

# Safety Checklist

**Please Note:** This list is to be used by age. Continue referring back to previous age groups as your child gets older. Example: If your child is 16 months, you should do everything on the list from birth to 17 months. Children's development and activity levels are different; your child may need you to take additional safety measures. Share this list with all your childcare providers.

## Birth-2 Months

- Crib free of soft toys, extra blankets, pillows.
- Firm mattress.
- Slats of crib less than 2 3/8" apart.
- Put me to sleep on my back, do not over dress me.
- Do not leave me alone in a car.
- Watch me when pets are near.
- Keep me away from anyone who is smoking.
- Always hold my bottle, propped bottle can choke me.
- Avoid carrying me while holding hot liquids.
- Heat bottle in hot water, never in microwave
- Protect me from places I might wiggle and fall from: couch, bed, changing table, etc.
- Know CPR.
- Support my head always.
- Never shake me even playfully.
- Water heater set at 120 degrees.
- Use car seat facing backward.
- Always watch me in the bath.
- Have smoke detectors that work, change batteries once a year.

## 3-4 Months

- Lay me on the floor to play, my back is not ready for me to be propped up.
- Keep anything that fits through a toilet paper tube away from me.
- Keep string, plastic bags, and balloons not blown up or broken way from me (They can get caught in my throat and suffocate me).
- Watch me; in/near water, when I play and when I begin to crawl.
- No TV before age 2.

## 5-6 Months

- Walkers are not safe at any age.
- Remove poisonous plants – Call Oregon Poison Center at 1-800-222-1222 for information.
- Keep all medicines, chemicals, poisons, cosmetics out of the reach and in original containers.
- Keep me away from your feet when you cook.
- Turn pot handles to the back of the stove.
- Cover electrical outlets.
- Protect me from falling from windows, balconies, stairs and furniture.
- Keep hanging items such as tablecloths, electrical cords, curtain and mini-blind cords out of reach.
- Protect me from choking on foods such as hot dogs, whole grapes, candy, peanut butter, peanuts, popcorn, chips (all foods should be mashed).
- Be careful with things for baby to chew on that can break off like teething biscuits.

## 7-9 Months

- Childproof latches on cabinets and drawers.
- Screen fireplaces, wood stoves and space heaters.
- Keep sharp objects (scissors, knives, etc...) out of reach.
- Pad sharp corners or edges of furniture, fireplace.
- Remove guns from home or place your guns with safety lock in a locked gun safe.
- Lock bullets separately.
- Keep bathroom door closed, keep toilet lid down, and never leave me alone in bathtub or bathroom.
- Childproof caps on all medication.

**Continued on back . . .**

# Safety Checklist (continued)

## 10 – 12 Months

- \_\_\_ Keep my toys on a low shelf or box without a heavy lid that could fall on me.
- \_\_\_ Keep matches, lighters, cigarettes and ashtrays out of reach.
- \_\_\_ Protect me from reaching hot stove burners, knives, and things on counters and tables.
- \_\_\_ Watch me near oven, dishwasher and refrigerator doors; things I can open now.
- \_\_\_ Attach to the wall heavy objects or furniture that could tip over (TV, bookshelves, etc...) so I cannot pull it down or fall.
- \_\_\_ Keep balloons not blown up or broken away from me, they can get caught in my throat and suffocate me.
- \_\_\_ Put toddler gates on stairways and keep any doors to cellars and porches locked.

## 13-17 Months

- \_\_\_ Keep me away from poisons (poison control # 1-800-222-1222).
- \_\_\_ Keep me rear facing in the car until I reach the top height or weight limit allowed by my car seat's manufacturer (typically 30-35 lbs).
- \_\_\_ Use plastic cups not glass.
- \_\_\_ Teach me kindness to animals and that other's pets may not be friendly.
- \_\_\_ Recheck my house, toddlers are faster and can get into more things.

## 18-24 Months

- \_\_\_ Watch for my fingers when closing doors.
- \_\_\_ Childproof locks on outside doors so I cannot go outside without you knowing.
- \_\_\_ Use safety knobs on bathroom doors.
- \_\_\_ Protect me from climbing and falling or getting into dangerous things (poison, knives, etc...).
- \_\_\_ Watch for me before you start your car.

## 3 Years

- \_\_\_ Protect me from old appliances, car trunks, places where I might get trapped.
- \_\_\_ Keep me out of the street.
- \_\_\_ Use helmets when riding bike.
- \_\_\_ Watch me when I am outside.
- \_\_\_ Check and maintain playground equipment.
- \_\_\_ Continue to protect me from foods that might choke me such as hot dogs, candy, nuts, grapes, large pieces of meat and veggies.
- \_\_\_ I can ride in a forward-facing car seat with a harness until I reach the top height or weight limit allowed by my car seat's manufacturer.

## 4 Years

- \_\_\_ Teach me how to call 911.
- \_\_\_ Teach me my full name, address, and phone number.
- \_\_\_ Teach me safety rules such as; do not cross the street, do not talk to strangers.
- \_\_\_ Continue to watch me when I am outside.
- \_\_\_ Teach me to say no if I do not want someone to touch, hug, or kiss me.
- \_\_\_ Supervise all water play; use life jackets.
- \_\_\_ Dress me properly to avoid strangulation (no scarf's).
- \_\_\_ Protect my feet with proper shoes.

## 5 years

- \_\_\_ Teach me how to cross the street safely, but never alone.
- \_\_\_ Teach and practice water and boat safety (take me to swim lessons).
- \_\_\_ When touches feel bad, teach me how to protect myself (say no, yell for help).
- \_\_\_ Teach me not to keep secrets about things that are harmful (sexual or physical abuse).
- \_\_\_ Children who weigh more than 40 pounds or exceed the upper weight limit of their forward-facing car seats MUST use a booster seat until they are 8 years old or 4' 9" tall.

**\*\*\* Make a family emergency escape plan in case of a fire or an earthquake\*\*\***