

# 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.

# Taxanaha Hubinta Ammaanka Ilmaha

Gurigaaga mid ammaan u ah dhallaanka iyo carruurta ka yeel. Taxanahaan hubinta la wadaag qof kasta oo ilmahaaga daryeela. **Lambarrada telefoonka xaaladda deg dedgta ah ku xafido** (takhtarka, waaxda dabka, koontaroolka suntan iyo 911) **meel telefoonkaaga u dhow**. Carruurta waaweyn bar sida iyo goorta la wacayo 911 ama lambarrada kale ee xaaladaha deg degta.

## Si aad ah u la soco Ilmahaaga

- \_\_\_\_\_ Marna ilmaha keligood ha uga tegin guriga, tubbo qubeys ama baabuur gudihiis, xataa marka uu ilmuhu hurdayo.
- \_\_\_\_\_ Marna ilmo ha uga tegin meel sarreysa sida sariir, miis beddelashada, ama kursi salooto. Ilmuhu way dhaqaaqi karaan ama is rogi-rogi karaan oo markaasna way dhacaan.
- \_\_\_\_\_ Ilmo ha uga tegin keligii xayawaanka guriga.

## Guriga Qolalkiisa oo dhan

- \_\_\_\_\_ Khaanadaha iyo armaajooyinka ay waxyaabo fiiqan ama alaab jabaysa, kiimikooyin ama daawooyin ay ku jiraan oo dhan irrid celiye ku xidh.
- \_\_\_\_\_ Meelaha korontada laga xukumo oo dhan ka dabool.
- \_\_\_\_\_ Ku xidh irid ilmood meesha ugu korreysa iyo meesha ugu hooseysa jaranjarooyinka.
- \_\_\_\_\_ Dhinacyada iyo geesaha fiiqan ee alaabta guriga ku dabool dhinac ilaaliye.
- \_\_\_\_\_ Alaabta sida xarkaha korontada iyo dhirta dhig meel aysan ilmuhu gaareynin.
- \_\_\_\_\_ Wax ka celiya ka saar raadiyatooreyaasha kulul, shooladaha, keerosiinta ama kulsiiyeyaasha guriga.

## Ammaanka Xannaanada iyo Dharka

- \_\_\_\_\_ Soo iibso alaab ilmood oo leh calaamadda Guddiga Ammaanka Alaabta Macaamiisha (Consumer Product Safety Commission (CPSC)) ama calaamadda Ururka soo Saaridda Alaabta Dhallinyarada (Juvenile Products Manufacturers Association (JPMA)).
- \_\_\_\_\_ Isticmaal sariirta firaashka leh ee sida ammaanka ah ula eg. Marka ay ilmuhu soo jeedaan dhinacyada si sugan uga xidh.
- \_\_\_\_\_ Ha ku seexin ilmaha sariiraha joodarigooda biyuhu ku jiraan, barkin ama meel jilicsan oo ilmaha cabburin karta.
- \_\_\_\_\_ Ilmaha dhabarka ama dhinaca u seexi.

- \_\_\_\_\_ 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.

- \_\_\_\_\_ Dharka ka saar xarkaha. Ilmaha ha u gelin silsilad, faraati ama jijimmo.
- \_\_\_\_\_ Isticmaal bajaamooyinka holaca celiya.
- \_\_\_\_\_ Dhalada marna wax kale ha ku taageerin waqtiga quudinta.
- \_\_\_\_\_ Marna xadhig ama dun ha ku xirin qoorta ilmaha si uu haysto tallaabo sameeye.

### **Ammaanka Alaabta ilmuhu ku Cayaaraan ama Caruusadda**

- \_\_\_\_\_ Alaabta yar-yar ilmaha ka fogee. Haddii waxyaabuhu ay geli karaan dhuunta warqadda musqusha, ilmaha aad bay ugu yar yihiin.
- \_\_\_\_\_ Hubi alaabta ama caruusadda si aad u habsato in ay ku habboon yihiin da'da saxda ah ee ilmaha.
- \_\_\_\_\_ Soo iibso alaabey holaca u adkaysata, oo la dhaqi karo, oo aan sun ahayn.

### **Ammaanka Jikada iyo Musqusha**

- \_\_\_\_\_ Cabitaannada iyo cuntooyinka kulul, middiyaha, iyo alaabta korontada dhig meel aysan carruurta gaareynin.
- \_\_\_\_\_ Heerkulka biyo kululeeyaha ku hagaaji 120° F ama ka yar.
- \_\_\_\_\_ Isticmaal tubbo ilmood ugu yaraan 5-ta bilood ee ugu horreysa. Ka dibna tubbo fadhi isticmaal marka ilmahaagu uu weynaado oo tubbo uu ku qubeysan karo. Marna ilmaha ha uga tegin tubbada iyadoo keligood ah.
- \_\_\_\_\_ Hubi in biyaha qubeysku ay diirran yihiin, aysan kululeyn isla markaana isticmaal oo keliya qaddar yar oo biyo ah ee tubbada.

### **Ammaanka Daawada**

- \_\_\_\_\_ Daawooyinka iyo fitammiinnada dhig meel aysan carruurta gaarin oo khaanad ama armaajo xiran ah.
- \_\_\_\_\_ Marna ilmahaaga ha siin daawooyinka guriga ama daawooyin adigoo marka hore takhtarka u tegin.
- \_\_\_\_\_ Takhtarka ilmahaaga u tag si aad u ogaato inta laga qaadanayo daawada ilmaha da'dooda iyo miisaankooda saxda ku ah.

## **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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## **Ammaanka Baabuurka**

- \_\_\_\_\_ Mar kasta isticmaal kuraas ilmood oo ammaankooda la oggolaaday oo loogu talagalay da'da iyo miisaanka ilmaha. Ilmaha saar kursi dhinaca gadaale u sii jeeda. Ka soo hubi Isbitaalka Carruurta deegaanka, waaxda caafimaadka ama waaxda dabka si uu qof kuugu hubiyo in kursiga baabuurku sax yahay.
- \_\_\_\_\_ Marna canug ama ilmo dhabta ha ku haynin adigoo baabuur ama gaari xammuul saaran.
- \_\_\_\_\_ Qof kasta oo baabuurka saaran waa in uu suun xirtaa.

## **Ka Hortagga Dabka**

- \_\_\_\_\_ Tarraaqyada iyo dab shideyaasha dhig meel aysan carruurtu gaarin.
- \_\_\_\_\_ Hubi qiiq dareemeyaasha bil kasta batarigana ka beddel sanad kasta.
- \_\_\_\_\_ Qorshee in ka badan hal meel oo laga baxsado ee qol kasta oo guriga ka mid ah.

## **Tallaabooyinka Kale ee Ammaanka**

- \_\_\_\_\_ Qalabka ilmaha kula xafid saliinge isla markaana baro sida loo isticmaalo.
- \_\_\_\_\_ Qofna ha u oggolaan in uu sigaar ama cabitaan kulul cabbo isagoo ilmaha haya.
- \_\_\_\_\_ Ilmaha dheeha qorraxda ka celiya u mari. Koofi u geli dhallaanka ka yar 6 bilood jirka.
- \_\_\_\_\_ Ka feker in aad qaadato maaddada dhallaanka/ilmaha ee CPR iyo gargaarka deg degga ah.

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