

# Baby Proofing

*It may seem like a daunting task but it doesn't have to be. Baby proofing can be done incrementally based on how mobile your baby is.*

Generally, you will begin in baby's immediate surrounding spaces, then work your way up (and out) from there. Do these things, and your home or space will be well on its way to being safe for baby's explorations, when the time comes. **(Note: Do similar for your vehicle.)**



**PREVENT CHOKING** - Babies put everything in their mouths. Look for anything that is smaller than a tennis ball and get that out of the baby's area completely. Unless, of course items are designed specifically for infants and small children to chew on.

**PULLING** - babies will pull up on items to help them stand (e.g., curtains, plants, small tables, chairs. In the case of curtains, make sure cords are secured up high with hooks so that they do not pose a strangulation hazard. Remove or secure items as needed to avoid falling on baby.

**GET ON THE FLOOR** - We mean this literally. You will spot all kinds of things that you might miss from the higher vantage point. If your eyes are two inches off the ground, what do you see? Some change or hard candy under the couch? You will be surprised what you find.

**FURNITURE** - Certain large items are worth securing to the wall with a teather, like flat screen televisions, chest of drawers in baby's room, or other shelving that could be pulled over if one were to pull themselves up using it. There are special teather devices made for this.

**PETS** - Keep all pet areas separated from where the baby will be. This especially includes kible, water dishes which pose a drowning hazard and bits of bone or chew toy that may escape your pups mouth.

**DISINFECT SURFACES** - Use a **non-toxic** cleaner to disinfect surfaces that baby will come into contact with. While germs are not an entirely bad thing as they build a baby's immune system, you want to make sure everything starts out fairly clean.

**BATHTIME** - Investment in a floating thermometer is a good idea for bath time. Baby's skin is pretty sensitive to heat and the ideal bath temperature is 100F or 37-38C.

*Get down to baby's viewpoint and see what catches your eye.*

**SLEEPING** - Make sure baby's sleep area is free from anything but a comfortable sleeping pad. There should be no lamp cords, toys, blankets or other items in the crib or bassinet. Make sure baby cannot fall off of or out of the sleeping area. [CURRENT SLEEP GUIDELINES](#)

**JEWELERY** - If you wear jewelery, baby will grab it and try to eat it. It is best to avoid it altogether for a time, or opt for baby safe jewelery that is designed for baby to chew, or tug on. There are some nice options available.

**TOILETS** - Every baby likes to explore the toilet; especially, toddlers. Secure bathroom doors and toilet lids with available tools to keep your child's toys from ending up clogging the drain, and keep baby from a potential drowning hazard.

**ELECTRICITY** - Outlet plug protectors are a must. Also, secure all wires out of reach and view. Sleek Socket makes a brilliant product for this purpose that is especially helpful around desk or media center areas. We do not want those tiny, drooly fingers or mouths to get zapped.

**CABINETS** - Consider setting up the bottom drawers of the kitchen and bathrooms with items in it that your baby can access safely. Keep harmful items behind higher shelving and child-locked cabinet doors. This prevents choking, cutting & pinching hazards and prevents messes.

**CLEANING SUPPLIES** - It is best to keep all cleaning supplies completely out of baby's awareness. One idea is to keep them in a secured closet in the garage, or in a locked closet or cabinet that the child has no access to. Keep some items accessible for helpful guests.

**COUNTER TOPS** - Clean under the lip of your countertops. This place harbors a lot of old food bacteria and your small child will be grabbing edges of the counters, and perhaps even mouthing them. Why? Because, they put everything in their mouths.

**WORK YOUR WAY UP**- As baby grows and gets more mobile and taller, revisit these steps. Consider everything 4ft. high and lower in the zone of potential baby exploration and toddler damage. Any of these items can end up on the floor in pieces, chewed on or colored or covered in banana mush.

For more information, see our blog post on [baby proofing](#).

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