

# BABY PROOFING YOUR HOME

## DOESN'T HAVE TO BE MISSION IMPOSSIBLE

Making sure your home is safe for your new baby can feel like taking on the weight of the whole world, but there's no need to become overwhelmed. Once a few of these bigger threats have been addressed, you'll begin to feel more confident in your mission.

### THE "FATAL 4" SAFETY MEASURE CHECKLIST

These four threats account for the vast majority of household infant injuries. With these covered, your mind will be primed to spot the more subtle dangers lurking in your home.



**BIG TIPPERS** like cabinets and bookshelves must be anchored to the wall



**HOT WATER HEATERS** should be set to below 120 degrees Fahrenheit



**ELECTRICAL OUTLETS** need to be protected against curious little hands



**SHARP EDGES** such as on metal bed frames must be covered

### KITCHENS AND BATHROOMS: SAFE ONLY UNDER SUPERVISION

There are so many potential threats to a curious baby in these rooms, it really is Mission Impossible to baby-proof them completely. In addition to the following measures, make sure your child is never alone in these rooms unsupervised.

- Move any cleaning supplies from below the sink to high up in a cabinet.
- Look into purchasing a set of magnetic cabinet locks for both these rooms.
- Consider investing in a toilet seat lock for the bathroom as well.



### OLDER HOME? CHECK THE WRITING ON THE WALL.

If you live in a home built before 1978, get your walls tested for lead content in the paint. Developing infants are especially vulnerable to this already-harmful chemical.