

The **Ultimate** Babyproofing Guide

Everything You Need to Know to Keep Babies Safe As They Explore



Our Mission

At Tinyhood, we believe families thrive when they have the information they need to make decisions that are right for them. And it's our mission to make accessing that information easier than ever.

We've brought together the world's leading parenting experts to create a one-stop shop for parenting advice. Through on-demand classes, downloadable handouts, and expert articles, we break down parenting's trickiest topics and provide step-by-step solutions. Everything can be watched or read on your time, at your own pace.

TLDR; Tinyhood is parenting for the modern age.



Introduction

Despite what many people believe, babyproofing is not about keeping your baby away, but rather making spaces safe enough to invite them in to explore. After all, exploration is how babies and young children learn best!

Throughout this guide, we will be talking about the biggest hazards that exist in your home, and we know after reading lists like this, it can feel like almost everything is a risk to your baby, but we promise, it isn't. And the good news is, as real as these hazards are, they can also be easily remedied with the help of a few babyproofing tools. Learn what these tools are and how you can use them effectively to transform your home's biggest "no zones" into "go zones" and allow your child to flourish at every stage.

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We couldn't think of a better partner for our Ultimate Guide to Babyproofing than the team at [Safety 1st](#). Like us, they are on a mission to support families as they navigate all their baby's "firsts" — from their first car ride to their first steps and beyond.

Safety 1st creates a variety of products to support your journey including easy-to-install, easy-to-use babyproofing products that help parents feel confident letting their little explorer, well, explore! The tips we share in this guide are all super practical and rooted in decades of experience.

For a limited time, get 20% off the products featured (plus all baby essentials) with code **THBABYPROOF** at checkout!

Expires June 30, 2025



Your Babyproofing Toolkit: What to Include

Having the right toolkit will help you create spaces that are safe for your baby and empower them to explore their environment.

Remember, your goal with babyproofing is not to prevent your child from ever getting hurt, but to prevent the most serious injuries and emergencies. To do that, consider a toolkit made of the following items, all of which are recommended by the Consumer Product Safety Commission (CPSC). By using these tools and installing them properly, you will help create a safe environment for exploration through every milestone.

Babyproofing Tools

- ❑ Infant Sleep Products
- ❑ Cordless Window Coverings
- ❑ Window Guards and Safety Netting
- ❑ Anti-tip Anchors
- ❑ Safety Latches and Locks
- ❑ Safety Gates
- ❑ Door Knob Covers & Door Locks
- ❑ Corner & Edge Bumpers
- ❑ Outlet Covers, Tamper-Proof Outlet Plates & Cord Keepers
- ❑ Pool & Spa (Hot Tub) Layers of Protection
- ❑ Firearm Safe
- ❑ Smoke Alarms & Fire Extinguisher
- ❑ Carbon Monoxide Detectors

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WHY THESE TOOLS MATTER



Infant Sleep Products

Babies should always be put to sleep on their backs on a flat, firm surface. Whether their sleep space is a crib, a play yard, or a bassinet, you should ensure it meets the [CPSC mandatory standards](#). Your baby's sleep space must be empty, meaning it is free from soft materials, like blankets, pillows, or stuffed animals. It should also not be located under any shelves or other wall decorations or within reach of electrical or window cords. For more safe sleep guidelines, check out our [free Safe Sleep Guide](#).



Cordless Window Coverings

Use cordless window coverings throughout the home, and especially in your baby's nursery. If for some reason you can't replace corded window coverings with cordless ones, use [window blind cord wraps](#) or tension devices to anchor any continuous loops and bead chains. Also, keep your baby's crib away from windows, even if they have cordless window treatments, and never leave your baby unattended in homes with corded window coverings that haven't been childproofed, including hotel rooms and grandparents' houses.



Window Guards and Safety Netting

Window screens are meant to prevent bugs from flying into an open window. They are NOT designed to prevent a fall if your baby or toddler leans against them. For this reason, use window guards and safety nets around most windows, balconies, and landings, and limit window openings to 4 inches or less, including the space between guard bars. We say "most" windows because it is also important to have at least one window in each room that can be easily used for escape during the event of a fire.

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Anti-tip Anchors

Use [furniture straps](#) to secure furniture like dressers and bookcases to the wall, and to secure any TVs to furniture if they are not mounted on the wall. These will prevent them from tipping and falling on your child if they try to climb them. And since climbing can happen a lot quicker than you might think, we suggest doing this sooner rather than later!



Safety Latches and Locks

These can be used to secure anything you want to keep away from baby. This includes household cleaners under the kitchen sink, medicines under the bathroom sink, and detergent pods in the laundry room, as well as any lighters, matches, or knives. When it comes to latches and locks, there are a few different styles, the two main being:

- » [Magnetic locks](#) come with keys that can be stored out of reach
- » **Latches** are tricky for baby to open but easy for parents; they even come in [adhesive styles](#) that require no drilling

However, certain cabinet styles or configurations may require [slide locks](#) or [flex locks](#) to secure them properly.

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Safety Gates

Use [safety gates](#) at the top AND the bottom of stairs. You can also use them to block access to areas that aren't safe for your child to explore just yet. Just make sure whatever gate you choose meets current child safety standards. Also make sure you install the correct type of gate for your location, as some gates are unsafe for the top of the stairs.

- » For the top of the stairs, only use hardware-mounted gates that screw into the wall. These are designed to withstand falls and higher amounts of pressure so are safe to use at the top of the stairs.
- » Pressure-mounted gates are safe to use at the bottom of stairs, doorways, and as temporary placements but are NOT designed for the top of the stairs, even temporarily.



Door Knob Covers & Door Locks

Like gates, door locks or knob covers can prevent access to certain rooms. They can also keep your child from going outside the house without your knowledge. [Door knob covers](#) are sturdy but still allow for quick opening by an adult in case of emergency. For doors with levers, though, you will want to use a product like this [lever handle lock](#).



Corner & Edge Bumpers

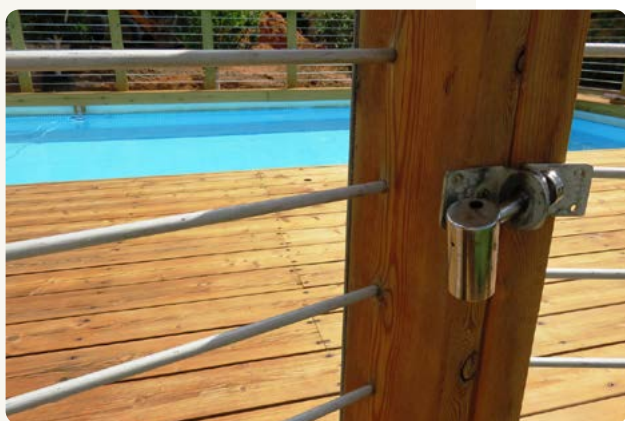
[Corner cushions](#) and [foam edge bumpers](#) help prevent injuries from falls against fireplaces and sharp edges and corners of furniture, like coffee tables. Be sure to choose bumpers that stay securely on furniture and can withstand some toddler curiosity.

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Outlet Covers, Tamper-Proof Outlet Plates & Cord Keepers


[Plug protectors](#) help prevent possible electrical shock and electrocution and are one of the easiest babyproofing tools to install. Choose covers that can't be easily removed by a child, and be sure they are large enough not to be a choking hazard. Choose colors that blend in with your outlets, so they will go unnoticed by babies and children.



Pool & Spa (Hot Tub) Layers of Protection

While cabinets may require just a single lock, pools and spas require several layers of protection. For children younger than five, [87% of drowning fatalities happen in home pools or hot tubs](#). Protections include:

- » Making sure the door that leads to the pool or spa area is self-closing and self-locking and/or has a door alarm.
- » Using pool safety covers, pool alarms, self-closing and self-latching pool gates, isolation and perimeter fences.
- » Re-setting and re-establishing pool barriers after every use so your child only has access to the pool when an adult is directly supervising.

 **A note on water:** When most people think about drowning, they think about bathtubs and swimming pools. But drowning can occur in even an inch or two of water, so it's important to consider all areas that involve water, including sinks and toilets, when babyproofing.

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Smoke Alarms & Fire Extinguisher

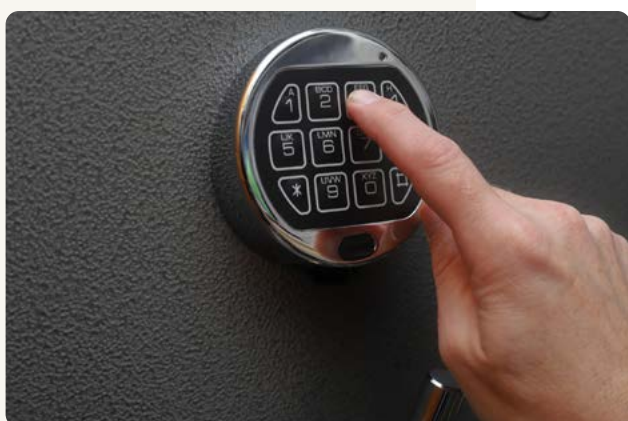
Working smoke alarms should be installed on every level of your home, inside each bedroom, and outside sleeping areas to alert you to fires. Test the smoke alarms regularly to ensure they are working. Be sure to change the batteries at least once a year, unless your alarms have sealed 10-year batteries. Replace smoke alarms if they are more than 10 years old.

You'll also want to make sure you have a working fire extinguisher AND that you actually know how to use it. Wherever you store your fire extinguisher, make sure it is easily accessible to you but not to your young child.



Carbon Monoxide Detectors

Install a carbon monoxide detector outside of each bedroom or sleeping area of the home. Test regularly and, if yours is battery operated, change the batteries every 6 months.



Firearm Safe

If you own guns, keep them out of kids' reach in a locked box or gun safe. All firearms should be stored unloaded and in the un-cocked position. Ammunition should be stored separately from the gun in a securely locked container. Be sure to reset factory default combinations, and keep any safe keys out of children's reach.

Your Babyproofing Toolkit: More to Consider

So, you know what kinds of babyproofing tools you need in your toolkit, but a quick search of “outlet covers” or “anti-tip anchors” will give you hundreds if not thousands of results. How do you choose which exact products to buy? Here are some things to consider.

1. Are you a homeowner or renter?

Homeowners have the liberty to do, well, basically anything they want. When it comes to babyproofing gear, this means you can use locks, latches, and gates that screw into walls and cabinets. If you rent, you may want to look into adhesive latches and pressure-mounted gates. The only exception is if you are renting a home with stairs. Pressure-mounted gates are NOT safe at the top of stairs. Talk to your landlord to work out a solution.

2. Do you care if your babyproofing is visible?

Some people don't really care what their babyproofing gear looks like so long as they know their child is safe. Other people want their babyproofing gear to be a little more discreet-looking. If you fall into the second camp, look for locks, latches, door knob covers, and safety straps that are matched to your appliances and cabinets. You can also choose outlet covers that are clear as opposed to white to be extra discreet.

3. How easy is it for adults to use?

There is nothing worse than trying to keep your baby out of something and accidentally locking yourself out in the process. So consider what seems easy for you to use as an adult. Take cabinet locks, for example. Some people love the extra layer of security of magnetic cabinet locks and knowing their baby really can't get into the cabinet since they don't have access to the key. Other people are concerned they will lose the key and opt for adhesive latches instead.



Your Babyproofing Toolkit: Our Picks

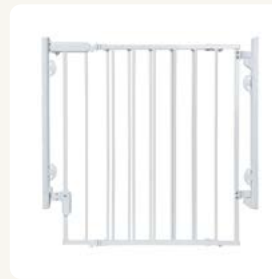
To make assembling your babyproofing toolkit even easier, here are our favorite picks. These products not only meet all of the CPSC guidelines but are super easy to install and use on a daily basis. **Don't forget to check out the special offer on page 11 for all of these products below.**

GATES



Pressure-Check Gate with SecureTech®

Visual indicators let you know if the gate is correctly latched and pressurized



Ready to Install Gate

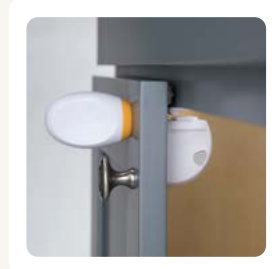
Hardware-mounted gate for stairs with no drilling required!

CABINET LOCKS



Adhesive Cabinet Latches

Keeping cabinets secured is as easy as peel & stick



Magnetic Cabinet Locks

Locks that are hidden from view & open with a magnetic key

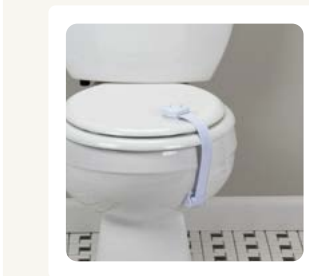
ANTI-TIP ANCHORS



Furniture Straps

Super versatile straps that can secure furniture & TVs

BATHROOM LOCKS

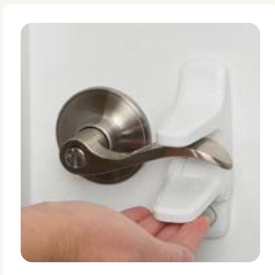


Toilet Seat Lock

Keeps out curious kids but still easy for adults to use

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DOOR LOCKS



Outsmart Lever Handle Lock

Secures tricky lever-style handles



Parent Grip Door Knob Cover

Classic door knob covers with a discreet clear finish

ELECTRICAL OUTLETS



Plug Protectors

Installs in an instant with a white finish that doesn't draw attention



Outlet Shield

Fully covers unused outlets so you never have to worry

Remember, you can save yourself time & money by shopping all these items at [Safety 1st](#). Get 20% off site-wide with the code **THBABYPROOF20** at check-out.



A Room-by-Room Checklist



Now that you have assembled your toolkit, let's talk about how you can use it to tackle each area of your home. If you are able to check everything off these lists, you can feel good that you've made a room safer for your baby to explore!



Pro-tip: Before you consider a room “done,” do a quick scan on your hands and knees so you can see what your baby sees. It may help you discover a new hazard you didn't expect — like an electrical cord under a TV stand — that needs to be secured.

KITCHEN

Cabinets & Counters

- ❑ Knives, scissors, and sharp objects are out of reach in a locked cabinet or drawer
- ❑ Cabinets containing dangerous or breakable items, choking hazards, and any other item you do not want your child to access are secured with a child latch
- ❑ Keep counters clear of anything your child can reach

Appliances

- ❑ Stove knobs are secured with [knob covers](#)
- ❑ Consider installing [appliance locks](#) where you want to keep baby out, like your oven and refrigerator

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NURSERY

General Safety

- ❑ Always keep one hand on your baby during diaper changes, even if you also use the safety straps on your changing pad
- ❑ Check to make sure any hand-me-down baby equipment has not been recalled
- ❑ Nightlights do not touch fabric like curtains or bedding
- ❑ All electrical wires and cords, including the cords of the monitor and sound machine, have been secured and are at least 3 feet from the crib
- ❑ All choking hazards have been removed
- ❑ There is a working smoke and carbon monoxide detector outside of the room

Furniture

- ❑ Dressers and furniture are anchored to the wall, and drawers are kept closed
- ❑ Toy chests have safety hinges to prevent them from closing automatically and ventilation holes that are not blocked by the floor or wall

ENTRYWAY

- ❑ The floor is kept clear of tripping hazards like shoes and diaper bags
- ❑ The front door is secured using lever handle locks, door knob covers, and deadbolt locks

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Crib Safety

- ❑ Ensure your baby's crib and/or bassinet meets all current safety regulations as outlined by the [Consumer Product Safety Commission](#) (CPSC)

Note: check the CPSC website for any product recalls

- ❑ The crib is placed away from windows
- ❑ No artwork, mirrors or decor items are hanging above the crib
- ❑ All electric cords, including the baby monitor cord, are secured and are at least 3 feet from the crib
- ❑ Crib, mattress & bedding follow [safe sleep guidelines](#)

Windows

- ❑ All window coverings are cordless or secured using [window blind cord wraps](#) to ensure cords are completely out of reach
- ❑ Window guards are added to all windows that are not an emergency exit

- ❑ Rugs or doormats on hard floors have an anti-slip pad underneath

ADULT BEDROOM

General Safety

- ❑ Window dressing cords and electrical cords are up and out of reach
- ❑ Furniture like dressers, bookcases, and TVs are anchored to the wall
- ❑ There is a working smoke and carbon monoxide detector outside of the room

Safe Storage

- ❑ These items are out of reach or inside a drawer or cabinet that contains a childproof lock:
 - ❑ Matches and lighters
 - ❑ Alcohol
 - ❑ Medicine and vitamins

Firearm Safety

- ❑ The firearm is kept securely locked out of kids' reach, unloaded, and in the uncocked position
- ❑ Ammunition is stored in a separate location from the firearm, in a locked box
- ❑ Safe keys are kept where kids can't find them and pad combinations are not on factory settings

LAUNDRY AREA

- ❑ Access is controlled with a doorknob cover or baby gate
- ❑ Bleach, detergent, and household cleaners are in their original containers and stored out of reach or inside a locked cabinet
- ❑ Laundry pods are kept out of sight and in a locked cabinet
- ❑ Washer and dryer doors are kept closed when not in use
- ❑ Buckets used for cleaning are out of reach
- ❑ Laundry chutes are locked with childproof locks

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BATHROOM

General Safety

- ❑ Bathroom is kept off-limits outside of bath time using a door knob cover or handle lock
- ❑ The following items are kept in cabinets or drawers that are secured with a child lock:
 - ❑ Razor blades, nail scissors, and other sharp tools
 - ❑ Household cleaners
 - ❑ Medicine and vitamins
 - ❑ Cosmetics
 - ❑ Bottles of mouthwash, perfumes, hair dyes, hair sprays, nail polish and nail polish remover
 - ❑ Bathmat includes a non-slip pad
 - ❑ Hairdryers, curling & straightening irons, electric razors, and any other bathroom appliances are unplugged and stored away when not in use

- ❑ Keep counters clear of anything your child can reach
- ❑ All outlets have ground fault circuit interrupters (GFCI), which help protect against electrocution if an electrical appliance gets wet. (If you are unsure, call an electrician.)

Bath

- ❑ Hot water heater is set below 120°F (49°C) to prevent scalding
- ❑ Check bath water temperature every time using your wrist or elbow, or with a bath thermometer
- ❑ Tub has nonslip material on the bottom to prevent falls
- ❑ Your baby stays seated in the tub and/or uses an infant/toddler bathtub
- ❑ Your baby is never unattended in the bath, even if they are in a bath seat, even for a moment

WALLS, HALLWAYS, DOORS & FLOORS

- ❑ Smoke detectors are installed on each floor of your home, with fresh batteries
- ❑ Carbon monoxide detectors are installed and working
- ❑ Paint is not cracked or peeling, especially in older homes where it can contain lead
- ❑ All mirrors, artwork, and picture frames are hung securely
- ❑ Door stops do not contain rubber covers that can be choking hazards

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LIVING AREAS

General Safety

- ❑ The tops and bottoms of stairways are gated
- ❑ All window coverings are cordless or secured using [window blind cord wraps](#) to ensure cords are completely out of reach
- ❑ Loose electrical cords are hidden or secured
- ❑ Poisonous plants have been removed
- ❑ Gates or pet crates are available to control pet access when you cannot supervise your pet around your baby

Furniture

- ❑ Furniture like bookcases and TV stands are anchored to the wall
- ❑ Flat-screen TVs are mounted to the wall or anchored to furniture
- ❑ Coffee table corners and fireplaces have cushioned bumpers
- ❑ Rugs sitting on hard floors have non-slip mats underneath

Fireplaces & Heaters

- ❑ Fireplaces are secured with a valve cover or key, and wood-burning stoves are surrounded with a screen
- ❑ Children are never left unattended in a room with an active fire
- ❑ Screens or barriers are placed around the fireplace at all times, including when not in use
- ❑ If space heaters must be used, keep them at least 3 feet away from beds, curtains, or anything flammable, and unplug them at night.

STAIRWAYS

- ❑ Safety gates are installed on the top and bottom of every stairway
 - ❑ The gate at the top of the stairs is hardware mounted
- ❑ All gates meet current safety standards
- ❑ The railing and banisters are sturdy and secure
 - ❑ Guards are placed on any banisters with spacing large enough for a child's head to fit through
- ❑ Stairwells are well-lit

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GARAGE

- ❑ Garage doors have automatic reversing mechanisms and sensors
- ❑ The car is never left running with the garage door closed (carbon monoxide gas collects quickly!)
- ❑ Trash and recycling containers that store metal and glass are secured
- ❑ Tools and items like the following are out of reach or stored in a locked area:
 - ❑ Auto maintenance tools
 - ❑ Gardening tools
 - ❑ Pool care supplies
- ❑ Power tools are stored unplugged and out of reach of children

POOLS

- ❑ There is climb-proof fencing at least 5 feet high around all sides of a pool
- ❑ The pool fence has a self-closing gate with a childproof lock
- ❑ Any doors that lead to the pool area have a working door alarm installed
- ❑ Ladders are removed from above-ground pools when not in use



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FINAL HOME-WIDE CHECKS

- ❑ Your house has been recently tested for lead, radon, asbestos, mercury, mold, and carbon monoxide
- ❑ There is a no-smoking rule in your home to protect children from secondhand smoke
- ❑ Your baby is always supervised around pets, especially dogs
- ❑ You have a well-stocked first-aid kit on hand with bandages, antiseptic wipes, antibiotic ointment, and pain medication
- ❑ Outlets are covered with [plug protectors](#)
- ❑ Loose cords are secured with [power strip covers](#) and [cord shorteners](#)
- ❑ The basement door is kept locked
- ❑ Use safety gates at the top and bottom of the stairs
- ❑ Use door knob or handle covers on exterior doors and on any room containing safety hazards
- ❑ Anchor all heavy furniture like dressers and bookshelves to the walls
- ❑ Cover sharp and hard corners with cushioned bumpers
- ❑ Lock cabinets filled with things like cleaning supplies, medicines, sharp or heavy objects, or anything you do not want your child to have access to



Emergency Information

Sometimes, despite our best efforts, injuries and emergencies happen, and 911 isn't always the best number to call. **Here are some important numbers you will want saved on your phone and printed on your fridge** so grandparents and babysitters always have them handy:

- ❑ Poison Control (1-800-222-1222)
- ❑ Your pediatrician's contact information
- ❑ Local police department
- ❑ Contact information for yourself & emergency contacts
- ❑ Address of nearest urgent care & emergency department

For babysitters and other caretakers, also be sure to list:

- ❑ Your address
- ❑ Your contact information
- ❑ Your child's weight and height
 - » This information could come in handy in case of an accidental toxic ingestion while you are away

Final Thoughts

Your home has just been upgraded to your baby's first home. It's the place where your baby will take their first bath, have their first solid feed, say their first word, and take their first step! And by having the right babyproofing tools and the knowledge about where and how to use them, you have everything you need to welcome all these firsts safely.

Published June 2024