The babyproofing checklist, room by room

Rooms are in injury order: tip-overs and falls first, then poisons, then outlets, cords and water. Stage tags say when a row starts mattering, not when it stops.

Rows are tagged by the stage they start mattering: N = newborn, C = crawler, T = toddler. A row never stops mattering once it starts. Every row has a guide behind it at gateandguard.com; the linked titles below open it.

EVERY ROOM

- ☐ Anchor every dresser, bookcase, tall cabinet and TV stand into a stud. **N C T**
  Best furniture anchors
- ☐ Strap or wall-mount every TV. **N C T**
  Best TV straps
- ☐ Check every outlet for the TR mark; cover the ones without it. **C T**
  Are outlet covers necessary?
- ☐ Box the outlets with things plugged in; box the power strips. **C T**
  Best in-use covers
- ☐ Shorten and route every cord; cut every blind-cord loop. **N C T**
  How to babyproof cords
- ☐ Guard or stop every window a child can reach above the first floor. **C T**
  Best window guards
- ☐ Corner guards on every sharp corner between 18 and 36 inches. **C T**
  Best corner guards
- ☐ Smoke and CO alarms on every level, tested this month. **N C T**

NURSERY AND BEDROOMS

- ☐ Crib bare: a firm mattress and a fitted sheet, nothing else, baby on the back for every sleep. **N C**
  Babyproofing the nursery
- ☐ Crib, bed and changing table away from every window and every cord. **N C T**
  Blind cord safety
- ☐ Dresser anchored; the changing table too. **N C T**
  How to anchor a dresser
- ☐ Corded blinds replaced with cordless, or cords wound up high. **N C T**
- ☐ Baby monitor and every other cord at least three feet from the crib, on every side. **N C T**
  Monitor mounting and cord safety
- ☐ Nothing on top of the dresser a climber would want. **C T**
- ☐ Crib mattress dropped to its lowest setting as soon as the baby can push up. **C T**

LIVING ROOM

- [ ] TV strapped to an anchored stand, or wall-mounted. N C T
  How to anchor a TV
- [ ] Bookcase anchored; heavy things on the bottom shelves. N C T
- [ ] Fireplace hearth padded; gate up when in use. C T
  How to babyproof a fireplace
- [ ] Coffee table corners guarded; glass table gone or guarded. C T
  Foam vs clear corner guards
- [ ] Doorways gated where you need a safe room. C T
  Best pressure-mounted gates
- [ ] Walk the room at the child's eye level and fix what you find. C T
  Babyproofing the living room

KITCHEN

- [ ] Cleaners, pods, medicine and knives moved high. C T
  Babyproofing the kitchen
- [ ] Under-sink cabinet and knife drawer locked. C T
  Best cabinet locks
- [ ] Stove knobs covered if front-mounted; oven door locked. C T
  Best stove knob covers
- [ ] Trash and dishwasher strapped. C T
  Best drawer and strap locks
- [ ] Kitchen entrance gated for cooking time. C T
  Best extra-wide gates
- [ ] Water heater set to 120 F. N C T

BATHROOM

- [ ] Door kept shut with a knob cover or lever lock on the outside. C T
  Best door locks
- [ ] Toilet lid locked; medicine cabinet locked. C T
  Babyproofing the bathroom
- [ ] Spout covered; never leave the tub running or a child in it. N C T

STAIRS, DOORS AND WINDOWS

- [ ] Hardware gate at the top of every staircase; gate at the bottom. C T
  Best gates for stairs
- [ ] Banister balusters under 4 inches apart, or netted. C T
  Baby gates for banisters
- [ ] Newel post padded, landing rug secured, treads clear, stairs lit. C T
  Babyproofing stairs and hallways
- [ ] Garage, basement and exterior doors locked or alarmed. T
  How to childproof the garage
- [ ] Windows stopped at 4 inches or guarded; screens counted as nothing. C T
  How to childproof windows

GARAGE, YARD AND POOL

- ☐ Four-sided pool fence with a self-closing gate; door alarms on doors to the pool. **C T**
  How to childproof a pool
- ☐ Buckets, coolers and kiddie pools emptied the moment you are done. **N C T**
- ☐ Garage chemicals locked and high; car keys out of reach; door to the garage locked. **C T**
- ☐ Grill and fire pit off-limits and cold before the child is out. **C T**

WHY THIS ORDER

The rooms are sorted by what the injury data says, not alphabetically. CPSC counted 217 furniture and TV tip-over deaths from 2013 to mid-2023 and about 5,600 emergency-room visits for window falls in 2024; it reports about 376 child drownings a year, which is why the water rows are the ones never to skip. CPSC and JPMA also ask that every monitor cord sit at least three feet from the crib. The American Academy of Pediatrics' safe-sleep guidance is the source for the bare-crib row.

Sources: CPSC tip-over and window-fall news releases; CPSC child drowning report; CPSC/JPMA publication 5066; AAP HealthyChildren.org. Full citations on the page this came from.