

Baby Proofing Checklist

Checklist · 29 items · 10 sections

A room-by-room baby proofing checklist for infants and toddlers. Cover outlets, secure furniture, lock cabinets, and eliminate hazards before your baby starts moving.

Open the editable version online:

<https://genechecklist.com/checklist/baby-proofing-checklist>

ELECTRICAL & CORDS

- Cover all electrical outlets with tamper-resistant outlet covers
HIGH
Tamper-resistant plugs are safer than slide covers, which toddlers learn to remove
- Secure electrical cords against walls: use cord concealers or tape down
HIGH
- Move lamps and electronics with dangling cords out of reach
HIGH
- Keep phone and device chargers unplugged or stored when not in use
HIGH

GATES & BARRIERS

- Install safety gates at top and bottom of all stairs
HIGH
Use hardware-mounted gates (not pressure-mounted) at the top of stairs: pressure gates can be pushed out
- Use gates to block off rooms or areas that aren't baby-safe
HIGH

FURNITURE

- Anchor all tall furniture to the wall: bookshelves, dressers, TV stands
HIGH
Tip-over accidents kill about 50 children per year in the US: this is critical
- Anchor flat-screen TV to wall or TV stand (TVs are a leading tip-over hazard)
HIGH
- Add corner and edge guards to coffee tables and sharp furniture edges
HIGH
- Remove or secure furniture with glass tops

KITCHEN

- Install cabinet and drawer locks in kitchen and bathroom
HIGH
- Move all cleaning products to high shelves or locked cabinet
HIGH
- Install stove knob covers
HIGH
- Use stove guard or back burners when cooking: always turn pot handles inward
HIGH
- Secure the oven door with an oven lock
HIGH
- Move knives and sharp utensils to locked drawer or high shelf
HIGH

BATHROOM

- Install toilet lock (babies can drown in small amounts of water)
HIGH
- Install tub spout cover and non-slip mat in tub
HIGH
- Set water heater to 120°F or below to prevent scalding
HIGH
Babies' skin burns 3x faster than adults: 120°F takes 5 minutes to burn, 130°F takes 30 seconds
- Lock bathroom door or install door knob cover to prevent unsupervised access
HIGH

MEDICATIONS & CHEMICALS

- Move all medications to high, locked cabinet (including vitamins)
HIGH
- Store all cleaning products, detergent pods, and chemicals out of reach
HIGH
Dishwasher pods are highly toxic: lock the cabinet even if it looks sealed

PLANTS & WINDOWS

- Check for toxic houseplants: peace lily, pothos, philodendron are toxic to children
HIGH
- Install window stops or guards (children can fall through screens)
HIGH

- Keep blind cords tied up or cut: strangulation hazard

HIGH

SAFETY DEVICES

- Check smoke detectors and carbon monoxide detectors: replace batteries

HIGH

- Get fire extinguisher for kitchen if you don't have one

EMERGENCY PREP

- Save Poison Control number: 1-800-222-1222 in your phone

HIGH

FINAL CHECK

- Get on floor level and crawl through each room: see hazards from baby's perspective

HIGH

This single exercise reveals dozens of hazards invisible from standing height