

Keeping Your Baby Safe at Home

Make your home a safe place for your baby to grow and learn. Here are some tips to help keep your baby out of harm's way.

In the House¹

- Install smoke alarms in each room and test them once a month. Change the batteries at least once a year.
- Install a carbon monoxide alarm. Change the batteries once a year. Test them every month.
- Use safety tassels for drapery and window blind cords.
- Prevent children from falling out of windows. Use childproof barriers such as locks or stoppers.
- Check the age guidelines for all toys to avoid choking hazards.²
- Use baby gates at the top and bottom of stairways.

In the Baby's Room³

- Always place your baby on his or her back to sleep.
- Make sure the space between the crib slats is $2 \frac{3}{8}$ inches apart or less.
- Choose a crib mattress that fits the crib snugly.
- Keep small toys, balls, balloons, soft bedding, pillows and pillow-like bumper pads out of the crib.
- Keep your baby's crib away from windows.⁴

- Use a fitted bottom sheet made specifically for the size of the crib mattress.
- Use anchors to secure furniture to the wall.⁵

In the Bathroom

- Turn your hot water heater down or ask your landlord to make sure that your hot water is no more than 120 degrees.⁶
- Make sure your baby's bath water is lukewarm. Keep your eye on your child in the bathtub at all times.⁷
- Get knob covers or face your baby away from the faucet.⁸
- Keep the toilet lid closed and locked.⁹
- Keep pills, vitamins, mouthwash, alcohol, beauty and cleaning supplies, razors, curling irons, hair dryers and bug sprays locked and out of reach.¹⁰

In the Kitchen¹¹

- Put your baby in a safe place (such as a high chair or swing) away from the stove and microwave while you cook.
- Always keep pot handles turned toward the back of the stove.
- Keep your baby away from hot liquids and foods.



We are here to help you.

If your baby gets hurt, try not to panic. Call your doctor. You also can call our Customer Care Center or MedCall®, the 24-hour nurse help line for more information. Keep emergency numbers posted near your phone. Call 911 in case of an emergency. To find out more about baby safety, go online to www.cpsc.gov.



BlueChoice HealthPlan Medicaid

Customer Care Center: **1-866-781-5094**

TTY line: **1-866-773-9634**

MedCall: **1-866-577-9710**

TTY line: **1-800-368-4424**

www.bluechoicescmedicaid.com

TTY lines are only for members with hearing and speech loss.



Sources:

^{1,4,5,8,9,10} U.S. Consumer Product Safety Commission, *Childproofing Your Home: 12 Safety Devices to Protect Your Children* (Accessed August 2009): <http://www.cpsc.gov/cpscpub/pubs/252.pdf>

² U.S. Consumer Product Safety Commission, *CPSC Delivers the ABCs of Toy Safety* (Accessed August 2009): <http://www.cpsc.gov/CPSC/PUB/PREREL/prhtml08/08086.html>

³ U.S. Consumer Product Safety Commission, *Crib Safety Tips: Use Your Crib Safely* (Accessed August 2009): <http://www.cpsc.gov/cpscpub/pubs/5030.pdf>

^{6,7} U.S. Consumer Product Safety Commission, *Water Safety Tips* (Accessed August 2009): <http://www.cpsc.gov/cpscpub/pubs/210.pdf>

¹¹ U.S. Consumer Product Safety Commission, *Recipe for Safer Cooking* (Accessed August 2009): <http://www.cpsc.gov/cpscpub/pubs/558.html>

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