

Health and Safety Checklist for Infant/Toddler Care

- __1. Lighting includes as much natural light as possible
- __2. There is adequate ventilation
- __3. The room temperature is kept comfortable (68^o - 70^o F)
- __4. Floors and carpets are kept clean (with non-toxic cleaners)
- __5. Each child has his/her own personal sleeping space at least 18" from others
- __6. Young infants are placed on their backs or sides to sleep
- __7. Each child has clean bedding each day
- __8. Crib slats are no more than 2-3/8" apart
- __9. There is less than a 2-finger width between mattress and crib sides
- __10. There are no corner posts or headboard cutouts that can entangle or entrap
- __11. Drop-side latches on cribs are secure when in a raised position.
- __12. Crib gyms or mobiles are secure and cannot be pulled in the crib
- __13. Crib gyms are removed when the child can push up or pull up to hands and knees
- __14. Diapers are checked and changed frequently
- __15. All diapering supplies are within reach, so a hand never leaves the baby
- __16. Diaper tables have a rail to prevent the child from rolling off
- __17. Fresh paper covers the changing table for each diaper change
- __18. The changing table or mat is disinfected after each use
- __19. The caregiver changes disposable gloves or washes hands after each change
- __20. Soiled disposable diapers are put in plastic bags and put in out-of-reach can
- __21. A "dirty sink" for diapers and handwashing is separate from the "clean sink" which is used for food preparation and cleanup
- __22. High chairs are sturdy and have a wide base of support
- __23. Children in high chairs are secured with waist and crotch safety straps
- __24. Children are NEVER left unsupervised in high chairs
- __25. Chairs at small tables are child-size so that children's feet reach the floor
- __26. Handwashing is practiced by adults and children after diapering/toileting and before handling food
- __27. Infants under 6 months of age are held for bottle feeding
- __28. Bottles are NEVER propped up or put in the crib with a baby
- __29. Adults sit with children during feeding to assist and supervise
- __30. Children do not walk around with food or bottles
- __31. Hot beverages are kept out of reach and not held while holding children
- __32. Foods that cause choking (nuts, whole grapes, popcorn, hot dogs) are avoided
- __33. Only plastic (not glass) bottles are used
- __34. Gates (not accordian type) are used whenever necessary
- __35. Stairways are blocked with anchored gates (not pressure type)
- __36. Walkways, doorways and stairs are free of clutter and obstacles
- __37. Children cannot wander out of supervised areas
- __38. Electrical outlets (used and unused) are covered
- __39. Electrical cords to appliances are out of reach
- __40. Radiators and fireplaces have protective screens or barriers
- __41. Rugs are secure on floor (non-skid pad or tape) with edges laying flat
- __42. Children do not walk on slippery floors in their socks
- __43. Children's shoelaces are kept tied with both shoes on or both off
- __44. Jewelry worn by children is discouraged unless worn for religious reasons
- __45. Sharp corners on furniture or counters are padded
- __46. Indoor and outdoor plants are non-poisonous
- __47. Mats, grass or sand surround climbing structures and slides
- __48. Climbing structures meet height limitations: 24" for children under 18 months and 36" for children 18-36 months
- __49. Broken toys or equipment are removed or repaired immediately
- __50. Removable parts of structures (slide, ladder) are secured and checked daily
- __51. Glass doors are marked with decals or contact paper at child and adult height
- __52. Adjustable window guards are used where children have access to windows
- __53. Furniture that can be climbed on is moved away from windows
- __54. Cabinets and drawers have safety latches installed
- __55. Medicines and cleaning solutions are kept in high, locked cabinets
- __56. An updated First Aid Kit and Manual are available for indoor and outdoor use
- __57. Sunblock with an SPF of 15 or higher is used on children over 6 months of age
- __58. All caregivers are updated in CPR and First Aid training
- __59. Emergency telephone numbers are posted by the telephone
- __60. Toys do not have sharp edges or small pieces that can be pulled or bitten off
- __61. Children's medications are clearly labeled and signed in by the parent/guardian

(continued on back)

- __62. Written injury reports include: a description of the accident, the injury and the first aid that was given
- __63. There are NO WALKERS
- __64. There are NO BED SWINGS
- __65. Strollers and carriages are used only with supervision
- __66. Bookshelves and other furniture are secure and cannot tip over
- __67. Fire and earthquake procedures are understood and practiced by all adults
- __68. The kitchen is childproof: covered or removed stove knobs, pot handles turned in
- __69. Children are never lifted by their arms
- __70. Toys that children chew are put into a dishpan for washing
- __71. There are never more children than what the child care license allows
- __72. Children's immunization records are up to date
- __73. Care and play areas are free of dust, paint chips and splinters
- __74. Toys and surfaces are disinfected (1Tbs. liquid bleach in 1 quart of water)
- __75. The fire extinguisher is up to date, and the caregiver knows how to use it