

- Do you hold your child's hands while walking near roadways?
- Does your child wear a correct sized and properly fitted helmet when riding a bike?
- Do you teach your child the rules of safe bicycling?
- Is your child aware of how to cross the road?

- Does your baby sleep on a firm surface (surface is hard and doesn't have an indent when baby is on it)?
- Do you clear your baby's crib of soft objects (e.g., toys, stuffed animals) and loose bedding (e.g., pillows, quilts, blankets, bumper pads)?
- Are you aware of the dangers of co-sleep or bed sharing?
- Does your baby sleep in a crib/pack and play in the same room as you do?
- Do you put your baby on their back when they are sleeping up to their 1st birthday?

SAFE KIDS SAFE SPACES



A Checklist for Parents and Caregivers

- Is an adult supervising your child at all times when they are near water? (e.g., bathtub, toilet, buckets of water, pool)
- Are you or the adults supervising the child trained in CPR?
- Do you or the adults supervising the child know how to swim?
- If you have a swimming pool, is it surrounded by a child proof pool fence?
- Do you have a coast guard certified life jacket for all children who do not know how to swim?

- Are children riding in the appropriate car seat or booster seat for their age and height?
- Do all children under age 13 ride in the back seat?
- Do you make sure that your driveway is clear of children and toys before putting the car in reverse?
- Do you confirm all children are out of the vehicle every time you exit?

- Does your child play with toys meant for their development level?
- Do you keep your child away from toys or games with small parts that may become a choking hazard?
- Do you keep magnetic desk toys out of reach from your child?
- Do you supervise your child around exercise equipment?

- Do you use safety gates at the top and bottom of the stairs?
- Do you keep your child away from balconies or other places where they may fall or jump?
- Do your windows have window guards or locks to prevent falls from windows?
- Do you have your furniture, televisions, and appliances securely attached to the wall?
- Do you keep your home free from tripping hazards such as clutter and rugs?

- Do you keep your child's crib or bed away from window coverings and window cords?
- Do you keep cords for window blinds and curtains out of children's reach?
- Do you secure the emergency cord on your exercise equipment?

- Is your child in a safe place while you cook?
- Are there functioning dual sensor lithium battery smoke detectors (that detect both smoke and carbon monoxide) and easy to reach fire extinguishers in the home?
- Are lighters, matches, and other flammable products (such as candles or cleaning products) stored in a place a child can't reach or access?
- Is there at least one clear emergency exit in the home?
- If you smoke, do you fully extinguish cigarettes?
- Do you have a fire escape plan?
- Does your family practice your fire escape plan?

- Do you know to safely store medications away from children?
- Do your medications and vitamins have child-proof caps?
- Do you have the Poison Control number stored in your phone, or in a visible area in the home?
- Do you store cleaning products or chemicals (e.g., laundry packets, hand sanitizer) out of children's sight and reach?
- Do you keep button batteries and the products that use them out of reach of your child? (e.g., scales, watches, talking greeting cards and books, etc.)
- Do you know how to properly dispose of expired medications?
- Have you had your home inspected for lead?



Maricopa County
Public Health

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For More Help:
FindHelpPHX.org