

Child Safety Checklist

Keep your home safe for babies and children. Share this checklist with anyone who cares for your child. **Keep emergency phone numbers** (doctor, fire department, poison control and 911) **close to the phone**. Teach your older children how and when to call 911 or other emergency numbers.

Watch Your Baby Closely

- _____ Never leave a child alone at home, in a bathtub or in a car, even when the child is sleeping.
- _____ Never leave a baby on a raised surface such as a bed, changing table, or sofa. Baby could move or roll and fall.
- _____ Do not leave a baby alone with pets.

All Rooms of the House

- _____ Put safety latches on all cabinets and drawers that contain sharp or breakable objects, chemicals or medicines.
- _____ Put outlet covers on all electrical outlets.
- _____ Put a baby gate at the top and bottom of all stairways.
- _____ Cover corners and sharp edges of furniture with corner protectors.
- _____ Keep items such as electrical cords and plants out of children's reach.
- _____ Put screens around hot radiators, stoves, kerosene or space heaters.

Nursery and Clothing Safety

- _____ Buy baby furniture with the Consumer Product Safety Commission (CPSC) or the Juvenile Products Manufacturers Association (JPMA) label.
- _____ Use a crib mattress that fits snugly. Secure side rail latches when up.
- _____ Do not lay a baby on a waterbed, pillow or other soft surface that could suffocate the baby.
- _____ Place baby on back or side to sleep.

儿童安全对照表

保持一个对宝宝和孩子们都很安全的家。和任何关心你孩子的人分享此对照表。将紧急电话号码 (医生、消防队、毒物控制中心和 911)放在靠近电话的地方。教你的大孩子们如何以及何时打 911 或其他紧急电话。

密切看护你的宝宝

- _____ 千万不要将孩子单独放在家中、浴缸中或汽车中不管，即使在孩子睡觉时也不可。
- _____ 千万不要将宝宝放在一个高的地方不管，如床、换尿片台或沙发上。宝宝会移动或翻身并摔下。
- _____ 不要将宝宝跟宠物放在一起不管。

屋子里的所有房间

- _____ 在所有放置尖利或易碎物化学品或药物的橱柜和抽屉上装上安全插销。
- _____ 在所有电源插座上放挡护物。
- _____ 在所有楼梯顶部和底部放置宝宝安全门。
- _____ 将家具的角和尖锐边缘复上边角护层。
- _____ 将电线和植物等物件放在孩子够不到的地方。
- _____ 在散热器、炉子、煤油或空间加热器周围放隔板。

婴儿室和衣服的安全性

- _____ 请购买带消费者产品安全委员会(CPSC)或少年产品制造者协会(JPMA) 标签的婴儿家具。
- _____ 给婴儿小床使用正合适的床垫。两侧护板提升高时要闩好。
- _____ 不要将宝宝放在会使宝宝窒息的水床、枕头或其他软表面上。
- _____ 让宝宝仰睡或侧睡。

- _____ Remove drawstrings in clothing. Do not put necklaces, rings or bracelets on babies.
- _____ Use flame retardant pajamas.
- _____ Never prop a bottle during a feeding.
- _____ Never tie a ribbon or cord around a baby's neck to hold a pacifier.

Toy Safety

- _____ Keep small objects away from baby. If objects can fit into a toilet paper roll, they are too small for your baby.
- _____ Check toys to be sure they are for the right age of your child.
- _____ Buy flame resistant, washable, non-toxic toys.

Kitchen and Bathroom Safety

- _____ Keep hot drinks and foods, knives, and electrical objects out of children's reach.
- _____ Adjust the temperature on the water heater to 120° F or less.
- _____ Use a baby tub for at least the first 5 months. Then use a tub seat when your baby is big enough to bathe in a tub. Never leave your child alone in the tub.
- _____ Check that the bath water is warm, not hot and use only a small amount of water in the tub.

Medicine Safety

- _____ Store medicines and vitamins out of children's reach in a locked drawer or cabinet.
- _____ Never give home remedies or medicine to your baby without first checking with a doctor.
- _____ Check with your baby's doctor for the right medicine dose for baby's age or weight.

- _____ 除掉衣裤上的拉带。不要给宝宝戴项链、戒指或手镯。
- _____ 使用抗火睡衣。
- _____ 喂奶时千万不要支着个瓶子。
- _____ 千万不要在宝宝颈部用带子或绳子系橡皮奶嘴。

玩具安全性

- _____ 使宝宝够不到小物件。如果物件能放入一个卫生纸卷内，这一物件对你的宝宝就是太小了。
- _____ 检查玩具以确定是对你孩子的年龄相当的玩具。
- _____ 请买抗火、可清洗和无毒性的玩具。

厨房和浴室安全性

- _____ 让孩子够不到热饮食、刀和电器。
- _____ 将水加热器的温度调到华氏 120 度(48.8 摄氏度)或更低。
- _____ 至少头 5 个月给宝宝使用婴儿浴盆。然后当宝宝大一点可在浴盆中洗澡时，请使用一个浴盆座。千万不要将孩子单独放在浴盆中不管。
- _____ 检查洗澡水是温水而不是热水以及浴盆里只放少量的水。

药物安全

- _____ 将药物和维生素储放在上锁的抽屉或壁柜里，使孩子够不到。
- _____ 千万不要不经医生核实就将民间偏方或药物给宝宝服用。
- _____ 和你宝宝的医生核实与宝宝的年龄或重量相当的药物剂量。

Car Safety

- _____ Always use approved child safety seats for your child's age and weight. Place babies in a rear-facing seat. Check with your local Children's Hospital, health department or fire department to have someone check that the seat is in the car the right way.
- _____ Never hold a baby or child on your lap while riding in a car or truck.
- _____ Everyone in the car should wear a seat belt.

Fire Prevention

- _____ Keep matches and lighters out of your child's reach.
- _____ Check smoke detectors each month and change the batteries each year.
- _____ Plan more than one escape route from each room in the house.

Other Safety Measures

- _____ Keep a bulb syringe with baby's supplies and know how to use it.
- _____ Do not let anyone smoke or drink hot liquids while holding your baby.
- _____ Put sunscreen on your child. Put a hat on babies less than 6 months old.
- _____ Consider taking an infant/Child CPR course and first aid class.

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乘车安全

- _____ 请一直使用对孩子的年龄和体重合适的认可儿童安全车座。将宝宝放在面向后的车座里。向你的当地儿童医院、卫生部或消防队核实让人来检查车中的车座放置正确。
- _____ 坐汽车或卡车时千万不要将宝宝或孩子抱在膝上。
- _____ 汽车中的每一个人都应戴安全带。

防火

- _____ 不让你的孩子接触到火柴和打火机。
- _____ 每个月检查烟雾探测器，每年换电池。
- _____ 请给房子里的每个房间设计一个以上的逃脱路径。

其他安全措施

- _____ 将球型注射器跟宝宝用品放在一起并应知道如何使用它。
- _____ 不要让任何人抱住你的宝宝边抽烟或边喝热饮料。
- _____ 给你的孩子涂防晒霜。给不足 6 个月大的宝宝戴一顶帽子。
- _____ 请考虑上一门婴儿/儿童心肺复苏(CPR)课程和急救课。

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Child Safety Checklist. Simplified Chinese