

Child Safety Checklist

Home Safety

Childproofing: Install safety gates on stairs and keep sharp objects out of reach. Use corner protectors on furniture and secure heavy items on walls.

Fire Safety: Install smoke detectors and establish an escape plan.

Poison Control: Store medications, cleaning supplies, and toxic substances out of reach.



Outdoor Safety

Supervision: Always keep a watchful eye on children when they are outside.

Stranger Danger: Teach children to recognize safe adults and avoid engaging with strangers.

Traffic Safety: Use crosswalks, instruct them to look both ways, and emphasize the importance of wearing seatbelts.



Emergency Prep

Emergency Contacts: Keep a list of emergency contacts accessible and teach children how to call for help.

First Aid Knowledge: Educate children on basic first aid skills and how to respond in emergencies.

Safety Drills: Regularly practice emergency drills for situations such as fires or natural disasters.



Online Safety

Privacy Settings: Implement privacy settings on devices and social media platforms.

Stranger Interactions: Teach children to never share personal information online.

Screen Time Limits: Set appropriate screen time limits and monitor their online activities.



Health & Wellness

Healthy Habits: Encourage regular handwashing and a balanced diet.

Regular Check-Ups: Schedule routine medical and dental appointments.

Mental Health: Foster open communication about feelings and emotions, encouraging children to take responsibility for their own safety.

