

Baby Safety Checklist

Newborn - 6 Months



A newborn completely depends on you to be safe. Use this checklist to be sure your infant is free from harm.

Sleeping

- Put your baby to sleep on her back, even for naps.
- Don't let your baby sleep on soft surfaces, such as pillows, fluffy comforters, sheepskins or water beds.
- Do not use crib bumpers or drop-side cribs.
- Always remove toys from the crib when your baby is sleeping.
- When your baby is able to sit up, change the crib mattress to its lowest position.

Bathing

- Always support your baby with a hand.
- Never leave your baby in the bathtub unattended, even for a few seconds. Do not answer or talk on the phone while your baby is in water.
- Use warm, not hot, water. Test on your wrist. The water should feel just slightly warm.
- Water in the tub should be just enough to cover your baby's legs—no deeper than 2 inches of water.

Changing table

- Don't leave your baby unsupervised.
- Keep toiletries out of your baby's reach.

Toys

- Should not have strings or cords longer than 12 inches.
- Should not have small pieces, such as buttons, eyes or cords that your baby could pull off and choke on.
- Shouldn't be heavy enough to hurt if it falls on your baby.

Talk to your pediatrician about recommendations or concerns.

Doctor's contact information: _____

Clothing

- Don't dress your baby in clothes with drawstrings.

Preventing falls

- Don't leave your baby alone on sofas, beds or in a high chair.
- When shopping, use the safety belt on the cart.

Preventing burns

- Don't hold your baby and hot food or drink at the same time.
- Don't carry your baby while cooking at the stove.

Fire and carbon monoxide

- Test smoke detectors monthly.
- Install carbon monoxide detectors in your home. Test your CO detector every six months.
- Plan fire escape routes for all family members.

Sun

- Keep your baby out of the sun as much as possible.
- Protect your baby's skin with hats and long-sleeved clothing.
- When your baby is old enough, use a gentle sunscreen with at least 15 SPF.

In the Car

- Install a car seat properly, in the rear-facing position in the middle of backseat.
- Keep children in rear-facing seat until age 2, or until they reach the maximum height and weight for their seat.