



UNITED WAY
Connecticut



Child Care

Health & Safety Checklist

For Homes with Young Children

Keep children safe! Watch them at all times and complete the checklist below.

SUPERVISION

- ☐ Remain with the children at all times when they are being cared for in a space below ground level (basement).
- ☐ Have a working telephone with emergency number posted nearby.

FALLS AND FALLING OBJECTS

- ☐ Position tables, chairs, shelving and other furniture so that they cannot be toppled easily.
- ☐ Place screens on windows, and make sure they open from the top or are blocked so children cannot fall through the screens.
- ☐ Provide railings on stairs, porches, decks, and lofts.
- ☐ Secure carpets and rugs so that children cannot trip.
- ☐ Use safety gates to block access to stairs and other dangerous areas.
- ☐ Never leave infants in infant carriers that are left on a high surface such as a table, counter or chair.
- ☐ Keep electric cords to lamps and appliances up and out of the way.
- ☐ Make sure that all doors to rooms and closets can be unlocked from both sides.
- ☐ Teach children safe and unsafe areas for climbing. Shelves or counters are not for climbing.
- ☐ Keep one hand on baby at all times when diapering or changing clothes.

BURNS, ELECTRICAL SHOCK, OR FIRE

- ☐ Set the water heater in your home to a temperature of 120 degrees Fahrenheit or less.
- ☐ Cover unused electrical outlets with safety caps.
- ☐ Practice fire drills at least 4 times per year.
- ☐ Keep electrical cords for appliances (irons, toasters, radios, etc.) out of reach.
- ☐ Place stereos, DVDs/Blu-ray, computers, and other electrical equipment up high and out of reach.
- ☐ Store lighters and matches out of reach.
- ☐ Use sturdy screens or barriers around fireplaces, wood stoves, heaters, radiators, hot water pipes or furnaces. Never leave children alone in a room with an open fire, heater or hot stove. Never use kerosene or space heaters.
- ☐ Install smoke detectors and carbon monoxide detectors and test them every month.
- ☐ Keep a fire extinguisher in a secure and easily accessible area.
- ☐ Make sure all areas leading to your means of escape have adequate lighting and are kept free from obstructions.

CUTS AND PUNCTURES

- ☐ Keep all sharp objects out of reach (cooking knives, silverware, cooking utensils, scissors, razors, plastic wrap boxes, glass bottles or drinking glasses, knitting needles).
- ☐ Do not allow children to play with sharp tools or around lawn mowers and power saws.
- ☐ Mark glass windows and doors with decals or tape in order to be more visible. If possible, install safety glass.
- ☐ Keep fully supplied first aid kit easily accessible to you but out of reach for children.



POISON

- ☐ Keep the number for Poison Control by your phone in case of accidental ingestion of potentially hazardous materials. (1-800-222-1222)
- ☐ Keep trash covered and out of the reach of children.
- ☐ Provide a non-smoking environment for children.
- ☐ Do not store alcoholic beverages, cleaning supplies, cosmetics, pet supplies, medicines, vitamins, gasoline, paint thinner, fertilizer, weed killer, tobacco products and other poisons or flammables in areas used by children.
- ☐ Keep adult handbags out of the reach of children.
- ☐ Do not use insect poisons, rat poisons, or weed killers when children are present. Dispose of leftover poisons immediately.

DROWNING

- ☐ Never leave children alone in the bathtub, swimming pool or with water play.
- ☐ Keep toilet lids closed and latched.
- ☐ Empty mop buckets, ice chests, or pails of water immediately after use. Children can drown in 2-3 inches of water.
- ☐ Do not allow children to play near ponds, storm sewers or large holes.
- ☐ Protect, cover, and childproof wells and check that water tanks or septic systems are not accessible to children.
- ☐ If there is a swimming pool or body of water near your home, be sure there is a 4 foot barrier with locked gates to bar access.

SUFFOCATION & CHOKING

- ☐ Do not allow children under 3 to play with any toy that is less than 1 ¼ inch diameter (about the size of a half dollar).
- ☐ Do not feed children under age 4 nuts, hard candies, pretzels or raw carrots. Cut hot dogs, grapes or sausages into small bites and NOT round slices.
- ☐ Always put infants to sleep on their backs in a crib or a playpen and NEVER on an adult bed, waterbed, thick rug, pillow or bean bag.
- ☐ Store all plastic bags including small bread sacks out of reach of children.
- ☐ Do not allow children to use or play with objects that have long cords. This includes pacifiers with strings attached, long telephone cords, jewelry, necklaces, and long scarves. Tie hanging cords on draperies or blinds up high and out of reach.
- ☐ Make sure that crib mattresses fit tightly with no more than two finger widths in the gap between the mattress and crib frame. Remove plastic from mattress, loose blankets, bumpers and pillows. Use only tight fitted sheets on crib mattress.

SAFETY

- ☐ Protect children from household pets and other animals at your home. Have current rabies vaccinations for each cat and dog.
- ☐ Store all guns unloaded, ammunition and other weapons in a locked storage area, which can only be opened with a key or combination, in an area inaccessible to children. All ammunition stored in a separate locked location away from the guns.
- ☐ Provide a clean and sanitary environment that does not pose a health risk to children.

Adapted from: Reprinted with permission from the National Network for Child Care - NNCC. (1993) Oesterreich, L. Holt, B.G., Karas, S. Home Safety Checklist Iowa Family Child Care Handbook. pp.127-131. Iowa State University Extension. Ames, Iowa. Includes Connecticut Office of Early Childhood Licensing Division Family Child Care Homes Regulations, July 2014.

About 211 Child Care: Funded by the Office of Early Childhood and administered by United Way of Connecticut, 211 Child Care helps families obtain child care arrangements to best meet their needs. Child Care Referral Specialists educate parents about quality child care, provide early care professionals with technical assistance and resources, and maintains current listings of licensed and licensed-exempt care options in Connecticut.