

The Mama Coach's



BABY PROOFING CHECKLIST



Around the House

- Anchor TV and furniture to wall
- Remove Tablecloths
- Cover sharp corners or edges
- Block access to fireplace
- Move breakable objects out of reach
- Put blind cords and curtains out of reach
- Cover all electrical outlets
- Remove unstable floor lamps and decor
- Lower crib mattress to lowest position

Kitchen

- Install locks on cabinets and drawers
- Cover stove knobs
- Lock oven controls
- Turn away pot and pan handles
- Lock refrigerator and freezer
- Restrict access to trash cans
- Remove cleaning supplies/chemicals/toxins
- Lock all medications and vitamins up high
- Have accessible fire extinguisher

Falling Hazards

- Install baby gates at top and bottom of stairs
- Move furniture away from second story railing
- Install a banister guard
- Install window locks
- Restrict access to gym equipment
- Put non-slip pads under rugs
- Lower crib mattress to lowest position
- Pull crib away from other furniture

Bathroom

- Install toilet lock
- Keep water temperature below 120F/49C
- Place soft cover over bathtub faucet
- Install locks on cabinets and drawers
- Lock and move up cosmetics and chemicals
- Secure shower curtains
- Add non-slip mat to bathtub
- Watch out for hair clips and rubber bands on floor

Choking Hazards

- Lock away plastic bags, balloons & batteries
- Remove laundry pods from the household
- Watch out for bottle caps, coins, buttons
- Watch out for older siblings toys like marbles, small plastic toys, legos, foam balls, marker/pen caps
- Keep remotes out of reach
- Remove crib mobile

Miscellaneous

- Restrict access to pool, spa, & water features
- Locked gate around pool and spa
- Check smoke alarm and carbon monoxide detector batteries and proper function
- Discuss babyproofing with older siblings
- Keep emergency numbers like pediatrician and poison control on fridge
- Lock up guns and ammo

