



## **Anticipatory Guidance for Your Six-Month Baby**

Accidents are the number one cause of death among children. Your six-month old baby may already be mobile and into everything. If not, look out! She'll be crawling (or rolling, or scooting...) very soon. Babies are insatiably curious, and rarely cautious. Prepare your home so that your baby can explore and learn safely. The following are some room-by-room tips to help you childproof your home.

### **General:**

- Cover electrical outlets with plastic caps.
- Keep small objects such as buttons and coins away from baby. Babies can choke on small objects.
- Keep sharp objects such as knives, scissors, and razors out of baby's reach.
- Keep plastic bags and balloons away from baby. These items can cause suffocation.
- Keep cords and strings (telephone, electrical cords, curtain pulls) away from your baby as they can cause strangulation. Do not allow your baby to wear a necklace or cord with a pacifier around her neck.
- Do not smoke around your baby. Smoking is not only dangerous to her health but can cause serious burns. Ensure that your smoke detectors are working.
- Keep baby away from the fireplace, heaters and radiators. Place guards in front of hot items.
- Keep firearms locked away from children. Make sure your firearms are not loaded!
- Keep pet food, dishes and litter boxes away from baby.

### **Kitchen:**

- Use safety latches on drawers and cabinets that contain dangerous items
- Don't drink hot beverages while holding your little one. A sudden move can cause a spill and a serious burn.
- Tablecloths can easily be pulled. Fasten loose edges or avoid their use.
- Use rear stove burners first if possible. Turn pot handles toward back of stove.

### **Bathroom:**

- Do not let your baby play in the bathroom. Children can drown in the toilet. Keep the door closed or the toilet lid locked.
- Never leave a baby unattended in the bath. Drowning can occur quickly.
- Avoid scalding water by ensuring your water heater is set at 130 degrees or less. Test the water before placing baby in the tub.
- Keep medicines out of baby's reach.

### **Bedroom:**

- Never leave your baby unattended on the changing table or bed, not even for a second.
- Pajamas should be flame –retardant.
- Lower the crib mattress as your baby learns to sit, and lower it again when she learns to stand. Do not put large toys in the crib which will allow your baby to climb out of the crib. Crib slats should be no more than 2 ¼ inches apart.
- Put a sticker on your baby's window to let a firefighter know the location of her room. These are available from the fire department.

### **Other Safety:**

- Post the number for poison control **1-800-222-1222** in easy reach in case your child ingests a potentially poisonous material.
- Wear seatbelts in the car. Your baby should be in a rear-facing car seat until she is two years old. Drive carefully!
- Do not leave your child unattended outside! Never operate power equipment (lawn mower, snow blower) when your children are outside.
- Never leave children near a pool without adult supervision. Drowning can occur quickly.

**call time 8:30 – 9:00 am**  
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