

Alameda Alliance for Health Child Safety Checklist



Tips to help your children be safe at home.



At Alameda Alliance for Health (Alliance), we are here to help your children stay healthy and safe. Share this checklist with anyone who cares for your child. **Keep emergency phone numbers, such as doctor, fire department, poison control (toll-free 1.800.222.1222) and 911, close to the phone.** Teach your older children how and when to call **911** or other emergency phone numbers.

WATCH YOUR CHILD CLOSELY

- ☐ Never leave your baby or young child alone:
 - At home.
 - In a bathtub.
 - In a car, even when your child is sleeping.
 - On a raised surface, such as a bed, changing table, or sofa.
- ☐ Do not leave your baby or young child alone with other children or uncaged pets.

SAFETY IN ALL ROOMS OF THE HOUSE

- ☐ Put safety latches or lock up all cabinets and drawers that contain sharp or breakable objects, cleaning supplies, lighters and matches, medicines, alcohol, drugs, cigarettes, and e-cigarettes.
- ☐ Put outlet covers on all electrical outlets. Keep electrical cords out of children's reach.
- ☐ Put screens around fireplaces and heaters.
- ☐ Make sure that large pieces of furniture and TVs are stable or secured to the wall.
- ☐ Keep floors clear of small objects that could be harmful or swallowed.



STAIRS AND WINDOWS

- ☐ Put safety gates at the top and bottom of all stairways.
- ☐ Install window guards or stops to prevent falls.
- ☐ Use cordless window blinds or keep cords wrapped and out of reach.

KITCHEN SAFETY

- ☐ Keep hot drinks and foods, knives, cleaning products, plastic bags, and electrical objects out of children's reach.
- ☐ Keep pot handles facing inward on the stove.
- ☐ Choose a high chair with a safety strap to hold your baby securely in the chair.
- ☐ Never hold or carry a child while using the stove.
- ☐ Do not heat baby food, formula, or breastmilk in a microwave. It can create hot spots.

BABY ROOM SAFETY

- ☐ Choose baby furniture that meets Consumer Product Safety Commission (CPSC) standards or has a Juvenile Products Manufacturers Association (JPMA) label. Cribs sold after June 2011 must meet these standards.
 - Choose a crib with slats no more than 2 3/8 inches apart. Do not use drop-side models.
 - Choose playpens that have mesh with less than 1/4 inch spaces. Make sure the material is securely attached to the top rail and bottom. Never leave the side of a playpen lowered.
 - Learn more at cpsc.gov and jpma.org.
- ☐ Use a crib mattress that fits snugly.
- ☐ Never place pillows, heavy blankets, padding, bumpers, toys, or other items in your baby's crib or playpen.
- ☐ Place your baby on their back every time to sleep.



WATER SAFETY

- ☐ Adjust the temperature on the water heater to 120 degrees Fahrenheit or less.
- ☐ Check that the bath water is warm, not hot, before putting your baby or young child in.
- ☐ Keep your baby or young child within arm's reach of an adult when they are in the bathtub, hot tub, or backyard pool.
- ☐ Keep toilet lids down and the bathroom door closed when not in use.
- ☐ If you have a pool or hot tub, make sure it is enclosed by a locked fence that is at least four (4) feet high.

TOY SAFETY

- ☐ Check toys to be sure they are for the right age for your child.
- ☐ Keep small objects, balloons, and plastic bags away from your baby or young child.

MEDICINE SAFETY

- ☐ Store medicines and vitamins out of children's reach in a locked drawer or cabinet.
- ☐ Always check with a doctor before giving your child home remedies or medicine.
- ☐ Check with a doctor or pharmacist for the right medicine dose. The dose may vary based on your child's age or weight. Write down instructions for other caregivers about how to take medicines.
- ☐ Do not refer to medicine as "candy."

PLAYING OUTSIDE SAFETY

- ☐ Teach your child to wear a helmet when riding a bike, scooter, skateboard, and other wheeled toys.
- ☐ Put sunscreen of SPF 15 or higher on your child. Keep babies younger than six (6) months old out of the sunlight.
- ☐ Always check for children before backing your car out.



CAR SAFETY

- ☐ Everyone in the car should be wearing a seat belt, or be in a car seat or booster seat that is right for the child's age, weight, and height.
- ☐ Never hold a baby or child on your lap while riding in a car.
- ☐ Have someone check that the seat is in the car the right way.
 - For car seat inspections, contact the Alameda County Emergency Medical Services (EMS) Agency at **1.510.618.2050** (English, Spanish).

FIRE AND CARBON MONOXIDE SAFETY

- ☐ Install smoke and carbon monoxide alarms on every floor of your home. Be sure to place alarms near rooms where you and your children sleep. Check alarm batteries each month and change them as needed.
- ☐ Plan more than one (1) escape route from each room in the house. Pick a place for everyone to meet outside. Practice this plan with your children.

Do you need more support?

Please call Alliance Health Programs

Monday – Friday, 8 am – 5 pm

Phone Number: **1.510.747.4577**

Toll-Free: **1.855.891.9169**

People with hearing and speaking impairments (CRS/TTY): **711/1.800.735.2929**

www.alamedaalliance.org

OTHER SAFETY MEASURES

- ☐ Learn about sources of lead in the home and ask your doctor about testing for lead. Most children get tested at 1 and 2 years old. Sources of lead include old or chipping paint and some toys, jewelry, home remedies, spices, and dishes.
 - For more information, contact the Alameda County Healthy Homes Department at **1.510.567.8280** or visit **achhd.org**.
- ☐ Keep guns and other firearms out of your home. If they must be in the home, unload them and put them in a locked place. Store the gun in a separate place from the bullets.
- ☐ Consider taking an infant/child CPR course and first aid class.

Talk to your children's doctor or nurse if you have any safety questions or concerns.

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FOR HEALTH

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