

THE SAFETY CHECK LIST

As your child matures there are new potentials for danger. Use this check list to make your child's environment safer. The better job you do of childproofing the less you will be scolding your child saying: "stop that, get down from there, take that out of your mouth, stay away from there..."

- ✓ Always have your child buckled in an appropriate car seat or booster seat until they are 60 lbs.
- ✓ Always keep hot liquids away from your child. Never hold a hot drink and your child at the same time. Turn pot handles toward the back of the stove.
- ✓ Make sure that infants and children under 3 years old play with toys that are too big to swallow.
- ✓ Lock drawers and cabinets that contain dangerous items like coins, buttons, paper clips, matches, lighters. Discard expired medicines.
- ✓ Use a keyed lock to store poisons, medicines, vitamins, cleaners and guns.
- ✓ Put dummy plugs in all unused electrical outlets. Tape them on if necessary. Use wide tape to secure electrical cords.
- ✓ Install toddler proof safety latches on toilets. Toddlers can drown in toilets.
- ✓ Always stay with your child when they are bathing or swimming.
- ✓ Make sure the water heater temperature is set below 130 degrees.
- ✓ Insist your child wear a helmet for any riding toy with wheels. Start when they are very young.
- ✓ Prevent an escaped child. Lock exit doors and windows. Use toddler proof gates at stairs.
- ✓ Watch your child outdoors. Don't allow them to eat mushrooms, animal feces, dirt or sand that may be contaminated.

- ✓ Make sure smoke alarms, a fire extinguisher and a fire escape plan are in place.
- ✓ Do not give into whining! If you think it is dangerous, it is.

Pierre LaMothe, M.D.