

BABY SAFETY IN THE KITCHEN



Most of us spend a large amount of time in the kitchen while at home. For childcare providers, the kitchen is where meals and snacks are prepared, bottles are warmed, and seemingly endless dishes are washed.

While kitchens may seem harmless at first, there are many dangers in the kitchen for young children, especially babies.

Follow the tips below to keep babies safe in the kitchen:

1. General supervision:

- Keep the baby within your reach and in your sightline at all times in the kitchen.
- Consider blocking off the entire kitchen area with a safety gate.



2. Cabinets:

- Lock kitchen cabinets and store especially dangerous items (such as medications, vitamins or supplements) in locked upper cabinets.

3. Stove & oven:

- Use knob covers.
- Keep the oven door closed at all times.
- Turn pot holders toward the back of the stove.
- Use the back stove top burners when possible.



4. Small appliances:

- Unplug small appliances when not in use.
- Keep any cords from dangling down in reach of children.



5. Countertop items:

- Store knives, glass items or anything sharp (i.e., blender blades) out of reach of children.

6. Electrical outlets:

- Use child-safe covers in electrical outlets.

7. Fire safety:

- Keep a fire extinguisher nearby for the possibility of a kitchen fire.



8. Microwave:

- Never warm baby bottles in the microwave since the liquid heats unevenly and can potentially scald a baby.

9. Refrigerator:

- Avoid using small magnets that could potentially be swallowed.



10. Plastic bags:

- Store plastic bags out of reach of children.

11. Cleaning products:

- Store all soap and kitchen cleaning products out of reach of children and in a locked cabinet or drawer. Never mix cleaning products (e.g., ammonia and bleach) together since this can result in poisonous gas.



12. Table/dining areas:

- Avoid using placemats or tablecloths that a baby could reach and pull down off a table onto themselves.

13. High chairs:

- Secure babies with the safety strap while seated in the high chair.
- Do not place the high chair near a table or countertop as a baby could push against the surface and tip the chair over.
- Warn older children about the dangers of playing near the high chair since it could tip over.



By following these tips, you can ensure you are doing your best to keep babies safe in the kitchen.