

Keep your child out of harm's way with our room-by-room guide.

MEDICINE CABINET Lock it up, and keep all pills and toiletries out of reach.

SMOKE DETECTOR

SINK
Turn water heater down to 120° to prevent scalds.

BATHTUB "Hands-on" is a rule that applies to slippery, wiggly ones in the tub.

SMOKE DETECTOR There should be one on each floor; check monthly.

STAIRS
Install gates at the top and bottom of stairs.

TV STAND
Secure to the wall with straps or brackets. Do the same for freestanding dressers and bookcases.

UPSTAIRS AND DOWN, YOU CAN



BLUEPRINT FOR SAFETY

MMy house safety nightmares include a steep, slippery staircase and windows placed at tantalizing, toddler-accessible heights. I imagine your home has its own pitfalls. There's no question that you need to remove and secure dangerous objects. But locks and gates can replace you as your child's best insurance policy against harm. You want to have a sense

of your baby's developmental milestones and start preparing for them at least three to four months prior, says Mike Gittelman, MD, an emergency room physician at Cincinnati Children's Hospital Medical Center and medical advisor for the national Get on Board With Child Safety campaign, a partnership between Safety 1st and the National Association of Children's Hospitals and Related Institutions. Here's how to childproof, age by age and room by room.

Sofa, bed, or baby walker

1-2: Your toddler's sense of danger hasn't caught up with her increased mobility, so it's easy for her to tumble from a bed, sofa, or staircase.

Pediatricians frown on baby walkers, which injure thousands of children annually. 80 percent of whom were supervised at the time when they tip or fall down the stairs.

DROWNING IS THE TOP CAUSE OF ACCIDENTAL DEATH AMONG KIDS 1 TO 4.

Coffee table, lamps, etc.

1-2: Embrace his increased independence by clearing a path for him. We moved a CD rack upstairs to our bedroom because we didn't want to be constantly saying No, don't touch that, says Brooke Graham Doyle, a mother of two, in Seattle. We set up the environment so the kids are more successful and we're more sane. Move lamps, coffee tables with sharp edges, loose floor rugs, and any breakable objects.

Bathroom sink

0-1: Invest in a nonskid step stool.
1-3: She may climb onto the toilet or step stool and turn on the water, so always accompany her to the bathroom. Clear hazards like ceramic toothbrush holders and razors from the sink, and ban breakable drinking cups.

Toilet

0-2: Lock seats, and keep your child away from standing water. Even as little as two inches poses a drowning risk to your child, says Dr. Gittelman.

MAKE CHANGES IN YOUR HOME THAT WILL PROTECT YOUR YOUNGSTERS.



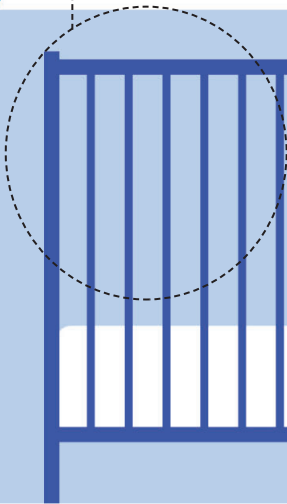
SAFETY Install carbon monoxide alarms in or near each bedroom.



DECORATIONS Remove low-hanging mobiles and pictures. Your child will try to grab them and might be successful once he can stand. Use a mesh crib tent to keep your child safe and sound.



CRIB Make sure the slats are spaced no more than $2\frac{3}{8}$ inches apart from one another.



Crib Nothing is cuter than a carefully appointed nursery, but for safety, you'll soon be tucking away things like matching pillows. Take a photo for the scrapbook first.

0-1 Make sure the mattress for your crib or bassinet is firm. Avoid blankets, pillows, stuffed animals, and bumpers that could block your child's airway. Suffocation and the accidental obstruction of an airway are the leading causes of death for babies up to 11 months old. To keep her safe from sudden infant death syndrome (SIDS) lay your baby on her back to sleep and avoid co-sleeping. Babies who share adult beds have a 40 percent higher chance of dying than those who sleep in a safe crib, according to First Candle/SIDS Alliance, a nonprofit health organization. Babies can become overheated, says spokeswoman Laura Reno, or the bed can block airflow to the baby. Also, be sure to place the crib away from windows and curtains.

1-2: As your baby learns how to move, lower the mattress to its lowest setting to prevent him from climbing out.

MOM TIP After Catherine Soffronoff's husband tripped on their wooden stairs with the baby, they had a carpet runner installed. It's much safer, says the Silver Spring, Maryland, mom of two.

Dresser

0-4: Secure freestanding dressers, bookcases, and TV stands to the wall with straps or brackets to prevent them from falling on kids who pull on them or try to climb them.

Changing table

Even when you think your child is immobile, she has a funny way of surprising you. To prevent falls, keep the following in mind:

0-1 By 4 months, she's likely to roll when you least expect it, so always secure her to a changing table (when you're

bending down to grab a new bag of diapers or fetching some diaper rash cream, for example), and never leave her alone. Another time to watch the heights: when baby's in her car seat. Always put it on the floor or the ground beside you and never on a sofa, a table, or the hood of a car.

MAKE BABY'S CRIB SAFE: KEEP IT FREE OF ANYTHING (LIKE PILLOWS) THAT COULD BLOCK HER AIRWAYS.

Stairs

0-1: Install gates at the top and bottom of stairs. The top gate should secure to walls with hardware. Teach a crawler how to go up and down safely, with your supervision. 1-2: Teach your child how to scoot down stairs on her butt, facing forward. She can probably climb the stairs herself, with you following, but will need to hold your hand (and the stair rail, if she can reach it) while she walks down.

DON'T LEAVE BABY—NOT EVEN FOR A MOMENT—ON THE CHANGING TABLE.



Home, Safe Home

For babyproofing products, from window wedges to safety gates, visit onestepahead.com, babiesrus.com, safety1st.com, or windowcoverings.org.

Microwave 0–4: We're starting to see cases where children as young as 18 months pull food out of a countertop microwave oven and burn themselves, says Kyran Quinlan, MD, with the Injury Free Coalition for Kids of Chicago, at the University of Chicago. Move the microwave to an out-of-reach spot, he says, or use the disable feature. We can lock ours by pressing and holding the start button for four seconds.



GUARDS Lock up anything that could harm your toddler—from sharp tools to cleaning supplies.

"TOYS" Stock a reachable cabinet with Tupperware or other safe playthings.

Cabinets and counters

0–3: Make sure all cleaning materials are locked away in a cabinet, ideally in a high, hard-to-reach location.
1–2: Be prepared your toddler will get into everything. Stephanie Pichner, of Minneapolis, relies on lockable drawer guards. They kept Xander, 3, out of where we didn't want him to be, says Pichner, a mom of two. I also like that you can disable them when you want to.
2–3: He might grab a step stool to join you at a kitchen counter, so make sure drawers and countertops are free of knives and other hazardous tools.

MOM TIP My 2-year-old, Patrick, likes to help me unload the dishwasher, so I always make sure the knives are pointing down, says Laura Watt, a mom of two boys in Fanwood, New Jersey.

Stove 0–3: Keep infants away from hot ovens and stoves, use back burners on your range, and turn pot handles in.
1–2: Cover your burner and oven knobs, and start pairing hot with ouch and don't touch! Keep a drawer at his level stocked with Tupperware, play foods, cooking utensils, or empty boxes that he can cook with.

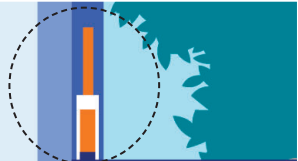
Pillbox 0–4: Children commonly swallow things they shouldn't during a holiday, when chaos reigns. Grandparents often travel with pills in daily dispensers, which are very easy for children to open, says says Carl Baum, MD, associate professor of pediatric emergency medicine and medical toxicology at Yale-New Haven Children's Hospital. In fact, Dr. Baum says, any change in

routine ups the chance of accidental ingestion. My oldest daughter drank all of her liquid vitamins when we were busy with her infant sister, says Megan Franchi, of East Northport, New York. A call to Poison Control (800-222-1222) will route your call to the closest center. Don't make your child vomit; pediatricians say it doesn't help and may in fact make things worse.

ONE IN EVERY THREE CALLS TO A POISON CENTER INVOLVES KIDS AGES 1 TO 2.

MAKE SURE TO KEEP TOXIC CLEANING PRODUCTS OUT OF BABY'S REACH.





SOFA Position couches away from windows to keep your adventurous climbing toddler from falling out.

WINDOWS Secure those that open only from the bottom with window wedges.

COFFEE TABLE Move furniture with sharp edges out of his path.



Windows To you, windows are a source of light and fresh breezes. To toddlers, any reachable open window presents a safety hazard if they lean on a screen. They can also get caught in curtains or pull cords.

0–4: Secure windows that open only from the bottom with window wedges so they never open more than four inches, says Dr. Quinlan. Also, move furniture away from windows, he adds. Kids love to climb on furniture, and from their perch atop a couch or a chair, they could easily fall out of an open window.

Smoke detector 0 and up: Install one on each floor, and check them monthly. Consider devices that record your voice as the alarm; studies show that beeps are less effective in waking kids.

ANY OBJECT OR FOOD THAT CAN FIT THROUGH A TOILET-PAPER ROLL MAY CAUSE YOUR CHILD TO CHOKE.

Chair 1–2: If you have a climber, look out—or, rather, up! Sam, now 3, figured out early that you can use the laundry basket to climb up to high places, says Brooke Ellis, a mother of two, in Lakeside, Montana. To keep her little climber in check, Ellis found herself locking even those cabinets above her head.

2 and up: Now is the time to start to establish rules about climbing on or jumping from furniture. By age 3, your child

can better follow the rules and understand the reasons behind them. As your children get older, it is important to teach them about cause and effect, says Dr. Baum. Don't say, "I was an accident. Say, 'You hurt your hand because you were running with the pencil.' This way, you are less likely to see repeat performances of the same injuries.

Sara Aase, a mother of two in Minneapolis, has childproofed her home for her 3-year-old son and 3-month-old daughter.

Choking hazards—from food to toys

0–2: Your baby's new grasping abilities make any small object, toy, or hard food a choking hazard. If it can fit through a toilet-paper roll, it's too small, says Dr. Gitelman. When it comes to food, follow your pediatrician's advice about starting solid foods, and avoid hot dogs, grapes, nuts, hard candies, and popcorn.

3–4: It's still a good idea to follow the toilet-paper-roll rule with a preschooler, Dr. Gitelman says. He will be more likely to sneak things into his mouth when you're not looking and to run with food or try to feed a younger sibling. Enlist his help with an incentive, such as protecting his turf. Have a room where a toddler is not allowed an older child's room, for example, and keep games with small pieces there, Dr. Gitelman says.

MOM TIP I gave Sam a toilet paper tube as his special safety tool to keep his baby brother from choking, says Brooke Ellis, a mother of two, in Lakeside, Montana. He likes feeling responsible.

PULL CORDS ON WINDOW BLINDS ARE A SAFETY HAZARD FOR YOUR CHILD.

