



THE PEDIATRICIAN MOM

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A safety checklist if you have little kids visiting your home

10 easy tips



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VISITING SOMEONE'S HOME?

10 important safety tips if you have little kids

Visits with family and time spent on vacations are always special, but they can be really stressful for parents of mobile infants and curious toddlers. It is easy to get out of practice with childproofing. Send this free checklist to anyone whose home you will be visiting so they can get a headstart on ensuring your littles will be safe during their visit.

- Button Batteries** Most often accidentally swallowed because they're left out while replacing in devices such as hearing aids, remote controls, holiday ornaments and key fobs. Keep track of them if changing batteries!
- Laundry & Dishwasher pods** One of the most common reasons for calls to poison control and ER visits. Keep locked away and out of reach. The same applies to other detergents & cleaning supplies. Consider childproofing cabinets (the magnetic kind can be turned "on" and "off" easily).
- Medications (including patches)** Whether prescription or OTC, vitamins/supplements or *patches*-- tmeds can all be dangerous for kids. Store them in bedrooms, locked away and out of reach. They should never be in handbags, counters or in your pocket. All patches should be folded, wrapped in tissue and discarded in an inaccessible wastebasket.
- Kids who climb...** Windows, balconies, stairs can all be especially tempting and kids are fast. Lock windows. Pressure-mounted gates are easy to set up and take down, and can be rented. Barricade the top & bottom of stairs or consider blocking out a designated "safe play space"
- Decor & Tchotchkes** Decorative items on shelves; marbles or small rocks in plants; heavy lamps or tchotchkes on tablecloths, anything with a cord that can be yanked down -- all of these can be tempting and dangerous to little ones. Put them away!
- In the kitchen** Make sure hot drinks and sharp items cannot be grabbed off the counter. Ideally ensure that there are stove knobs and latches, and that carbon monoxide monitors & smoke detectors are working.
- Garage door** Make sure the automatic reversing mechanism is functional
- Blinds** Tie window blind cords up and out of reach (strangulation hazard)
- Clutter** Check under couches and desks for random things like coins and paper clips. Don't leave hard candy around.
- Other things** Lock away guns unloaded and with ammunition separated. Don't burn open candles. Remove hard candies. Check under couches and desks for random things like coins & paper clips.