

# Raising Safe Kids: One Stage at a Time



## Safety Checklist for Babies (0 to 12 mos.)

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### Preventing Falls

- Install stair gates.
- Secure furniture to the wall.
- Use stationary play centers instead of baby walkers.
- Never leave your baby unattended on changing tables, beds or other furniture. Keep one hand on your baby while changing diapers.

### Preventing Motor Vehicle Injuries

- Use a rear-facing car seat in a back seat of your car until your baby is at least age 1 and 20 lbs. Then switch to a rear-facing convertible seat with higher weight and height limits. Toddlers under age 2 are safer riding rear-facing, if the seat allows it.
- Have your car seat checked by a certified child passenger safety technician to make sure it's properly installed.
- Never leave a baby alone in a car, even for a minute. Don't overlook sleeping infants buckled into their car seat in a back seat.

### Preventing Burns & Scalds

- Install smoke alarms and carbon monoxide detectors in your home.
- Set your water heater at 120 degrees Fahrenheit or below.
- Test the bathwater with your wrist or elbow before placing your baby in it.
- Don't hold your baby while cooking or carrying hot foods and liquids.
- Never microwave your baby's bottle. Heat bottles with warm water and test them before feeding your baby.

### Preventing Poisonings

- Follow instructions and read labels when giving medicines to your baby.
- Use child-resistant packages.
- Learn the Poison Control number: 1-800-222-1222.
- Lock up medicines, household cleaners, poisons and dangerous items out of your baby's sight and reach.

Visit [www.usa.safekids.org](http://www.usa.safekids.org) for more information.

