



Did You Know?

In the United States

24 min

A falling television or tipping furniture sends a child to the emergency room every 24 minutes

No 1

Accidental suffocation is the number one cause of death for children under 1 years old

9.2M

9.2 million children visit the emergency department for an unintentional injury each year



The Kitchen

- ☐ Install door, cabinet & appliance locks
- ☐ Consider natural alternatives to chemical cleaning products
- ☐ Store plastic bags and foil out of reach
- ☐ Lock multivitamins and supplements away
- ☐ Keep breakable dishes and cutlery high up
- ☐ Watch for any dangling cords
- ☐ Cover exposed electrical outlets
- ☐ Keep small magnets off your refrigerator
- ☐



The Living Areas

- ☐ Consider carpeting to cushion fall blows
- ☐ Safeguard sharp coffee table corners and edges
- ☐ Check furniture sturdiness
- ☐ Make sure there's nothing dangerous baby can climb
- ☐ Check window cords do not dangle too low
- ☐ Close off the fireplace
- ☐ Remove dangling cords around the tv/stereo
- ☐ Install electrical outlet & door knob covers
- ☐ Install window locks



The Bathroom

- ☐ Keep the toilet lid down or invest in a toilet lid lock
- ☐ Remove toilet bowl cleaner
- ☐ Keep razors out of reach in the shower
- ☐ Lock medicine and supplements away
- ☐ Reduce your water heater temperature less than 120 degrees
- ☐ Get a non-slip bath mat
- ☐ Check the screw covers on the base of the toilet
- ☐ Keep soaps and toothpaste out of reach



The Nursery / Bedroom

- ☐ Invest in a baby monitor
- ☐ Be wary of secondhand cribs
- ☐ Put up a window guard
- ☐ Look for a crib with fixed sides
- ☐ Your baby doesn't need a pillow
- ☐ Install electrical outlet & door knob covers
- ☐ Toy chests are dangerous for little fingers
- ☐ Keep the walls around the crib free of decorations
- ☐ Consider a glider over a rocking chair
- ☐ Take mobiles down as your baby becomes more mobile



The Stairs

- ☐ Get a baby gate
- ☐ Teach your child how to safely walk stairs
- ☐ Make sure you have a handrail
- ☐ Consider some carpeting or non-slip mats
- ☐ Keep stairways well-lit



Around The Home

- ☐ Remember to keep doors closed
- ☐ Anchor wobbly furniture
- ☐ Keep your guns safely locked up
- ☐ Use a vacuum to help find small dangerous objects
- ☐ Keep pools & tubs covered when not in use

Learn More at
MomLovesBest.com/Babyproofing

Sources:

cdc.gov/safechild/child_injury_data.html
parents.com/baby/safety/babyproofing/babyproofing-home-top-to-bottom/
babycenter.com/0_childproofing-your-kitchen-for-babies_755.bc
wikihow.com/Child-Proof-a-Living-Room
babycenter.com/0_childproofing-your-bathroom_402.bc
thespruce.com/how-to-baby-proof-your-nursery-2504923
hometips.com/diy-how-to-childproofing-stairs.html