



The
WELLHOMETM
6 TO 12 MONTHS
CHECK

COMMIT: *Commit to important safety practices.*

INSPECT: *Look for potential hazards in your home.* **ACT:** *Take necessary steps to keep your children safe.*

CHILD SAFETY HOUSE CALLS was created by pediatricians to prevent childhood injuries. They offer practical childproofing information and access to pediatrician-approved childproofing products. Use this checklist to create a safer home and more worry-free environment for you and your children. Visit www.WellHomeCheck.org for additional home safety tips.

 *Commit*

- Cook on the rear stove burners with pot handles inward whenever possible to prevent your child from reaching hot cookware.
- Do not use a baby walker. They are a common source of serious injuries.
- NEVER leave your child unsupervised in the tub - NOT EVEN FOR A SECOND. Always stay within reach. Children can drown in less than 2 inches of bathwater and in less time than it takes to answer a phone call.
- Never open a window unless window guards are installed or window stops are engaged to keep windows from opening greater than 3.5 inches (about the size of an adult fist). Screens will not keep a child from falling out a window.
- Always store chemicals in their original containers. Never transfer to food containers like jars or soda bottles.
- Never hang dish towels from the oven door. Your child could use the towel to open the door.

 *Inspect*

- Determine your best escape routes in the event of a fire or other emergency. Make sure escape ladders are available on upper floors.
- Look for furniture that your child could use to climb out windows or over balconies.
- Look for any small objects within a child's reach that poses a choking hazard (Hint: If it can fit through a toilet paper roll, then it is a choking hazard). Common hazards include coins, decorative stones/beads, fireplace rocks, plastic bags, refrigerator magnets, pet food kibble, and small toys.
- Look for table runners and tablecloths that a child can use to pull objects onto his head.
- Identify all tip-over hazards, including TVs, fish tanks, furniture that is taller than it is wide OR furniture that rocks when tugged. Beware - many pieces of furniture become easier to tip when drawers are pulled open and climbed/stepped upon.
- Check that the space between posts and balusters on balconies and stairs is less than 3.5 inches (approximately the size of an adult fist).
- Make sure that sharp objects such as knives, scissors, and the cutting surface on plastic wrap and foil dispensers are well out of your child's reach.
- Make sure a fire extinguisher is located in the kitchen and on every floor of the home.

Continued on reverse.

Act

- Secure all tip-over hazards (TVs, furniture, fish tanks) to the wall with straps designed for this purpose, ideally into a wall stud.
- Cover exposed electrical outlet covers.
- Remove hanging crib toys such as mobiles before your child begins to push up on hands and knees. Such toys pose a strangulation hazard.
- Lower crib mattress position before your child can sit. Mattress should be in the lowest position before your child stands.
- Install child safety gates at the top of every staircase. Gates at top of stairs must be hardware-mounted (screwed into the wall) and set so they cannot swing open over the stairs. Gates at the bottom of stairs may be pressure-mounted.
- Install cabinet and drawer latches on all cabinets and drawers below counter height that contain hazardous items.
- Install toilet locks. An infant can easily fall head-first into a toilet and drown.
- Store particularly hazardous items such as medicine and cleaning supplies high and out of reach, or store double-secured in a childproof box that is secured in a locked cabinet or drawer.
- Cover sharp corners and edges with padded guards.
- Pad the fireplace hearth and lock fireplace doors.
- Surround fireplaces and exercise equipment with a protective gate or other barrier.
- Adjust your water heater to 120 degrees. A child can be severely scalded in water that exceeds this temperature in as little as 2 seconds.
- Review infant CPR and first aid for choking. Educational resources are available at www.WellHomeCheck.org.
- Post the Poison Control Center number (1-800-222-1222) near the telephone.

Resources at www.WellHomeCheck.org

- Receive a coupon for \$20 off pediatrician-approved gates and latches at www.WellHomeCheck.org.
- Ask the Experts – submit questions and even photos for personalized advice by email.
- Sign up for monthly email safety tips by our pediatricians.
- Find answers to questions such as:
 - What are the 5 biggest safety hazards for children in MY home?*
 - What is the BEST safety gate for MY stairs?*
 - What are the BEST safety latches for MY cabinets?*
 - How do I install a safety gate without drilling into MY stairs' banisters?*
 - Which common household medicines could kill MY child in one small accidental dose?*

THE WELLHOME CHECK checklist is provided by your pediatrician &