Baby’s Room
- Put babies to sleep on their backs in cribs that are put together correctly and meet current safety standards. Crib slats should be no more than 2 3/8” apart, and cribs should have a firm, tight-fitting mattress. Use a fitted sheet made for cribs. If you use a small, thin blanket, be sure it only covers your baby up to his or her chest. Do not put blankets, quilts, pillows, stuffed toys, or other soft items in the crib. If bumpers are used, they should be securely attached with at least 6 ties and ties should be no longer than 6” long.
- Never leave a baby unattended on a changing table.
- Cribs and other furniture should be placed away from windows to reduce the risk of strangulation in window cover cords and also to reduce the risk of falls.
- Keep electrical outlets covered.
- Window blind cords should be tied up out of reach and should not be looped.

Adult Bedroom
- Be careful what you leave on or in nightstand and dresser. Keep items like medications, toiletries, fingernail clippers, buttons, and loose change out of reach.
- Keep electrical outlets covered.
- Window blind cords should be tied up out of reach and should not be looped.
- Never leave your baby on your bed due to a risk of falls and also a risk of suffocation.

Kitchen
- Always strap your baby into his or her highchair.
- Use back burners on the stove and turn pot handles away from the edge of the stove.
- Always keep electrical cords out of reach.
- Never leave sharp knives or other utensils near the edge of the counter.
- Store cleaning products, knives, scissors, lighters, and matches out of children’s reach or in a drawer or cupboard that is securely fastened with a childproof latch.
- Keep electrical outlets covered.
- Keep a list of emergency contact numbers near your telephone.

Living Areas
- Use safety gates at the top and bottom of stairways.
- Place bumpers on furniture and fireplace hearths with sharp corners or edges.
- Cords should be hidden behind furniture.
- Bookshelves and other unstable furniture that could tip over should be anchored to the wall. Televisions should be placed on appropriate stands so they cannot tip over.
- Windows above the first floor should have window guards. Screens will not prevent falls.
- Block off fireplaces, baseboard heaters, and radiators. It is best not to use space heaters, but if you do be sure to keep them away from curtains and furnishings.
- Keep houseplants out of reach, because many are poisonous.
- If your house or apartment was painted with paint made before 1978, be sure painted window sills at children’s height are not chipped or cracked. Paint may contain lead.
- Install smoke detectors and carbon monoxide detectors on every level of your home. Test them regularly and change batteries two times a year.

Bathroom
- Always keep toilet lid down.
- Never leave your baby or young child alone in the bathtub or near water.
- Put away hairdryers and curling irons when not in use.
- Always store medicines, cosmetics, soaps, perfumes/colognes, and cleaning supplies out of children’s reach or in cabinets or cupboards that are locked with childproof latches.
- Set hot water heater to no more than 120 degrees Fahrenheit.

For more information about parenting or relationships, please visit http://ncfamilies.com/jitp/.