



Home Safety Checklist: do you know how safe is your home?

1. Does your baby sleep in prone position (on their stomach) or on their side? YES/NO

If the answer is YES, please be CAREFUL! We recommend that your child sleep in supine position (*on their back*), on a stiff mattress and without a pillow, to reduce the risk of Sudden Infant Death Syndrome (SIDS).

2. Does your baby use a pillow during sleep? YES/NO

If the answer is YES, please be CAREFUL! We recommend that a pillow not be used before 18-24 months of age as it may cause physical problems or asphyxiation to your baby.

3. Is the mattress on which your baby sleeps soft? YES/NO

If the answer is YES, please be CAREFUL! The mattress must be stiff; soft mattresses might mould around the baby's face and cause asphyxiation.

4. Is the cot certified?

If the answer is NO, please be CAREFUL! The bars of the cot must be at most 6 cm apart and at least 75 cm tall; the mattress must be well secured to the bottom of the cot.

5. Is your baby ever left alone during the nappy change or the bath, even just for a short time? YES/NO

If the answer is YES, please be CAREFUL! The baby must NEVER be left alone on the changing table or any other raised surface as they may fall down; for this reason, make sure you have everything you need before starting. Even if the bath water is only few centimetres deep, it is imperative never to leave your baby alone.

6. Do you always check the temperature of the water before bathing your baby? YES/NO

If the answer is NO, please be CAREFUL! It is ALWAYS necessary to check the temperature of your baby's bath (we recommend checking with the back of your hand). The temperature must be about 37°C.

7. Is the temperature of the hot water from the tap higher than 50°C? YES/NO

If the answer is YES, please be CAREFUL! The hot water temperature must always be less than 50°C.

8. Is any piece of furniture easy to climb, made of glass, sharp-edged or not secured to the wall? YES/NO

If the answer is YES, please be CAREFUL! Install corner protectors and protective film for glass, as a protection in case of impact; furthermore, we recommend securing cabinets and wardrobes to the wall.

9. Are drawers often left open? YES/NO

If the answer is YES, please be CAREFUL! It is necessary to close and lock all drawers because they can be used to climb up; moreover, they may contain sharp objects that may cause cuts, tiny objects that may be swallowed, or other tools that may be taken out and cause injuries to children.

10. Are there any knick-knacks, sharp tools, sewing kits, stationary, tiny objects, etc. easily reachable for your child? YES/NO

If the answer is YES, please be CAREFUL! Store them out of reach of your child as they may cause injuries or be swallowed.

11. Do you have glass doors in your house? YES/NO

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If the answer is YES, please be CAREFUL! Check that the glass is shatter-proof; if not, apply a protective film, which prevents injuries in case of impact.

12. Are there locks on the doors of your house?

If the answer is YES, please be CAREFUL! Remove all the keys and locks. as your child may lock themselves in.

13. Can the baby climb up or down the stairs without any protections? YES/NO/NO STAIRS

If the answer is YES, please be CAREFUL! Install stair gates both at the top and at the bottom of the staircase to avoid falls.

14. Are there objects, vases or furniture that could be climbed on next to windows or balconies? YES/NO

If the answer is YES, please be CAREFUL! Move away vases, furniture or any object that children could climb and NEVER leave them alone near balconies or windows.

15. Can your child reach or go through railings or banisters? YES/NO

If the answer is YES, please be CAREFUL! Never leave your child alone, as they can get to railings and banisters climbing on other objects.

16. Are hearths or stoves easily accessible? YES/NO

If the answer is YES, please be CAREFUL! Place protections and move away any object your child could climb on (such as vases, chairs, etc.)

17. Are heavy objects such as microwave ovens, irons, television sets, etc. out of the reach of children? YES/NO

If the answer is NO, please be CAREFUL! Move any heavy object out of reach, as children may find them attractive and drag them onto themselves, causing injuries; remember to unplug any appliances right after use and place the lead out of reach; we recommend that television sets be secured to the walls.

18. Are there curtains within reach of your child? YES/NO

If the answer is YES, please be CAREFUL! Curtains can be dangerous: make sure they are sturdy and attached to a rod that can support at least 100 kg to prevent the child from pulling them on themselves.

19. Are products such as detergents, chemicals, insecticides, medicines, etc. stored in places accessible to children? YES/NO

If the answer is YES, please be CAREFUL! Store them out of reach of children so as to avoid ingestion.

20. Do you keep plants such as poinsettias, cyclamens, oleanders, ficuses in your house?

If the answer is YES, please be CAREFUL! These plants are poisonous and must be kept in places out of reach.

21. Have you got any unprotected gas burner? YES/NO

If the answer is YES, please be CAREFUL! Install an appropriate protection to avoid burns and fires; consider installing smoke alarms.

22. Are your baby's clothes made of natural fibres? YES/NO

If the answer is NO, please be CAREFUL! We recommend choosing clothes made of natural fibres for your child, as synthetic fibres double the risk of burns in case of accidents.

23. During cooking, do you pay attention to the position of pan handles? YES/NO

If the answer is NO, please be CAREFUL! The handles of the pans must be directed towards the rear of the stove to avoid any risk of burns.

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24. Do you always check the temperature of food and beverages for your baby? YES/NO

If the answer is NO, please be CAREFUL! Always check the temperature of food and beverages (we recommend checking with the back of your hand).

25. Is your baby always supervised during meals? YES/NO

If the answer is NO, please be CAREFUL! Your baby must be CONSTANTLY supervised during meals, which must be taken together with the rest of the family, avoiding distractions (screens, toys, etc.)

26. Do you normally use a tablecloth at meals? YES/NO

If the answer is YES, please be CAREFUL! Your child might drag the tablecloth onto themselves. Be careful of bowls (especially if they contain hot food), glasses and sharp objects lying on it.

27. Are there tablecloths or plastic bags accessible to your child? YES/NO

If the answer is YES, please be CAREFUL! It's important to keep them in locked drawers or out of reach as they may cause asphyxiation.

28. Does your baby use a walker? YES/NO

If the answer is YES, please be CAREFUL! A walker should not be used as it may interfere with your baby's motor development and posture.

29. Is the ground around the house fenced? YES/NO

If the answer is NO, please be CAREFUL! Fence off the play areas from streets and driveways.

30. Are there any wells, sumps, tanks, swimming pools, etc. in your courtyard/garden? YES/NO/NO COURTYARD

If the answer is YES, please be CAREFUL! They must be fenced and covered; never let your children alone in you courtyard/garden: even few inches of water may be dangerous.

31. Are tools accessible? YES/NO

If the answer is YES, please be CAREFUL! Store them out of reach of children to avoid any injuries.

32. Does your child play with pets without supervision? YES/NO/NO PETS

If the answer is YES, please be CAREFUL! Always watch the child playing with your pets and do not allow him to get close to unfamiliar pets without the consent of the owner, as doing so may distress the pet and elicit an aggressive reaction.

33. Is your child correctly positioned in the child car seat? YES/NO

If the answer is NO, please be CAREFUL! Your child must always be positioned and secured on the child car seat as prescribed by safety rules; the child car seat must be CE marked; NEVER leave your child alone in the car and NEVER travel with your child on your lap, even for short distances.

REMEMBER: children are very curious and will take every opportunity to learn and experience their environment, rolling, crawling and then walking... the house must be their safe place!