

Watch your baby grow. Keep this growth chart by your changing table, crib or rocking chair. Use it often by marking and dating the measurements and reviewing the important safety tips.



Baby SAFETY Checklist



Bedroom

- Always put your baby to sleep on her back on a firm, flat, tight-fitting mattress in a crib that meets current safety standards, and remove all soft bedding and pillow-like items from the crib.
- Make sure your baby's crib is sturdy and has no loose or missing hardware.
- Never place your baby's crib or furniture near window blind or curtain cords.



Bathroom

- Keep medicines and cleaning products in containers with safety caps and locked away from children.
- Always check bath water temperature with your wrist or elbow before putting your baby in to bathe.
- Never, ever, leave your child alone in the bathtub or near any water.



Kitchen

- Don't leave your baby alone in a highchair; always use all safety straps.
- Use your stove's back burners and keep pot handles turned to the back of the stove.
- Lock household cleaning products, knives, matches, and plastic bags away from children.



Living Areas

- Install smoke detectors on each floor of your home, especially near sleeping areas; change the batteries each year.
- Use safety gates to block stairways and safety plugs to cover electrical outlets.
- Keep all small objects, including tiny toys and balloons, away from young children.

Baby **SAFETY** *Checklist*

In The Bedroom

- ♡ Always put your baby to sleep on her back on a firm, flat, tight-fitting mattress in a crib that meets current safety standards, and remove all pillows, quilts, comforters, sheepskins, and pillow-like bumper pads and toys from the crib. Follow this advice to reduce the risk of sudden infant death syndrome (SIDS) and suffocation.
- ♡ Make sure your baby's crib is sturdy and has no loose or missing hardware. This will prevent babies suffocating or strangling by becoming trapped between broken crib parts.
- ♡ Never place your baby's crib or furniture near window blind or curtain cords. This will prevent babies from strangling on the loop of the cord. To prevent falls, keep children away from windows.

In The Bathroom:

- ♡ Keep medicines and cleaning products in containers with safety caps and locked away from children. This will prevent children from being poisoned.
- ♡ Always check bath water temperature with your wrist or elbow before putting your baby in to bathe. This will prevent burns to a baby's delicate skin.
- ♡ Never, ever, leave your child alone in the bathtub or near any water. This will prevent children from drowning. In addition, keep children away from all standing water, including water in toilets, 5-gallon buckets, and pools.

In The Kitchen:

- ♡ Don't leave your baby alone in a highchair; always use all safety straps. This will prevent injuries and deaths from the baby climbing out, falling, or sliding under the tray. Be sure to use safety straps in strollers and baby swings.
- ♡ Use your stove's back burners and keep pot handles turned to the back of the stove. This will prevent deaths and injuries from burns. In addition, keep children away from tablecloths, so they can't pull down hot foods or liquids on themselves.
- ♡ Lock household cleaning products, knives, matches, and plastic bags away from children. This will prevent poisonings, bleeding injuries, burns, and suffocation.

In Other Living Areas:

- ♡ Install smoke detectors on each floor of your home, especially near sleeping areas; change the batteries yearly. This will prevent deaths and injuries from fires.
- ♡ Use safety gates to block stairways and safety plugs to cover electrical outlets. This will prevent injuries from falls and electric shocks.
- ♡ Keep all small objects, including tiny toys and balloons, away from young children. This will prevent choking and possible deaths.

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