

Baby Proofing Checklist by Room

General Safety Checks for Every Room

These apply no matter which room you are in.

- ✓ Install smoke detectors on every floor, including hallways outside bedrooms
- ✓ Install carbon monoxide detectors on every level of the home
- ✓ Test detector batteries monthly
- ✓ Place a fire extinguisher on each floor (a must in the kitchen)
- ✓ Anchor all heavy furniture and TVs to the wall using anti-tip straps
- ✓ Cover all electrical outlets within baby's reach (sliding covers are safer than plug-in caps)
- ✓ Hide all cords and power strips behind furniture
- ✓ Replace corded window blinds with cordless versions, or secure cords at ceiling height
- ✓ Use baby gates at the top and bottom of stairs and in doorways to off-limits rooms
- ✓ Cover all sharp furniture corners with corner guards
- ✓ Use non-slip mats on hard floors and under all rugs

2. Nursery and Baby's Room

Your baby spends the most unattended time here, so this room gets the most attention.

- ✓ Use a crib that meets current safety standards. Crib slats must be no more than 2 3/8 inches apart.
- ✓ Use a firm mattress that fits snugly with no gaps between it and the crib sides
- ✓ Keep the crib completely bare. No pillows, blankets, stuffed toys, or bumpers.
- ✓ Place the crib away from windows, curtains, cords, vents, and furniture
- ✓ Keep all diaper supplies within your reach at the changing table, but not within your baby's reach
- ✓ Anchor dressers and bookshelves to the wall
- ✓ Remove mobiles once baby can push up on hands and knees (or by 5 months, whichever comes first)
- ✓ Use cordless blinds on all nursery windows
- ✓ Keep the baby monitor cord secured and out of reach

Safety Note: The [American Academy of Pediatrics](#) (AAP) recommends placing babies on their backs to sleep in a crib or bassinet. Room-sharing (not bed-sharing) for the first six months reduces the risk of SIDS significantly.

3. Living Room and Common Areas

This is where your baby will spend the most time moving around, so every corner counts.

- ✓ Remove small objects from floor level: coins, buttons, magnets, key fobs, and remote batteries
- ✓ Anchor the TV to the wall

- ✓ Block the fireplace with a heat-resistant gate
- ✓ Clear clutter off the floor and store toys in bins
- ✓ Move fragile and breakable items out of reach
- ✓ Remove or relocate any poisonous indoor plants
- ✓ Use baby gates to block off pet food, water bowls, and litter boxes
- ✓ Set up a dedicated play zone with age-appropriate toys

4. Kitchen

The kitchen has more hazards per square foot than any other room in your home.

- ✓ Install childproof latches on all lower cabinets and drawers
- ✓ Leave one safe cabinet unlocked and filled with plastic containers for the baby to explore
- ✓ Use stove knob covers to prevent accidental burner activation
- ✓ Always turn pot handles inward, away from the front of the stove
- ✓ Never cook with your baby in your arms
- ✓ Lock or secure your trash can so your baby cannot pull it open
- ✓ Store dishwasher pods, cleaning products, and chemicals in locked, high-up storage
- ✓ Set your water heater to 120°F or lower to prevent scalding
- ✓ Keep the dishwasher closed at all times

Pro Tip: Tablecloths are a real hazard. A baby can pull the entire cloth and everything on the table down on top of themselves. Consider skipping the tablecloth for now.

5. Bathroom

Babies can drown in just a few inches of water. Never leave your baby alone in the bathroom, even for a moment.

- ✓ Install a non-slip mat or adhesive strips inside the bathtub
- ✓ Use a soft faucet cover to protect your baby's head from bumps against the tap
- ✓ Add a toilet lid lock
- ✓ Store all medications in childproof-locked, high cabinets
- ✓ Keep hairdryers, shavers, and all plug-in appliances stored away after every use
- ✓ Lock up all cleaning sprays, wipes, sanitizers, and soaps
- ✓ Install an anti-scald device on faucets, or set the water heater to 120°F

Safety Note: The [CPSC](#) recommends setting water heaters to 120°F or lower as a key step in preventing scalds and burns in young children.

6. Laundry Room

Keep this room completely off-limits when you are not in it.

- ✓ Use childproof locks on the washer and dryer
- ✓ Store laundry detergent pods locked up and out of reach
- ✓ Keep bleach, fabric softener, and all laundry chemicals in tightly sealed, locked storage
- ✓ Store mops, brooms, and anything that could fall over in a secure, closed closet
- ✓ If you have cats, move the litter tray to a room your baby cannot access

7. Stairs, Hallways, and Doors

Falls on stairs are one of the most common causes of injury in babies and toddlers.

- ✓ Use a hardware-mounted gate at the top of every staircase. Pressure-mounted gates are not safe at stair tops.
- ✓ Use a pressure-mounted gate at the bottom of stairs or in doorways
- ✓ Install door pinch guards to prevent fingers from getting caught in hinges
- ✓ Use doorstops behind all doors to prevent slamming
- ✓ Add childproof doorknob covers on all doors to rooms that are off-limits

8. Garage and Outdoor Areas

This space should always be off-limits to your baby unless you are right there.

- ✓ Store all tools, chemicals, antifreeze, paint, fertilizer, and insecticides on high, locked shelves
- ✓ Keep all sharp garden tools in a locked shed or cabinet
- ✓ Install a 4-foot fence with a self-closing, self-latching gate around the full pool
- ✓ Always check the pool first if your child goes missing suddenly
- ✓ Re-establish the pool barrier after every session before you step away

CPSC Guidance: The U.S. Consumer Product Safety Commission recommends using multiple layers of protection around pools, including power safety covers, pool alarms, and perimeter fencing, because no single barrier is enough on its own.