

Safety checklist

How safety savvy are you? Go through this list to be sure

In the bedroom:

- There are no cot bumpers, fluffy bedding or puffy pillows around your sleeping baby (under 1).
- The cot mattress fits snugly into the base with no more than two finger-widths between the edges and the sides of the cots.
- The cot bars are spaced no more than 5cm apart.
- The mobile, cot toys and anything else hanging around the cot have strings no longer than 18cm.
- Once your baby has started pulling herself up, move the mattress to the lowest position.
- Your child sleeps in a bed once she is 1m tall.
- On the changing table, the toiletries are kept out of your baby's reach but within yours.
- The toy chest has a lid support device.

In the bathroom:

- The bath has a non-slip mat and there is a non-slip mat on the floor next to the bath.
- You fill the bath just deep enough to cover your baby's legs.
- You always run the cold water first.
- Items such as razors, nail scissors and files, medicines, hair dyes, nail varnishes and remover are all stored in a childproof container or high cabinet with a childproof lock.
- Your shower door is made of safety glass.
- Pieces of soap less than 5cm big are discarded.
- Your toilet is fitted with a safety lock.
- Hair dryers, curling irons, hair straighteners and electric shavers are never left in the bathroom.
- The taps are fitted with guards and soft covers.
- You never leave your baby unattended in the bath.

In the garden:

- All swimming pools and ponds are covered with a net and the pool has a fence around it with a self-closing, self-latching gate.
- You never leave your child unattended when around water.
- You empty the baby pool and store it upright when not in use.
- The swing is rust-free, all screws are tight and the area under the swing is soft to absorb the shock of a fall.
- Gardening and car maintenance equipment and chemicals, pesticides and poisons are stored in a locked container or storeroom.
- All poisonous plants have been removed from the garden.
- Your child does not play unsupervised in the garden or driveway.
- You don't store small amounts of water, cleaning solutions or any other liquids in buckets or other containers.

