



The Infant Safety Checklist

Preparing for a baby often includes nursery planning, hospital bags, and birth plans. But one of the most important things parents can prepare is a safe home environment for their newborn.

This quick checklist highlights some of the most common safety risks for infants and simple ways to reduce them. Small steps today can create peace of mind tomorrow.

Safe Sleep Basics

Your baby's sleep space should be simple and clear.

A safe crib should include:

- ✓ A firm mattress
- ✓ A tight-fitting sheet

Keep the crib free of:

- Pillows
- Blankets
- Stuffed animals.
- Bumper pads
- Sleep positioners

These items can increase the risk of suffocation.

Crib Safety Tips

- ✓ Slats should be no wider than $2\frac{3}{8}$ inches apart
- ✓ Mattress should fit snugly with no gaps
- ✓ Avoid cribs with loose parts or damaged wood
- ✓ Drop-side cribs should never be used

Preventing Falls

Babies can roll sooner than most parents expect. To reduce fall risks:

- ✓ Always use safety straps on infant seats
- ✓ Keep car seats off counters or tables. If a car seat is used outside the vehicle, place it only on the floor, never on elevated surfaces.
- ✓ Keep one hand on baby when on changing tables or beds

Baby Equipment Safety

High Chairs: When babies can sit upright (around 5–6 months):



- ✓ Use a five-point harness
- ✓ Ensure the tray locks securely
- ✓ Never leave baby unattended

Infant Swings

- ✓ Always use the safety harness
- ✓ Never leave baby unattended
- ✓ If baby falls asleep, move them to a flat crib on their back

Baby Walkers

Walkers are **not recommended** and have been linked to many infant injuries.

Toy & Choking Safety

Anything small enough to fit through a toilet paper roll can be a choking hazard. Avoid tying toys to the crib with strings or ribbons. Keep babies away from:

- Balloons
- Magnets
- Marbles.
- Plastic bags
- Toys with loose parts

Feeding Safety

Always hold your baby during feedings. Bottle propping can increase choking risk and may contribute to dental problems later.

Foods that should not be given to babies until they can chew well include:

- Whole grapes
- Apple chunks
- Hot dog pieces
- Popcorn
- Nuts and seeds
- Raw vegetable chunks
- Hard candy

Water & Burn Safety

Babies can drown in very small amounts of water, so constant supervision is essential.

Bath Time

- ✓ Never leave a baby alone in the bathtub
- ✓ Always test water temperature first
- ✓ Use a non-slip surface

Water Heater: Set your water heater to 120°F (49°C) to reduce burn risk.

Standing Water: Infants can fall in headfirst



Never leave water sitting in:

- Buckets
- Containers
- Inflatable pools

Bathroom Safety

Keep the bathroom door closed when not in use. Even baby lotions or soaps can be harmful if swallowed. Store these items out of reach or in locked cabinets:

- Medications
- Vitamins
- Razors
- Hair dryers
- Personal care products

Toilets can also pose drowning risks. A toilet lid lock may help prevent accidents.

Babyproofing the Home

As babies begin crawling and exploring:

- ✓ Install outlet covers
- ✓ Secure heavy furniture to walls
- ✓ Install safety gates at stairs
- ✓ Keep windows locked or use window guards
- ✓ Move furniture away from windows

Store cleaning supplies and medications in high cabinets or locked drawers.

Pet Safety

Even gentle pets should never be left alone with a baby.

Animals may react unpredictably to sudden sounds or movements.

Always supervise interactions between infants and pets.

Let us help you with the reassurance you deserve when it comes to infant safety. Scan the QR code below to register for our Infant Safety Essential Workshop.

