunition in another lockbox and store it in a separate place. The keys to the boxes should be stored in a third location. There is no such thing as too much safety when it comes to guns. Teach children as early as possible that they are never to play with guns. If anyone tries to show your child a gun, he or she should be taught to move away from that person and inform you or another adult if the child is on a visit at another person's home.

**5** **Fires.** Have a plan of escape! Write one out with hubby or, if mom is a single mom, other adults in the house and then have a fire drill so that everybody knows what to do. (The same rules apply for preparedness when it comes to earthquakes, tornadoes, hurricanes and power outtages. Have a PLAN, a first aid kit, some flashlights, battery operated radios, extra batteries, extra food and water). Don't forget to include your pets when planning your safety strategies.

**6** **Smoke Detectors.** Check smoke detectors and all fire safety equipment to make sure all is working

properly. Make sure that fire extinguishers are operational and that adults and older children know how to use them. Place flashlights, emergency kits, radios, etc., strategically around the house. Have extra batteries on hand at all times.

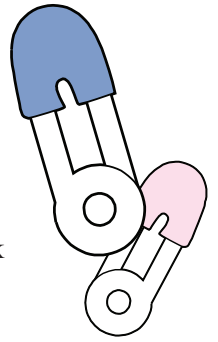
**7** **Play the stop, drop & roll game** with everyone in your household. Children and adults need to know what to do if their clothes catch on fire. Teach everyone to STOP, DROP and ROLL. Practice yelling "I'm in here!" so that they remember to shout if trapped in a real emergency where firefighters need to find them.

**8** **Baby Cribs.** The slats should be less than 2-3/8th inches apart and should be secure. 1) Corner posts should not be higher than the end panels and 2) should never extend above the end panels. Check the mattress for holes. Replace it if worn. Take out stuffed animals at bedtime. Crib should not be placed near a windows, electrical outlets or lamps. Do not place hanging pictures over the crib (especially in earthquake prone regions!) Remove mobiles from crib area if baby is able to pull up.





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**Check out all toys.** Are they sturdy? Get rid of any that have sharp edges are broken or in disrepair. Keep current with the news so that you can avoid toxic toys such as those with lead paint or toys with moving parts that could easily be swallowed. *If the toy has a "Made in China" sticker or imprint, throw it away!* *There is much in the news about toy manufacturer recalls that do not meet the US standards of safety.*

**Check baby clothes** for loose buttons or pom poms that baby could swallow. Trim away strings and discard frayed clothes baby could rip with his or her nails.

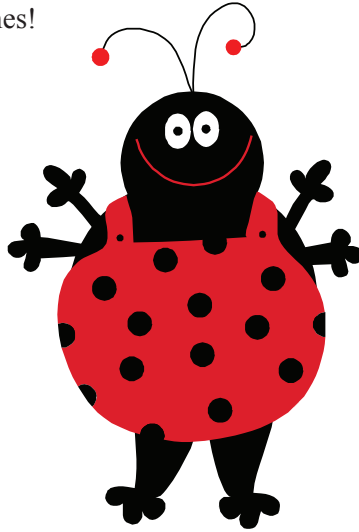


**Pacifiers.** Keep an eye on baby pacifiers. Has it been in the dog's mouth? Is it coming apart? How long has baby been using it? Don't attach a pacifier to baby's clothes with strings or pins. Don't suspend one from a string on the crib either.

**Sleepwear.** Is sleepwear fire retardant? Check the labels to be sure.

**Safety Gate.** If you don't have a safety gate for the yard, get one. Don't go for the accordian style gates and they are a strangulation hazard. Sign up for the Consumer Product Safety Commission's free email newsletter list for updates on recalled products, including baby gates. Check out **PerfectlySafe.com** for excellent child safety gates.

**Don't sit baby on a counter top,** table top or any other high surface such as a changing table unattended. Little ones wiggle, wiggle, wiggle and are likely to tip over and fall to the floor. Keep your hands on baby at all times!



**Walkers.** If you're using a baby walker first used by an older child, it's time to ditch it and get a new one. Old walkers are dangerous and may not meet today's safety standards, particularly if there is a gap of a few years between children. Remember to never let baby play in her walker around stairs or unattended.

**The stroller.** If you've got a collapsible model, be sure latches are secured before putting baby in. Always check baby's arms and move them out of the way when reversing handle directions to avoid pinches. Use the safety strap at all times. Don't hang the diaper bag, shopping bag or a heavy purse on the stroller handle because it could tip over.

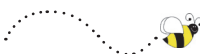
**Cooking.** Use the back burners first. Turn pot handles toward the back of the stove. If you're frying or boiling foods, definitely make it a back burner affair.

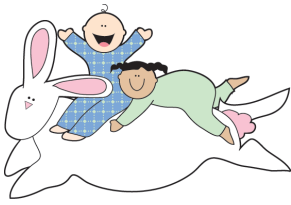
**Hot, hot, hot!** As your children grow, teach them about stove and oven safety. Make sure they understand that that the stove and oven are hot, hot, hot and aren't to be considered toys.

**Refrigerators.** If you have an unused or broken freezer or refrigerator in your yard or garage, have it hauled off as soon as possible. If you can't arrange for this right way, turn the refrigerator to the wall in the garage and push it up close so no child can get into it. Make sure it is impossible for a child to get into a broken or unused freezer as well. Children can suffocate by getting trapped inside unused appliances.

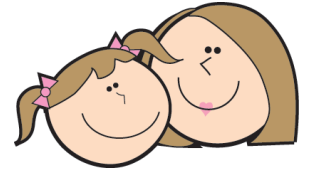


**Cabinets and cupboards.** Replace any broken safety latches or install safety latches if you're preparing for your first child. All household cleaners and any other toxic materials *(including motor oil and related items that are generally kept in the garage)* should be under lock and key or kept behind childproof safety latches.





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**Review choke prevention tips** and foods to avoid that are choke-prone for little ones at BC Childrens Hospital website (<http://www.cw.bc.ca/>).

They've got a great child safety quiz, too. **Here are the 12 most common choke-prone foods for children under five:**

1. popcorn
2. hot dogs
3. meat chunks
4. raisins
5. ice cubes
6. chunky peanut butter
7. peanuts (nuts of any kind),
8. hard candy
9. grapes
10. raw carrots
11. potato chips, and
12. corn chips.

*Be sure and check with your pediatrician on nuts and nut butters before introducing them to your child's diet. Peanuts, for example, are highly allergenic. Find out if your child can handle peanuts or other nut products first.*

**Supervise eating.** Make this a note to self: Don't let baby or a toddler eat unsupervised. You need to be there if they do happen to choke. If you're hiring a babysitter for an evening out, be sure to tell him or her what the feeding rules are.

**Get a piggy bank** and stash those coins so that they don't wind up on the floor and on the furniture. Anything

shiny like a coin is going to wind up in baby's mouth. Coins, beads, pins, nails, paperclips and the like are hazardous to baby's windpipe!

**Ditch old medicines.** Flush them down the toilet. or take them to a hazard waste disposal facility in your city. Medicine should be kept in a high place inside a latched cabinet. Never refer to medicine as "candy" so as to coax a child into taking it. Little ones don't know the difference between festive looking foods that they're allowed and brightly colored medicines which must be monitored.

**Do not ever leave your child alone in the bathtub.** Not ever. Forget the phone. Let the call roll into voice mail. You need two hands and total attention when bathing slippery little ones. Wait until a baby can sit upright before bathing in the grown-up's tub. Use a baby tub or bathe baby in a precleaned sink instead. Don't even try talking on a cordless or your cell phone at bath time until baby is a strong toddler. Check the hot water heater and make sure it's not set any higher than 120°.

**Check out your yard** when your older children or a visitor's children go out to play. Make sure all yard equipment is put away in the garage. Don't leave trimmers, weed eaters, lawnmowers or gasoline cans lying about. Yard and gardening tools can cause serious injury to curious children.

**Check cords on drapes** and mini-blinds. Dangling cords can cause strangulation in young children. Make sure cords are tied up and put out of reach. Better yet, cut them high up so kids can't reach them.

**Anchor bookshelves,** televisions, music equipment, etc. to the walls. Little ones like to climb and can bring a whole entertainment center down on them.

**Take an infant/child CPR and First Aid class.** There are videos and dvds available for rent as well. For instance, check out: *Infant & Child CPR: What Every Parent Needs to Know.*



**Get down on your hands and knees** and crawl through your house. See what your child is seeing. Have you missed anything? The Mayo Clinic has a great baby health and first aid tutorial. Give this one a look-see. They recommend the floor crawling exercise too!

Safety tips courtesy of

