

Must-Haves in Childproofing your Home

1. **One-piece Doorstops and Doorknob Covers** – The end cap of traditional doorstops is easily removed and is a major choking hazard for infants and toddlers. The doorknob covers keep children in the house and out of any unsupervised rooms.
2. **Safety Latches and Locks** – Lock all cabinets and drawers at counter top or below.
3. **Electrical Outlet Covers** – No Plugs: While outlet plugs will slow them down, unfortunately they can easily be pulled out by children and thus a choking hazard exists. Swivel Outlet Covers or similar device are recommended.
4. **Furniture Brackets and Corner Guards** – Keep furniture attached to the wall and any sharp edges protected with guards.
5. **Blind Cord Wrap-ups** – To help prevent strangulation, secure cords up high.
6. **Toilet Locks** – To prevent accidental drowning, loss of valuables, and clogged pipes, install a toilet-lid lock in every bathroom.
7. **Keep water temperature at 120 degrees** – To protect children from scalds and burns, set your hot water heater at 120 degrees or below.
8. **Safety Gates** – Gates that mount to the wall are more secure than pressure gates, use only mounted gates at the top and bottom of stairs.
9. **Hearth Gates** – A raised hearth fireplace requires a wall mounted safety gate to surround it.
10. **Window Locks** – Install on all windows above the first floor.
11. **Carbon Monoxide and Smoke Detectors** – It is recommended that carbon monoxide detectors be installed on each floor. Smoke detectors should be installed inside and outside of each bedroom and near kitchen.
12. **Fire Extinguisher and First-Aid Kit** – At least one per floor.

Prepared by
InfantHouse.com

Jack Smith
972-989-8032
jsmith@infanthouse.com

Karen Smith
214-763-1892
ksmith@infanthouse.com

6101 Long Prairie Road, Suite 744-115
Flower Mound, Texas 75028
972-691-8807 fax

General Child Safety Information

Overall

- Adjust water heater to 120 degrees or below
- Childproof your home
- Keep plastic bags out of reach of children.
- Lock all cabinets and drawers at counter top level or below.

Kitchen

- Lock up or move poisons, cleaning supplies, and breakables out of reach of children
- Keep plastic and paper bags out of reach of children
- When cooking on the stove, turn pot handles to back or side.

Nursery

- Make sure the slats on your crib are spaced no more than 2 3/8 inches apart, so your baby cannot get his head stuck in between them.
- Place babies on their backs to sleep, which can reduce the risk of sudden infant death syndrome.
- Do not put any soft bedding in your baby's crib (i.e., bumpers, plush toys, pillows) and crib sheets should fit snugly.
- Do not use string to suspend mobiles or toys across cribs or from crib bars.
- Do not hang a pacifier around your baby's neck (to prevent strangulation)
- Do not move your child to a toddler bed until they are at least 2 ½ years old. Install a crib tent to keep your little one from escaping the safety of their crib.

Bathroom

- Never leave your baby unattended in the bathtub.
- Install toilet locks

Outside

- Empty all water immediately after use (i.e., cleaning buckets, baby pools).
- Put a fence around your swimming pool and install a pool alarm.

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Numbers and Websites You Should Know

National Lead Information Center 800-424-5323 www.epa.gov/lead/pubs/nlic.htm
Lead Poisoning from household paint is still a major health threat to children. If your house was built before 1978 or if you suspect there are lead hazards, call the above number.

Poison Control Centers 800-222-1222 www.aapcc.org
Program this one in your phone!
If you suspect your child has swallowed something dangerous, call the American Association of Poison Control Centers or your local poison-control center immediately. Do not give your child anything before you call.

Children's Recalls www.cpsc.gov/cpsclist.asp
Go to this website and sign up to receive any and all safety recalls. Sign up for the "Child" recall list and you will receive email updates on all children's related recalls.

Registered Sex Offenders and other Safety Info www.thesafeside.com
Created by Julie Clark, founder of the Baby Einstein company, and John Walsh, host of America's Most Wanted, The Safe Side is designed to teach, empower and entertain children.

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