



Your Ultimate Baby Proofing Checklist

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WELCOME

A Message to Expecting & New Parents

Welcome to one of the most exciting and important phases of preparing for your new arrival!

At The RUBY Postnatal, we know that bringing your baby home should be a time of serene bonding and rest.

However, that peace is often threatened by the stress of safety. That's why we created this comprehensive, room-by-room checklist.

Your Goal: To create a secure environment before your baby starts crawling, so you can focus entirely on your recovery and enjoying your little one.

Use this guide to methodically address every major hazard in your home. Proactive safety equals peace of mind.

Secure Your Sanctuary:

A Room-by-Room Guide

Congratulations on your growing family! Preparing your home is a vital step in creating a safe environment for your baby to explore.

Use this comprehensive checklist, organized by room, to ensure you cover every major hazard before your little one starts crawling (usually around 6-10 months).



General Safety Checklist

(Entire Home)



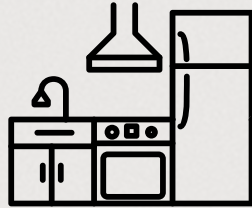
Hazard	Action to Take	Status
Outlets & Electrical	Insert safety plugs or install self-closing outlet covers on all unused sockets.	<input type="checkbox"/>
Blind Cords	Cut all dangling blind and curtain pull cords. Install cord shorteners or tension devices.	<input type="checkbox"/>
Unsecured Furniture	Anchor all heavy or tall furniture (dressers, bookshelves, cabinets) to the wall studs using anti-tip kits.	<input type="checkbox"/>
Televisions	Mount flat-screen TVs securely to the wall or strap large TVs to the stand and wall.	<input type="checkbox"/>
Stairs	Install hardware-mounted gates at the top and bottom of all stairs.	<input type="checkbox"/>
Windows	Install window stops or safety latches to prevent windows from opening more than 4 inches.	<input type="checkbox"/>
Doors	Use door stops or door holders to prevent pinched fingers in interior doors.	<input type="checkbox"/>
Toxic Items	Move all cleaning products, batteries, laundry pods, and chemicals to high, locked cabinets.	<input type="checkbox"/>
Fire Safety	Install smoke detectors on every level and check batteries; ensure you have working carbon monoxide detectors.	<input type="checkbox"/>
Cords & Cables	Bundle all loose appliance, lamp, and computer cords and secure them away from the floor.	<input type="checkbox"/>

Nursery and Bedrooms



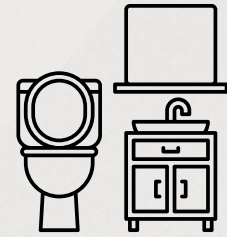
Hazard	Action to Take	Status
Crib	Ensure crib mattress is firm and fits snugly (no more than two fingers' space between mattress and side).	<input type="checkbox"/>
Crib Accessories	Remove all bumpers, blankets, pillows, and stuffed animals from the crib to prevent suffocation.	<input type="checkbox"/>
Changing Table	Always use the safety strap and keep one hand on the baby during changes. Keep necessary supplies within reach.	<input type="checkbox"/>
Small Objects	Sweep floors regularly for small objects, coins, or button batteries that are choking hazards.	<input type="checkbox"/>
Lighting	Secure lamps to bedside tables or use wall-mounted fixtures. Cover light sockets.	<input type="checkbox"/>

Kitchen



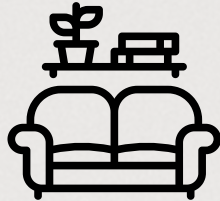
Hazard	Action to Take	Status
Low Cabinets	Install magnetic or spring-loaded locks on all accessible lower cabinets containing sharp objects, glass, or chemicals.	<input type="checkbox"/>
Oven/Stove	Install safety latches on the oven door and covers over stove knobs.	<input type="checkbox"/>
Refrigerator	Secure the fridge with a lock if it contains dangerous items or if the baby is strong enough to pull it open.	<input type="checkbox"/>
Trash Can	Use a heavy trash can with a locking lid or keep the can secured in a locked cabinet.	<input type="checkbox"/>
Dishtowels/Appliances	Keep appliance cords (toaster, coffee maker) pushed back from counter edges and out of sight.	<input type="checkbox"/>

Bathrooms and Laundry Room



Hazard	Action to Take	Status
Toilet	Install a toilet lid lock to prevent drowning hazards and keep the lid down.	<input type="checkbox"/>
Medicine Cabinet	Relocate all medications, vitamins, and supplements to a high, locked cabinet.	<input type="checkbox"/>
Cleaning Products	Install childproof locks on all cabinets containing cleaners, mouthwash, and cosmetics.	<input type="checkbox"/>
Hot Water	Set your hot water heater thermostat to 120°F (49°C) to prevent scalding.	<input type="checkbox"/>
Tub Safety	Use a non-slip bathmat in the tub and never leave a child unattended, even for a second.	<input type="checkbox"/>
Laundry Machines	Keep the washer and dryer doors closed and utilize the child safety lock feature if available.	<input type="checkbox"/>

Living Areas



Hazard	Action to Take	Status
Sharp Corners	Place padded corner guards on all sharp edges, such as coffee tables and fireplace hearths.	<input type="checkbox"/>
Fireplace	Install a sturdy, heat-resistant hearth gate or screen to block access to the fireplace.	<input type="checkbox"/>
Houseplants	Check all houseplants; remove any that are toxic if ingested and place non-toxic plants out of reach.	<input type="checkbox"/>
Breakables	Store all fragile items (vases, ceramics) and choking hazards (remotes, small toys) out of reach.	<input type="checkbox"/>
Recliners/Sofas	Keep reclining furniture locked when not in use to prevent trapped fingers. Check between cushions for small hazards.	<input type="checkbox"/>

Critical Reminder:

Safety is an Ongoing Task

Baby proofing is not a one-time chore.

As your child grows and gains new skills (climbing, opening doors), you must re-evaluate your home safety measures.

Always remember:

- **Supervision is Key:** No amount of baby proofing replaces attentive supervision.
- **Check Daily:** Regularly test locks, gates, and anchors to ensure they are still functioning correctly.
- **Get Low:** Get down on your hands and knees to see the world from your baby's perspective—it's the best way to spot hidden dangers!



Conclusion

Thank You for Choosing Proactive Safety!

We hope this checklist helps you feel fully prepared to welcome your baby into a safe and loving home.

If you are preparing for your postpartum recovery, **remember to focus on your well-being too.**

The physical and emotional demands of the Fourth Trimester are immense.

The RUBY Postnatal exists to ensure you don't just survive this time—you thrive.

The RUBY provides:

24/7 Nurse-Led Infant Care:

Guaranteeing you uninterrupted restorative sleep.

Chef-Prepared Meals:

Fueling your body's healing and milk production.

Medical Oversight:

Providing peace of mind with RN/LVN support.

By taking care of your recovery first, you gain the energy, clarity, and capacity to be the best advocate for your baby's safety and health.



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