

Safety Tips Baby proofing 101

- 1) Get down on your hands and knees and see the view from your child's perspective. This helps you identify potential dangerous objects.
- 2) Drowning is the leading cause of unintentional injury-related death among 1-4 year olds. Be sure this is no access to pools, spas, bathtubs, toilets, and even pet water bowls. A child can drown in as little as 2 inches of water.
- 3) Set temperature of hot water heater to 120 degrees or less to prevent scalding.
- 4) Keep a list of emergency numbers including pediatrician, police and poison control (800-222-1222)
- 5) Anchor all top heavy furniture including TVs, bookcases and armoires.
- 6) Use window stops or limiters to prevent windows from opening more than 4 inches.
- 7) Install carbon monoxide and smoke detectors on every floor as well as smoke alarms in each bedroom and a good rule of thumb is to replace batteries every year when you turn the clocks back to avoid the chirping in the middle of the night when the battery usually gives out.
- 8) Have a fire escape plan and with young children decide in advance who is responsible forgetting them out of the house in the event of an emergency. (fire ladders for 2 story houses or more)
- 9) When cooking, use back burners and turn handles in so a child cannot access.
- 10) Remove all plants whether they are poisonous or not. Toddlers can pull off leaves and choke on them or pull down a plant from a window sill.
- 11) Remove all magnets from refrigerators as they are choking hazards and especially because usually a small magnet is glued to a larger piece.
- 12) Make sure all blind cords are secured and out of reach for children or better yet replace with cordless window covers.
- 13) Keep cleaning and laundry products out of reach .
- 14) Learn first aid, including CPR.