

BABY-PROOF YOUR HOUSE



HUGGIES
BRAND

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When you bring something as precious as a baby into the world, there is an overpowering urge to protect them.

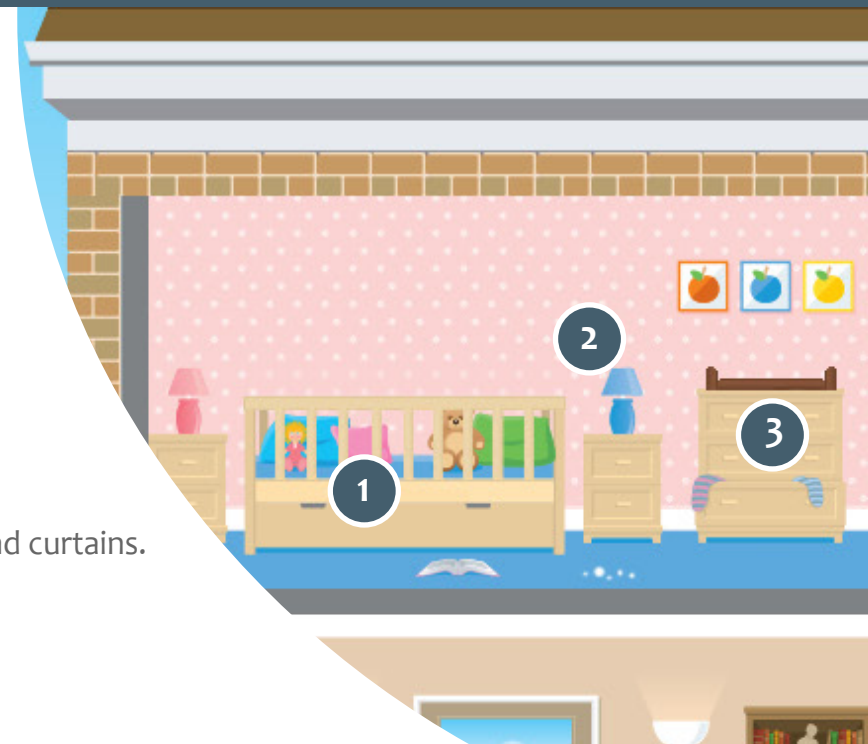
Once you bring that baby into your home, you are suddenly aware that there are dangers you want to shield them from as much as you can in the early months and years.

This **Huggies** baby-proofing guide can help you to learn about some of the dangers to look out for around the house and in the outside world.

SAFETY IN THE HOUSE

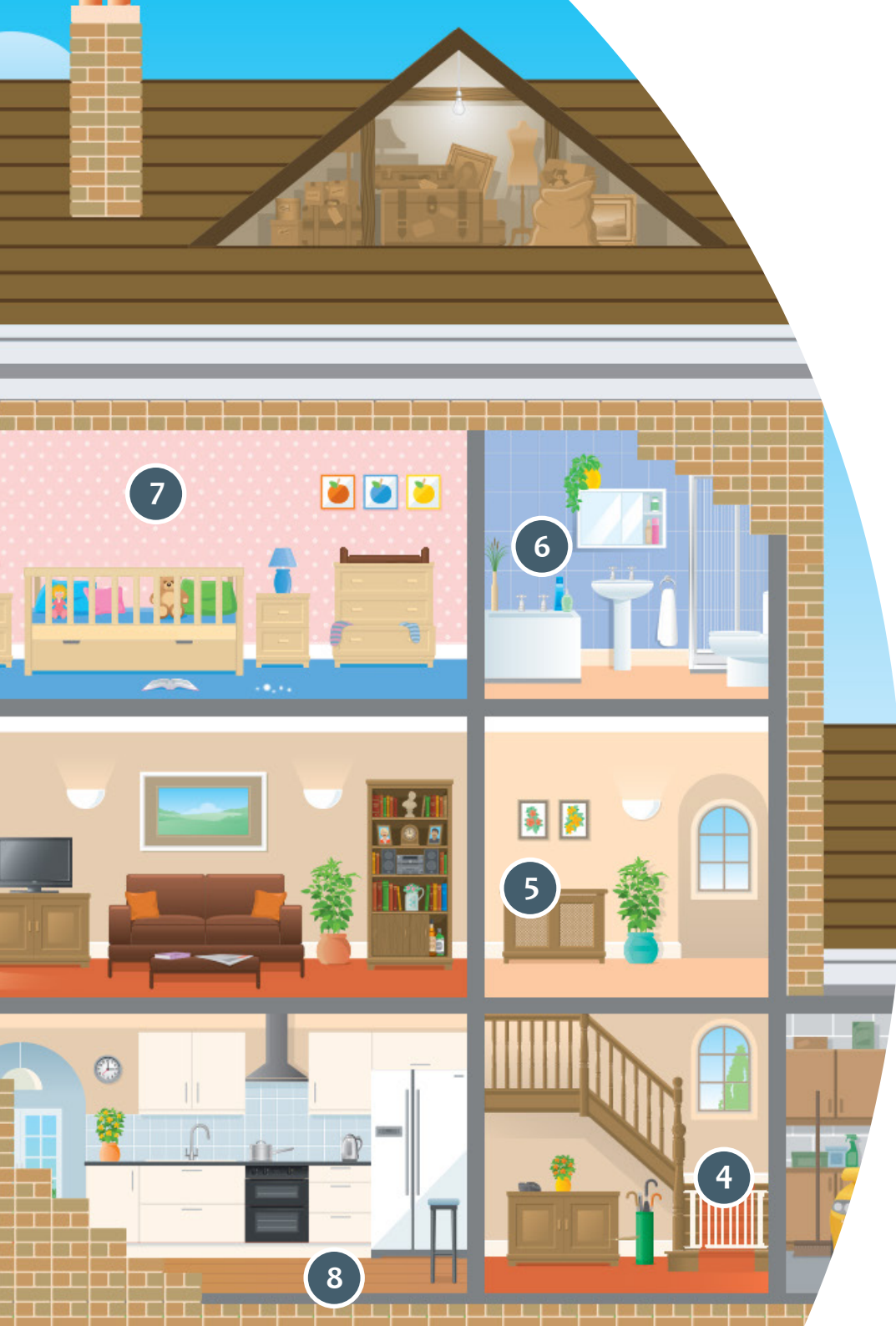
BABY'S ROOM

- 1 Cot** – be sure to use a cot that meets **Australian Safety Standards** (relating to height, mattress size, distance between slats and bars, etc.) for permanent sleeping enclosures for babies. Remove all pillows, soft bedding and stuffed animals from the cot, for babies under one year of age. Ensure that the cot is not placed near a window. For cot safety information relation to SIDs. Please visit: www.sidsandkids.org
- 2 Nightlights** – use lights that do not get hot and keep them away from bedding and curtains.
- 3 Change table** – secure a safety belt to your nappy changing surface.



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AROUND THE HOUSE

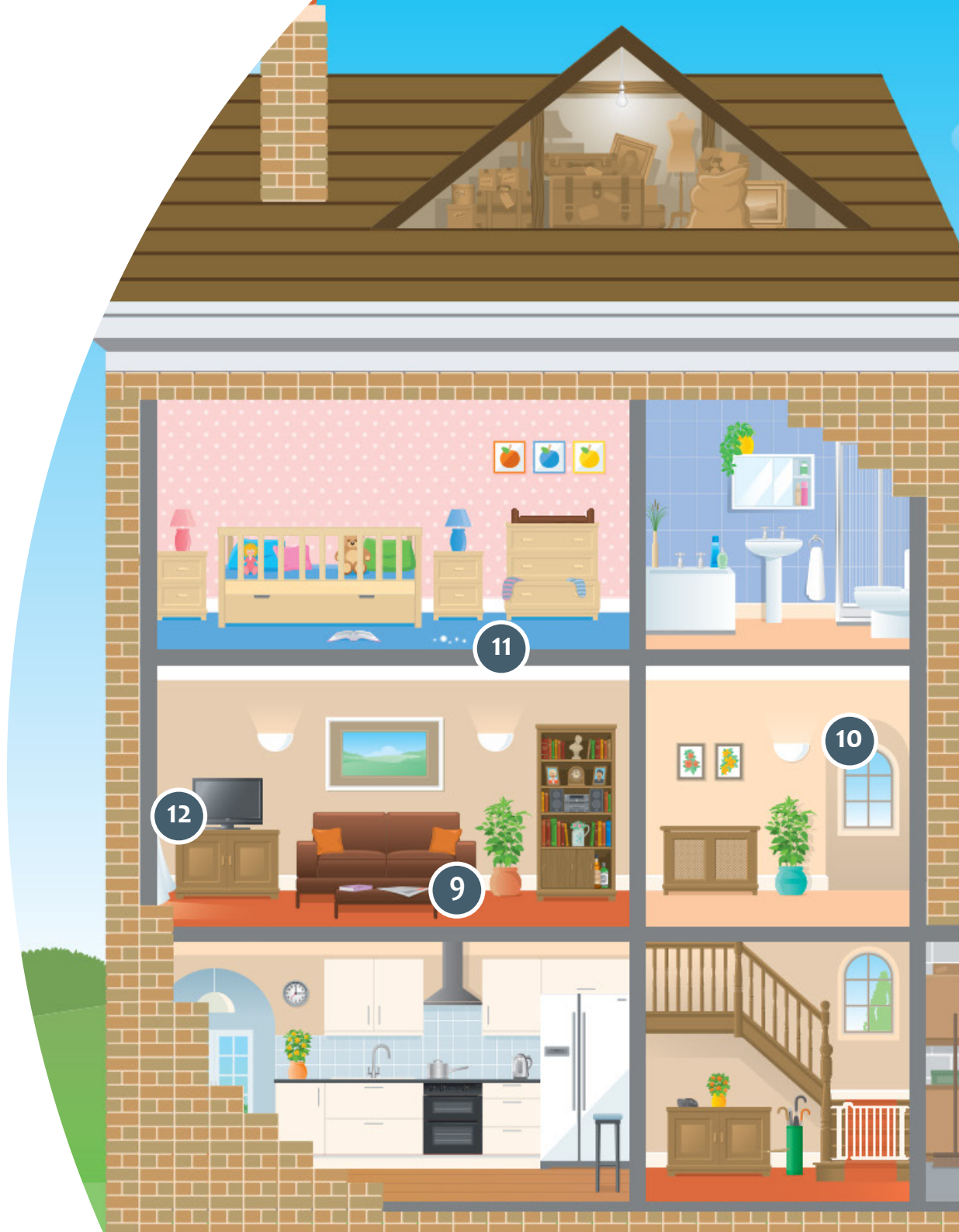


- 4 Stairs** – secure safety gates at the top and bottom of any stairs or sloping floor surfaces.
- 5 Cupboards** – fasten child-proof latches to all cupboards that are accessible from the ground or any surface your baby may be on, i.e. cabinets next to change tables or cots.
- 6 Chemicals** – ensure all hazardous substances, such as cleaning products, cosmetics, and medications, are in locked, air tight containers in cupboards out of a child’s reach.
- 7 Walls** – have any flaking paint removed and place covers over electrical outlets. Take down any hanging pictures that could be pulled down. Mount bookshelves to walls so they can’t fall, and remove small items from them.
- 8 Floors** – any rugs should have slip-proof pads fitted to the bottom of them. Vacuum regularly to remove dangerous items and dust.

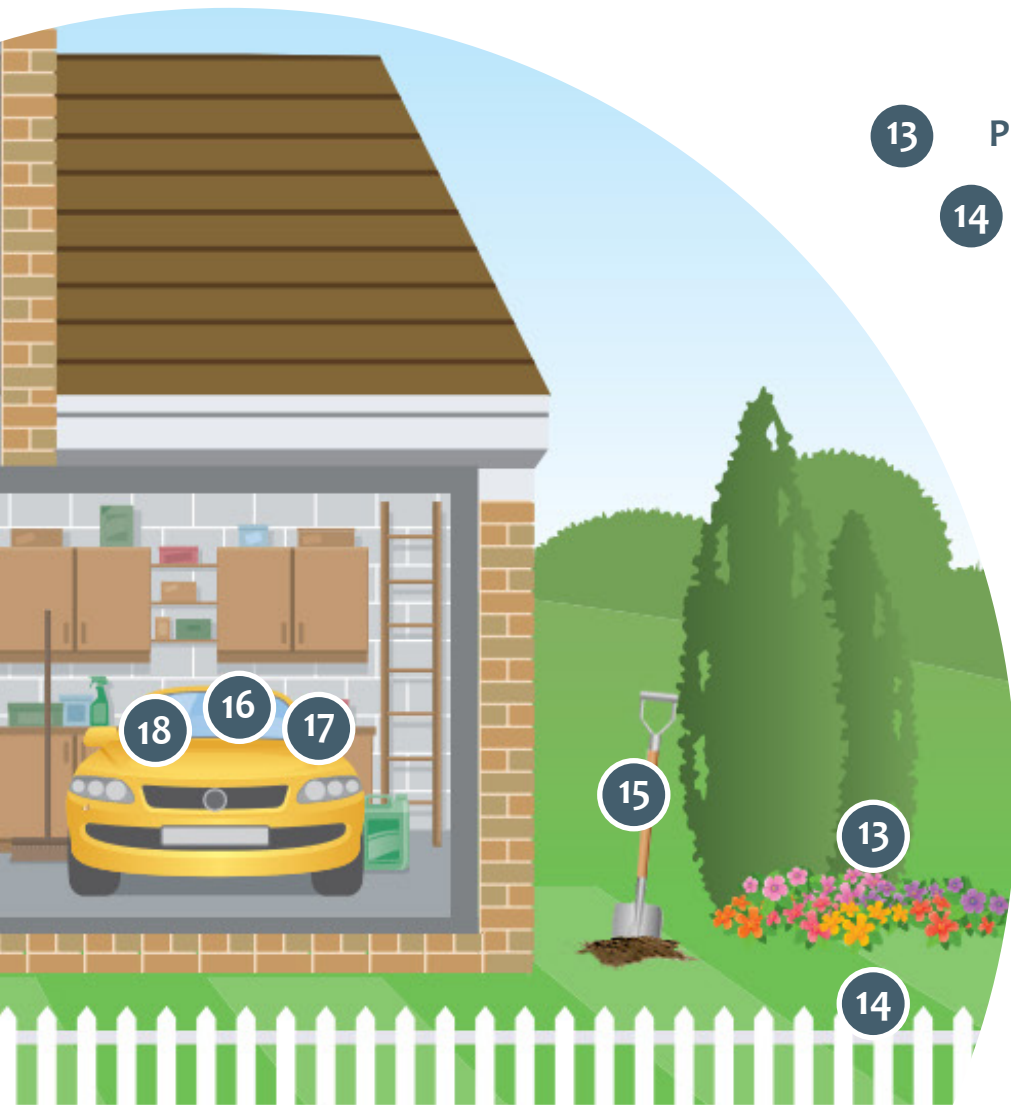
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AROUND THE HOUSE

- 9 **Surfaces** – tables and bench tops should be clear of anything that can be pulled down, such as appliances with cords or handles. Sharp and hard corners need to be covered.
- 10 **Windows** – to prevent falls from windows, install window guards and secure fly screens. remove or adjust cords and tassels from blinds and shutters as they can be a choking hazard.
- 11 **Items** – anything small enough to fit into a mouth will end up there, so remove any potential choking hazards from reach and store them securely.
- 12 **Electronics** – ensure that electrical cords are out of reach and bundled safely. Fasten large items such as TVs to their cabinet/table. Cover any ports and sockets.



SAFETY OUTSIDE



IN THE GARDEN

- 13 **Plants** – ensure all plants are non-toxic
- 14 **Boundaries** – make sure all fences/gates are secure and do not have rusty or sharp surfaces.
- 15 **Equipment** – store all garden equipment securely in a shed or garage.

IN THE CAR

- 16 **Seat** – buy a car seat that meets **Australian Safety Standards** and secure it in your car, in accordance with the safety instructions.
- 17 **Doors** – ensure there are child locks on the handles and window controls
- 18 **Windows** – attached a sun shield to the window for sun/glare protection.

GENERAL SAFETY TIPS

- **Detectors** – smoke detectors are an essential way to alert you to the presence of smoke in your home.

Carbon monoxide detectors are also handy, if you use gas or oil heating. Be sure to test all devices regularly and replace the batteries at least once a year.

Battery powered smoke detectors should be placed on the ceiling. Hard-wired alarms will require professional installation by a licensed professional.

It is best not to secure smoke alarms in kitchens, bathrooms, laundries, or in areas with strong drafts, as they respond to airborne particles. Like carbon monoxide alarms, smoke detectors should be fitted in areas outside bedrooms and [baby nurseries](#).

- **First aid kit** – organise a place for all emergency supplies and contact numbers. Try to keep consumables like bandages, painkillers, and ointments stocked up at all times.

- **Water** – adjust your water heater so that it can reach no hotter than 49 degrees Celsius.

Maintain constant, active supervision of your child whenever they are around water.

- **Restrictions** – if there is an area of around your house that contains unsafe items or elements that cannot be made safe then completely restrict access to it.

For more information on baby nursery safety, please see our [safe baby sleep](#) guide.