

ORANGE PARK PEDIATRIC ASSOCIATES

Keeping Our Children Safe: Home Safety Checklist

The typical home is full of things that are dangerous to children. Normal children like to explore, but they are often not able to recognize danger. In order to grow and develop, children need to be able to explore the place where they live safely. It is the responsibility of grown-ups to stay on the look-out for things that might hurt children and to make the home safe for them. The following checklist can help you make sure your home is a safe place for your baby to play, grow and develop into a healthy child. Circle your answers.

- CRIB SAFETY:
- | | | |
|-----|----|--|
| Yes | No | Is the crib in good condition with no broken parts? |
| Yes | No | Is it free of knobs and other projections that might snag clothes? |
| Yes | No | Is the latch holding up the side rail secure and child resistant? |
| Yes | No | Is it positioned away from dangling window-shade cords? |
| Yes | No | Are the vertical bars less than 2 and 3/8 inches apart? |
| Yes | No | When the side rail is raised, is it at least 26 inches above the mattress? |
| Yes | No | Does the mattress fill the crib snugly with no space at the edges? |
| Yes | No | Is the mattress free of any loose plastic covering? |
| Yes | No | Is the crib free of low-hanging cradle gyms that might choke? |
| Yes | No | Is the baby being put down to sleep on his or her back? |

FALL

- PREVENTION:
- | | | |
|-----|----|---|
| Yes | No | Is the baby NEVER left alone on a changing table, couch or adult bed? |
| Yes | No | Is the child NEVER left unsupervised in a high chair? |
| Yes | No | Is the infant not allowed to use a walker? |
| Yes | No | Are barrier gates used to keep the child from steps and stairs? |
| Yes | No | Are door knob covers used to keep the child in child-proofed areas? |

- CAR SAFETY:
- | | | |
|-----|----|--|
| Yes | No | Is an appropriate safety seat used for infants? (Birth - 20 pounds = rear facing; 20-40 pounds = forward facing) |
| Yes | No | Do older children and adults always buckle their safety belts? |
| Yes | No | Are children NEVER left unsupervised in the car? |

POISONING

- PREVENTION:
- | | | |
|-----|----|--|
| Yes | No | Are there safety latches on the kitchen cabinets? |
| Yes | No | Are all medications kept out of reach AND in child-proof containers? |
| Yes | No | Are gasoline and kerosene stored in appropriate containers? |
| Yes | No | Is there a bottle of Syrup of Ipecac in the house? |

CHOKING: Yes No Are the child's toys too large to swallow and free of small parts that might come off?
 Yes No Are small toys, coins and other small objects kept out of reach?
 Yes No Do pacifiers not have a long string around the infant's neck?
 Yes No Does the family avoid giving the child chunks of food or hard candy he or she can't chew?

BURN

PREVENTION: Yes No Are matches and smoking materials kept out of reach of children?
 Yes No Are there smoke detectors (with good batteries) in the home?
 Yes No Are unused electrical outlets covered with safety plugs?
 Yes No Are frayed electric cords replaced?
 Yes No Is the hot water heater set to less than 130 degrees?
 Yes No Does the family avoid holding the child while drinking hot liquids?
 Yes No Are pot handles kept turned away from the edge of the stove?

WATER

SAFETY: Yes No Is the young child NEVER left alone or with another child in the bath tub?
 Yes No Does the family avoid leaving buckets of water around the house?
 Yes No Is the child watched constantly around water?

Congratulations on answering these questions! It shows how much you care about keeping your child safe. You want to be able to answer "yes" to each question. If you answered "no" to any of the above, you need to think about how you can correct a dangerous situation.