

Safe at Home Safety Checklist

Infants: 0-6 months old

What can your baby do at 0-6 months? Newborns need support of their head and neck until they become stronger. They can move their arms and legs randomly and will push against things with their feet. From birth, they can change their position and by 4 months they may be able to roll over. Your baby can move their head from side to side and bring their hands up to their mouth. By 5 months your baby may begin to push up on with their arms and arching their back to lift up their chest. Soon, your baby will be able to roll in both directions, push backwards, sit up with and then without support of their hands.

SAFE IN A CAR

Date	
	My baby ALWAYS rides in a federally approved safety seat that has been installed properly, in the back seat, in a rear-facing position .
	My baby is NEVER left alone in the car or alone with other children, not even for a minute.

SAFE WHEN SLEEPING

Date	
	My baby is ALWAYS put to sleep ON THEIR BACK .
	The crib is safe: <ul style="list-style-type: none"> ✓ The slats are no more than 2 3/8" apart ✓ The corner posts are flat ✓ The mattress is firm, flat, and fits tightly next to My sides of My crib ✓ There are no pillows, bean bags, sheepskins, fluffy blankets, or stuffed animals in the crib while my baby is sleeping ✓ The sides of the crib are ALWAYS pulled up ✓ Toys, pacifiers, or mobiles are not hanging on My crib where My baby can reach ✓ The crib is away from window blind cords or curtain pulls

SAFE FROM CHOKING

Date	
	Small objects such as safety pins, coins, etc. are out of my baby's reach.
	My baby does not eat anything except breastmilk or formula unless my doctor has approved it.
	Plastic bags or wrappers are out of my baby's reach.

SAFE FROM BURNS

Date	
	My baby is NEVER held by anyone who is smoking, cooking or holding a hot drink.
	Never heat my baby's bottle in a microwave, it will heat unevenly.
	The temperature of the water is ALWAYS checked BEFORE giving my baby a bath.
	There are working smoke detector(s) in my house.

SAFE FROM FALLS

Date	
	My baby is never left alone on any surface above the floor.
	I use safety gates on stairways and doors.
	I do not use a baby walker
	My baby is NEVER tossed, jiggled, or shaken.
	I know infant CPR.