



“101 Essential Childproofing Tips & Tricks”

**Volume 1**

By

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# Introduction

*Let's face it; few parents know everything about preparing the home, the outdoors and other areas. Children offer the challenge of being uniquely different from one another and many will get into trouble that others would never think about it. If you have an infant, a curious toddler or a growing child that is exponentially more adventurous than these tips are definitely for you!*

*101 Tips was written with the idea that parents just like yourself need to remain aware and be reminded of some easy to forget dangers that exist all around the home, the yard, the pool, the school and the outdoors. This simple to read format gives you tons of insight to challenging problems and encourages you to 'think like a child' seeing danger where it really exists.*

*We all get complacent and sometimes that complacency leads to our most beloved getting injured. Perhaps just one or two of these tips will help, but if any one of them do; it can definitely lead to a lifesaving situation for you and your family. Safeguarding our kids doesn't have to be tricky, difficult or expensive and as long as you have clear, concise and accurate information you will always be prepared! That is the intention of these tips.....*

# Chapter 1:

## Around The House

1. **Always Remain Aware for Potential Dangers** - Baby and child proofing is something that has to become a part of life. It's important to always remain aware for potential dangers that exist from a little ones point of view, and keep in mind as time goes on that they will only be getting bigger,
2. **Every Corner of Your Home From Your Child's Point of View** - As you crawl around on the floor and play with your toddler keep a bird's eye view of all the potential hazards they will be getting into. Remember that the older they get the more they will taste, touch and feel everything....so prepare every corner of your home from your child's point of view!
3. **Keep Away Harmful Toxins and Poisons** - Thousands of children each year get into harmful toxins and poisons left all around the home. Think of cleaning supplies, medications, vitamins, knives, forks or other tiny obscure toys or parts as potential threats to your child's life and be diligent about keeping them up and away from roaming hands.
4. **Make Sure That all Heavy Objects are Securely Bolted to The Walls** - A TV stand and a book shelf look as entertaining as a jungle gym; especially for the littlest crawlers and walkers. Pulling up on these things is assured to hurt them seriously. Once your baby can crawl, make sure that all heavy objects are securely bolted to the walls using L-brackets. Once you have certified climbers in the home, there is no safe place as many toddlers quickly learn to get up on counters, cabinets, bookcases or any other piece of furniture that offers leverage. So watch and out and check your home for hazardous conditions, especially with heavy and large objects.

5. **Install Safety Gates Where Needed** - Safety gates can be a parent's best friend affording you the opportunity to contain your children and give you a break from chasing after them. They are great for keeping kids in one area or keeping them out of pesky places like the bathroom or stairways. So use them wisely and often to save your sanity!



6. **Never Leave Water Filled Containers** - Water is not just a hazard, even 2 inches of water can be fatal to a child. Water left standing in 5 gallon buckets make it easy for a top heavy toddler to topple in head first. Once they do, they become instantly trapped! Avoid dangers like these by remaining diligent to always empty out buckets and never leave bath tubs or sinks filled with water.
7. **Post Emergency Numbers** - You never want to find out what you don't know while in the midst of an emergency. Check your phone book and post emergency numbers where even young kids can see them because it is often hard to think while the unthinkable is happening.
8. **Beware of Toxic Plants in Your Home** - Houseplants are pretty, great decorations and a fun hobby for us parents...but remember many are poisonous. If you see an exotic species you just need - check with your poison control authority to ensure it is not toxic. Eventually kids will try to eat them, or stick the leaves in their mouth.
9. **Prevent Lead Poisoning** - If you live in a home or have antique furnishings that were made before 1978, make sure that they do not contain lead paint. Peeling or flaking paint can expose lead based undercoats which if put into your little ones mouth can cause lead poisoning. Local paint or home improvement stores will have good answers on how to remove any suspected lead based paint from your home environment.
10. **Prevent Mercury Poisoning** - It isn't just lead paint that we have to worry about. Interior water based latex paints have also been banned by the EPA because of their inclusion of mercury. Freshly painted rooms should be aired completely before allowing children to re-enter them. Symptoms of mercury poisoning include leg cramps, fever, and loss of appetite. If you are concerned call the Pesticide Telecommunications Network at 1-888-858-7378.

11. **Install Window Guards** - Hundreds of kids each year are seriously injured or killed by falling out of low lying windows. Protect your child by installing fully adjustable mounted window guards on any window that your child can climb to or reach. It only takes a second for a child to open up and fall out....make it a family habit to never open windows more than 4 inches and ensure all windows are fitted with locks so little hands can't pry them open!



12. **Install & Maintain Fire Alarm Detectors** - One of the biggest indicators to your preparedness for emergency is whether or not you have fire detectors in your home. If you do, are they working? Fire detectors can hands down protect your family from fatal injury and even death, so don't skip a floor of your home and make sure they are installed in areas where fires are most likely to occur. More preschoolers die each year in house fires than from any other illness or condition! Don't let your family down and install and maintain your fire detectors.

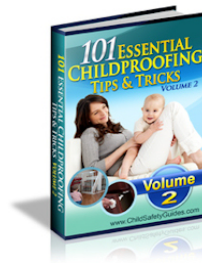
## Fireplaces and Space Heaters

13. **Installing a screen or heavy glass fireplace** - Every fireplace in the home is a spot of interest for little kids. They look like magical caves and burning embers are sure to draw them ever closer. Screens are the best way to protect them. Depending on your construction, you may even want to think about installing a screen or heavy glass fireplace cover to keep the inquiring minds away!
14. **Gas Burning Fireplace Warning** - If you have gas burning fireplace make sure the key is put up somewhere safe so an inquisitive child can't accidentally turn it on and release fumes into the home. Just keep it somewhere safe that you will remember so you will be able to find it when you need it.
15. **Space Heaters are D-A-N-G-E-R-O-U-S** - Never use them with extension cords and keep them unplugged when not in use. A child who has seen you plug it in so many times will naturally try to plug it in themselves - so a plug lock is probably a bright idea to keep your family safe!

## Halls and Stairs

16. **Deploy Safety Gates at The Top and Bottom of Your Stairs** - Aaahh, stairs. You love 'em until you have kids and then they become a hazard. Deploy the use of safety gates on the top and bottom so your child will never be yelling "Hey look Ma" as they stand half way up or down. At the top of stairs make sure not to use a pressure gate and install it so the fixture is out of a toddler's reach! Teach them to scale the steps 'toes first' or on their belly.
17. **Keep Your Basement Stairways Locked** - Basement stairways that have open risers pose entrapment and falling risk. Warn children about the dangers and keep doors to stairwells not just closed - but locked.
18. **Stair Rail Posts and Decking** - Should never be more than 4 inches apart. It may seem like you child can't get his small head through them, but when there's a will there's a way! Netting or plexi-glass strips can easily remedy this situation.
19. **Never Leave Anything On Your Stairways** - Stairs are not just dangerous for your kids, but they are for you too. Never leave anything on the stairs and be extra careful when carrying a baby up or down.

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Childproofing Tips & Tricks  
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## Chapter 2: Kitchen Safety Tips

20. **Setting the Water Heater** - Right after you read this, go and make sure your water heater is set at 120 degrees Fahrenheit or below to ensure your child won't be subject to painful burns and scalds from water and faucets.
21. **Do You Have Matches and Lighters in The Home?** - If you don't know where they are, chances are your toddler and kids do and they just can't wait to try them out alone. Keep items like these not just away but up where they can't be found!
22. **Hot Surfaces Hazards** - The kitchen is a haven for hot surfaces. Keep highchairs away from hot places, use playpens or safety gates to make sure wandering fingers don't curiously touch the stove and be very careful moving grease or hot pans from the stove while children are around! Safety in the kitchen is essential to providing a safe environment.



### Cooking Oven

23. **What if a Pan Fire Ignites** - Most of us are cooking with toddlers at our feet. If a pan fire ignites - the key to safety is knowing the proper way to extinguish it! Never use water even though this may be your first instinct, instead cover the fire with a lid and it will go out in no time!
24. **Keep Children Away from the Oven Glass** - The oven door with its glass and lights is definitely a hot spot of interest for children. Remember children don't pull away from hot surfaces as fast as adults do and can easily be burned by the oven door from leaning, touching or even looking through the glass.
25. **Turn Pot Handles Away** - When cooking, make it a habit in your home to turn pot handles away from the front of the stove. Children can accidentally pull a handle down and end up burning themselves with the contents of the pot.

26. **Tablecloths & Place Mats Warning** - Tablecloths and place mats hang off the table at the perfect height for your child to grab a hold of! Although they are pretty and add to the décor of your home, your best bet is to avoid them so curious kids won't be inclined to pull them and everything else right off the table.
27. **Secure the Stove To the Wall** - Toddlers are the perfect size to open oven doors and climb on, risking tipping the entire stove and all its content over on top of them. This can be a dangerous and scary scenario!
28. **Try To Keep Kids Out of The Kitchen** - one tip for productive parents is to keep kids out of the kitchen. If they must 'cook' and be involved in the kitchen purchase kid play appliances and pots and pans that are made for them with no sharp edges. This will keep them away from under your feet and make them feel important in the process!




## Microwave

29. **Microwave Radiation Warning** - Microwaves are in just about every home, but we must keep in mind that they expose us to radiation. A toddler or small child does not need excessive exposure to microwave radiation.
30. **Heating Milk in the Microwave** - All mothers in a hurry to warm a bottle for a cranky infant or baby have been forced to use the microwave for heating. When time permits the best thing is to heat them on the stove, but if you must use a microwave shake the milk very well to avoid hot spots that could scorch a child. A microwave does not heat evenly and many babies have been burned by milk that was too hot!
31. **Don't leave Small Pieces of Plastic or Aluminum in the Food** - The microwave is a busy mom's best friend, quickly heating lunches and dinners but we must take care to ensure that small pieces of plastic or aluminum are not left in the food. This can quickly cause the microwave to ignite.

## Storage Safety Tips

32. **Lock All of Your Cleaning Liquids in a Secure Place** - If your child sees a bottle of kool-aid under the kitchen sink they will try to drink it. Never store cleaners or other liquids in packages that children will be familiar with and think are safe to consume. All cleaners and other supplies should be stored in areas that are securely locked at all times so the little people in our life will not be tempted to play with them.
33. **Suffocation From Plastic Bags** - We may laugh about the suffocation warnings on plastic bags; but the truth is they quickly pose a serious hazard. Plastic bags, saran wrap, cleaning bags and the like can easily get entangled around a child's neck or face. Before discarding them in the trash, tie them in knots to make them less dangerous.
34. **Foil boxes, Saran Wrap Boxes and other Rolled Goods** - Have serrated edges that can quickly and severely cut a child or adult. Keep them out of reach whenever possible!
35. **Keep Kitchen Utensils Away From You Child** - Kitchen utensils look like band instruments to a child. Knives, spatulas, spoons, can openers and cheese graters can be dangerous and should be kept in latched drawers.
36. **The Cookie Jar is a Tempting Nugget of Gold to Your Child** - Never store it or any other container that contains treats above the stove where a child will be tempted to climb.
37. **'Old Fashioned' Phone Cords Strangulation Hazard** - Most of us have cordless phones, and although it is recommended to keep one 'old fashioned' phone around for electrical outages etc...the long twirling cords can be a hazard. Kids can not only trip but they quickly get tied up in the phone cord which could incidentally lead to strangulation. Installing a hook is a safe way to keep these cords out of a child's hand.

## High Chairs

38. **Things to Look For in a High Chair** - When purchasing a high chair, don't always go for the cutest one. High chairs should be sturdy and solid with wide bases and buckles that are perfectly intact. Make sure they buckle easily and that they come with a secure tray that snaps down. This ensures that you won't end up with a big mess and that your child won't get hurt. Any exposed metal caps should be covered safely.
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39. **Double Check the High Chair Food Tray** - When your child gets ready to eat, always double check the tray to make sure it is snapped down tightly. Watch out for little fingers though! Babies and toddlers will find it fun to try and escape and can fall out momentarily. Use phrases like 'hands-up' regularly so they will naturally put their hands in the air!
40. **Clean the High-Chair and Check the Parts Periodically** - No parent enjoys cleaning the high chair, its sticky, messy and gross but leaving it dirty not only spreads harmful germs it risks causing the small parts like buckles or trays to not work as intended.
41. **If The Highchairs Seat is Slippery** - Adhere bathtubs stickers or sink decals to the bottom to make it more 'slip proof'.
42. **Items Attached to the High Chair** - Any toy or item that is attached to the highchair should not have a string that is longer than 12 inches. For a pacifier keepsake, the string should not be more than 7 inches! Kids are crafty and can easily get themselves tied up in dangerous situations.
43. **A Child Should Never Be left Alone in a High Chair** - Highchairs are meant to eat in, but are never adequate means of protection. A child should not be placed in a high chair unless they can be supervised at all times. Turning away for just a second or running to answer the phone is all it takes for a toddler to crawl out and get injured.

44. **Is the High Chair a Safe Distance Away From the Table?** - Obviously having a toddler eat in a highchair is the next best thing to having him eat at the tables with us, but ensure that the high chair is a safe distance away from the table or countertops which a willful toddler could use to ‘push’ the high chair over, causing the chair to tip and them to be hurt.

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## Chapter 3: Nursery Safety

45. **Purchase a Baby Monitor** - Once the nursery is beautiful and safe you may not want to leave it. Chances are though; you will have to in order to get some piece of mind and rest yourself so investing in a baby monitor will keep you at ease and keep your baby safe. A baby monitor is the easiest way to always know if your baby is in distress and the portable units allow you to get that laundry done and still hear the baby. If you are really worried a video monitor can help ease your fears.



46. **Before You Place an Item in the Nursery** - Take a second look to make sure that it is stable, functional and safe. Look at each piece of furniture in the nursery as a potential hazard and make sure that it leaves no doubt to its safety before you decide to use it. Be leery of secondhand furniture that can have worn parts, sharp ends, loose or chipping paint, ties or loops or end up not holding up and seriously injuring your child. You only have once chance to do it right and ensure a child's safety. The Juvenile Products label can be a parent's best friend leading them to products that are the real deal as far as safety!

### Crib Safety

47. **Create a Complete Safe Zone Around the Crib** - Your sleeping little angel lies so still in the crib at first, but in just a few short months he will be wiggling around, crawling and trying to climb out of the crib. Look at this space from your child's point of view and remove any strangulation, suffocation and falling hazards. No baby furniture should ever be situated close to electrical outlets, windows, drapes, hanging wall décor, heating sources, curtain cords or other furniture

48. **Don't Accept Any Secondhand Cribs** - You no doubt put or will put a lot of thought into the crib you choose for your baby. As hard as it may be to say No, the best thing is to not accept secondhand cribs especially if they were made before 1991. Not only will they not have the instructions readily available, they may be missing parts, been involved in a recall, have lead paint in the finish or be just plain unsafe. Look for a crib that has the 'seal of approval' from the Consumer Products Safety Commission and the Juvenile Products Manufacturers Association to ensure you are getting the very best for your baby!



## Baby Sleep Safety Tips

49. **Waterbeds are Great, For Adults!** - No baby should ever be allowed to sleep on one. To prevent SIDS it is always recommended to put baby to sleep on their back on a firm and flat mattress. If you baby seems fussy in this position, buy a wedge to prevent them from rolling onto their face.
50. **Co-Sleeping Arrangement With Your Baby** Many moms just can't rest unless their baby is beside them. If this sounds like you, then you must do all you can to make it a safe co-sleeping arrangement. Co-sleeping cribs give you the room and comfort you need and allow you easy and quick access to your baby. In addition to that, make sure that you bed frame has no more than 2 fingers width between the mattress and the frame or headboard. Babies easily and instantly can be entrapped in these tiny spaces.

## Changing Tables

51. **Make Sure That Your Changing Table is Sturdy Enough** - Changing tables can save your back a lot of aches and pain but care must be taken that they are sturdy enough for the wiggliest babies. Since you may need both your hands to change some of those babies who would rather run around without clothes on at all, make sure your changing table has a sufficient belt which the baby should always be fastened into.

52. **Never Place Your Changing Table Near a Window** - Not only is this extremely hazardous as your infant grows, but cords from blinds and draperies are also very dangerous.
53. **Get a Changing Table Safety Strap** - If your changing table does not have a safety strap, check online or at your local baby super store and purchase one that can easily be installed.
54. **Don't Take your Eyes from Your Child while Changing** - Even if you are committed to using the security straps in your changing table, don't take your eyes off the little bugger. Chances are as soon as you do they will quickly learn to manipulate the buckles and free themselves possibly sustaining a fall or badly bruised head.
55. **Make Sure That No Dangerous Items Are Within Reach** - All moms know the trick to hand a baby any object we can find in order to keep their hands occupied so we can change them. Be careful to only give them things that are safe for a baby. Check the diaper changing area thoroughly and make sure that no dangerous items are within reach. Even the baby powder can be harmful in the hands of a baby as they can easily inhale the powder.
56. **Use a Shatterproof Mirror Near The Changing Table** - A useful trick for busy moms is to use a shatterproof mirror near the changing table so your little baby will be more apt to be occupied. The longer they remain still the easier it will be for you to change or dress them.
57. **The Dreaded Diaper Pail Can Also Be Dangerous** - Find one that has a secure locking mechanism so that babies and toddlers won't be tempted to play inside. They are germey and accumulated liquids can cause incidental drowning. Although the deodorizer tablets may mask the smell, as your baby grows they certainly become a potential hazard for choking and they are poisonous. Never forget to wash your hands after diaper changes.

## Infant Seats


58. **Infant Seats Should Never Double As Car Safety Seats** - Infant seats are definitely like having another pair of hands. Infants and babies can sit in them, eat in them and even take that much needed afternoon nap - but they can never double as car seats. They are illegal and unsafe.

59. **Choosing the Right Infant or Bouncy Seat** - Choose an infant or bouncy seat that has a sturdy wide base with a non-skid bottom. The harness system should buckle through the crotch and at the waist to ensure that your infant doesn't slide out or tip out.
60. **Placing a Bouncy Seat on a Counter or Table** - You are not the first mother to place a bouncy seat on a counter or table, but here's a reminder - many emergency visits each year result from long falls out of bouncy seats, plus quick and wandering hands can easily grab something they shouldn't, like a hot piece of food or utensil.
61. **Place the Baby Seat Inside a Play Yard or a Playpen** - If you have several children, sometimes you may find yourself trying to find a safe place for the infant that is away from the others kids in the house. Place the baby seat inside a playpen and this way older and 'well meaning' siblings cant accidentally injure their little brother or sister.
62. **Infant Seats Weight Restrictions** - Once you notice that your baby is moving around quite a bit, or bouncing excessively take them out of the infant seat. Most have weight restrictions but use your best judgment and if your baby is extra active or strong, then do not allow them in the seat. on all baby devices including seat, carriers and car seats.



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## Chapter 4: Bathroom Safety Tips

63. **Scrub Buckets, Toilets and Shallow Pools** - All pose the risk of drowning when it comes to your child. Even a Dixie cup can threaten a child's safety. Make no exceptions that no child should ever be left alone around water in your home. If you must answer the phone or turn off the stove, wrap your baby in a warm towel and take him or her with you!
64. **Install a Toilet Lid Lock** - How many of us parents have caught our young children staring in amazement at the swirling water in the toilet? All of us! But we may not know that many kids each year fall head first into the toilet, become trapped and drown. Find a secure toilet lid lock and use it always!
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65. **Before Placing Your Baby in the Bathtub Check the Water Yourself** - Bath water can easily and quickly scald a child, even if it doesn't feel hot to us. Test the water on the inside of the wrist and if possible find a bath tub thermometer or baby bath tub that has a built in heat sensor to alarm you if the water is too hot! After the tub is full, always run cold water through the faucet as it too can become very hot and burn a child's fingers if they touch it.
66. **Prepare Yourself Wisely Before Heading Into the Bathroom** - Great idea is to get a basket of all your items together and keep it in a convenient location for you so you won't be tempted to run out for even a second. Water is always dangerous!
67. **Purchase Anti-Scald Devices** - Once you have children, it is best to get used to a tad cooler showers and set your water heater to 120 degrees. If your water heater cannot be set, then purchase anti-scald aerators or retrofit a valve with a temperature spring that will stop scalding water from flowing.
68. **Anti-Skid Appliqués for the Bottom of the Tub** - Whether you choose duckies, frogs, princesses or stars....purchase anti-skid appliqués for the bottom of the tub. Falls in the tub or shower are extremely dangerous and very painful.

69. **Bubbles, Bubbles, Bubbles** - That is what your child will see when they grab the shampoo or soap bottles. Keep these things out of reach so they won't try to swallow them or get them in their eyes.
70. **Install Bath Tub Guards** - One of the greatest inventions for making bath time less painful for you is tub guards. They give you a comfortable place to lean and rest on and offer your baby a padded place to avoid bumps and bruises to the head.
71. **As Soon As Your Child is Clean, Empty the Water** - Standing bath water is the cause of many child drownings. Always keep in mind it can take less than 2 inches of water to cause a drowning and take no chances.
72. **No child Should Ever Be Left Alone in the Tub** - But those under 5 need extra special attention 100% of the time. Take the phone off the hook, let an answering machine answer it, make sure no food is cooking and don't worry about answering the door...one of these little distractions could cost your child's life.

## Medicines & Prescription Drugs Safety

73. **Keep Medicines & Prescription Drugs Out of Reach** - Over the counter and prescriptions medications and even creams, lotions, band-aids and other first aid supplies should always be kept out of reach. The cabinet above the sink may not be good enough as many kids are adept at using step stools or the toilet to climb. Keep all things like this way up high and locked away if possible. A good rule of thumb for children is that if they can't see it, they won't be curious to know what it is.
74. **Invest in a Special Locking Medicine Chest** - Or improvise by using a tackle box or other hard to get into storage space for all dangerous substances including medications or cleaning supplies.
75. **Out of Sight Out of Mind** - Think of everything in your home as an opportunity for a child to gain leverage. They will climb the fridge if they want something on top. Out of sight out of mind is the best adage to go by when it comes to childproofing.

76. **Using Child Proof Containers** - When you visit the pharmacist always request that your medications and those for any member of your household are given to you in child proof containers. Obviously, just because it says it is childproof doesn't mean it completely is and your child is smarter and has more dexterity than they may be given credit for, so act accordingly. Lean on the side of caution so you will never have to look back and wish that had done something different.
77. **It's Easy To Confuse Medications at 4am** - It's 4am and your child has a fever or doesn't feel well. In this slumber it is easy to confuse medications or give improper dosages. Adult and children medicines can have totally different effects if used inappropriately. As much as you hate to turn on the light, make sure that you do so you will be sure you didn't mistake a medication or inadvertently give too much or too little.
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78. **Toss out all unused, old and out of date prescriptions or medications** - As much as you feel your child might benefit from one of your medications, never give it to them because it could be dangerous or fatal!
79. **Vitamins Can Be Very Dangerous** - Of course it tickles moms to death when their kids will willingly take them, especially when they taste like candy but the truth is that too many can be toxic. Poison Control receives more calls about kids overdosing on vitamins than they do any other. If your vitamins are iron fortified, they can be even more toxic. Keep them up, because many kids think they are candy rather than vitamins.
80. **Post The Number to Poison Control Near The Phone** - We all know the drill, our child just consumed something possibly dangerous and we can't find the number to poison control. First of all here it is...1-800-222-1222. Second of all, post it in an obvious place near a phone for future reference. If your child just ate soap, grass or unknown pills etc...call them immediately and try to be as specific as possible so they know what they are dealing with. They will need to know your child's age and weight to give proper instructions.
81. **Always Keep a Syrup of Ipecac Readily On Hand** - The trick is to never use it unless you are directed by poison control. Sometimes vomiting can be more damaging.

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Childproofing Tips & Tricks



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## Chapter 5: Outdoors Safety Tips

82. **Yard Work Can Be Very Dangerous With Kids Undertow** - Once the weather is nice, it is time to get out in the yard! Mowing the grass, trimming trees and other yard work can be very dangerous with kids undertow. The best advice is to keep them indoors until the power equipment is out of the way. When you are pouring fuel of any kinds, make sure to do it in the open air. The fumes can overwhelm a child in no time.
83. **Make Sure the Swimming Pool Is Locked** - If you have a pool or are visiting Grammas' house where there is a pool, be very careful. Demand that the pool stay locked unless competent supervision is on the spot! All pools should be enclosed by a four sided fence to keep unwanted swimmers out. Gates and entrances should be self locking and if you are really safety conscious a pool alarm is just the thing. Sure they might give false alarms sometimes but the life they may end up saving could be your child's.

84. **Deck Railings Slats Warning** - The outdoors offers just the right amount of fun in the sun, but your back porch could pose danger as well. Slats between deck railings should never be more than 3 inches apart. Children can easily become entrapped or small kids could accidentally slip through and experience serious falls. Plastic railings, deck guards or even sturdy lattice can be great preventative options.
85. **The Backyard Swing-Set is the Root Cause of Many ER Visits** - We all know they are going to fall off the swing or slide so installing softer cushioned surfaces underneath can make them much safer and more enjoyable for you. Even a ground cover of thick mulch is better than plain grass and dirt and make sure to extend the ground cover at least 6 feet on all sides so even your little daredevil is protected.
86. **When at the Playground** - Make yourself a comfortable place where you can remain attentive and hear everything that is going on. With danger ranging from spiders to child abduction there is no better rule of thumb than to only allow your children outdoors when you can properly supervise them.

## Car Safety

87. **Before Putting the Car In Drive Take a Good Look Around** - You're in a hurry to get to ball practice and you hop in the car ready to speed out of the driveway! Chances are there could be a child chasing after you or standing behind your vehicle. Before putting the car or minivan in drive take a good look around the perimeter and make sure all little people are fully accounted for. May sound simple, but many children are hit by vehicles in their own driveways.
88. **Teach Your Children to Stay Clear of Vehicles** - Implement a family rule where all kids know to stay clear of vehicles in the garage, driveway etc. just like you would teach them to do in parking lots. Children never think mom will back into them and therefore have no fear to walk in front or behind the car.

89. **Choosing the Right Child Safety Seat** - The safety seat you choose is one of the most important decisions you can make. It doesn't matter if it is cute or has cup holders; it matters if it will save your child from dying if involved in an accident. Think about that when purchasing it. There are many to choose from and you may buy a costly one that will be able to stay with your child for many years to come. Check out convertibles seats but never move a child up to the next level too quickly. Safety is paramount in the vehicle.



90. **National Highway Traffic Safety Administration Guidelines** - Be an informed shopper and check with the National Highway Traffic Safety Administration guidelines as to which car seat your baby, toddler or child should be using. These recommendations are based on height and weight. Infants are to stay in their infant, rear facing seats until they are 12 months or weigh 30 pounds. When your child is 1, you will have a plethora of options available but find one that fits your child well and matches their height and weight.
91. **Make Sure that Your Child Seat Fits Your Car Like as Required** - Once you find the perfect car seat, make sure that it will fit in your car. Nothing is more frustrating than trying to install a safety seat in a vehicle that it is not compatible with. You will be apt to make adjustments that aren't safe. Take it outside of the store and see if it is a good fit for your car. Check the seat out for ease of use and functionality.
92. **Keep Your Infant Rear Facing in the Rear Seat of the Car** - Even on the way home from shops when your infant is extra cranky, do not be tempted to pull them closer to you. It's a distraction to you and unsafe for them. Never assume you won't be involved in an accident. The backseat is always best for children of all ages!
93. **Never Leave Your Baby In the Car** - Running into the store for a loaf of bread? Never leave sleeping junior in the car, not even once! And while you are running around doing your errands, remain safe and keep your doors locked- just don't forget to put them in your purse or pocket first.
94. **Always Keep a First Aid Kit in the Car** - Even with modern day conveniences like On- Star and cell phones, no one is above using and keeping a First Aid kit in the car. You should have blankets, a flashlight, and basic tools that will keep your family protected in the event of an emergency.

95. **Keep Bulky or Heavy Items Out of The Car** - unless they can be safely secured while driving. Large items can become dislodged in an accident and severely injure or kill the passengers. Always try to envision your cargo as projectiles to ascertain whether or not it is appropriate.

## Water Safety Tips

96. **CPR Should be Learned By All Members of Your Family** - If you are going to spend a lot of time swimming with your kids, if you have a pool and if you want to have the ultimate survival tool readily available for your loved ones, then take an afternoon and learn CPR.
97. **Keeping Your Children Close to You** - When swimming with children, implement a game that makes staying close fun and memorable. A touch game, which lets little swimmers know that they can't get more than an arms length away from you, will positively remind your kids that they need to be safe.
98. **Arm Floaties Safety Warning** - Arm floaties are great for allowing a child the freedom to swim around in a pool, however; they not only give false confidence, and they are not reliable nor are they equipped to keep a child's head up. As a parent, make sure you use them as recreational 'toys' rather than something that will provide any safeguard.
99. **Pool Safety Alarm Systems** - Equip your pools with alarm systems and don't be afraid to scour the internet to find the alarms that your child can wear. These are intended to sound the minute they touch water, and if you have curious toddlers they can be Heaven sent. Gates, fences, and in pool alarms are meant to help you; and you should use them as much as you can. Drowning can be very quick and we cannot rely on hindsight when it comes to life or death situations like these.



100. **Pool Emergency Equipment** - Check with pool stores and other outlets to make sure that you have all the necessary poolside equipment that prepares you for an emergency. A life saving hook can be the difference between life and death for a child that gets into trouble while swimming.

## 101

Instead of thinking about child safety as a job, or something that has to be done once while pregnant, think of it as something just as important as providing nourishment to your children. Child safety advice, tips, pointers and products are meant to make parenting kids of all ages a little easier and keep them healthy and safe in the process. Never be afraid of being overly paranoid as to your children's safety, there really is no such thing.

In Volume II - you'll get Even More 12 "Outdoors"  
Childproofing Tips & Tricks  
Get The Child Safety A..to..Z Package Today



At :

[www.ChildSafetyGuides.com/main.htm](http://www.ChildSafetyGuides.com/main.htm)

## In Conclusion

*This report definitely doesn't encompass all the little and big things that parents need to be aware of. Many times, what we find to be dangerous are things that we didn't realize could be. The Safety Guide and other materials offers so much more than just run of the mill tips and tricks to child or baby proofing.*

*As parents, we immediately want what is best and safest for our child and although friends, relatives and pediatricians can offer some standard advice the only way to get all the facts and learn about potential hazards before they become serious is to do a little research. No parent wants to be sitting in an ER learning that 100's of children have died from an accident just like the one you have experience and although you may consider yourself lucky, it leaves you wondering what else there is that you don't know.*

*These tips and the Book are developed to cover 100% of the need to know information that will ensure you are properly prepared for parenthood and beyond. Life can be dangerous, but it doesn't have to be. Knowledge is sometimes all the power that a parent needs to ensure their child remains safe in all situations and at all times.*

# What You'll Get When Ordering the Complete Child Safety A..to..Z Package

## Child Safety Products A..to..Z Guide



When it comes to giving advice on how to care for your baby everyone seems to butt in and tell you what they think. Grandmothers at the store, seasoned moms, sales clerks, pediatricians, health officials and the plethora of sub-standard websites seem to all love to bombard us with their opinion of the right and wrong way to babyproof our homes and which Child Safety Products we should buy.

In the "**Child Safety Products A..to..Z**" Guide you will learn about all the safety products that will help you to keep your baby safe.

I will also reveal to you which websites report important Child Safety & Recall Information regarding some Baby Products you need or already have - Some of these items may already be in your home, putting your child at risk!

Get The [Child Safety A..to..Z Package](#) Today

## Bonus - 1

### Free Lifetime Membership to the Members Only Area



To make your life even more easier then childproofing your home - I've created the online "Members-Only" area where you will find all the different online stores that carry the child safety products covered in the *"Child Safety Products A..to..Z"* Guide.

For each safety product covered in the ebook there is a separate page with the product details and the online stores that carry it.

## Bonus - 2

### "101 Essential Childproofing Tips & Tricks" Volume II

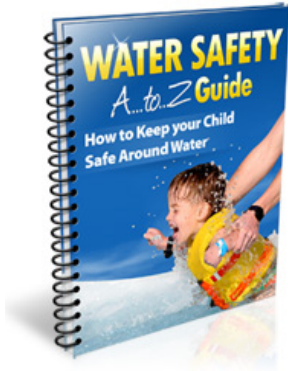
If you've read Volume 1, then you probably have figured out that there are a lot of easy to miss tips and hints when it comes to keeping your kids safe!

Volume 2, is just as complete with just as many, 101 to be exact, tips and hints that will make your home the safest on the block! No parent or caregiver can afford to be misinformed or to look over the important art of providing a safe environment for our children!



## Bonus - 3

# Water Safety A..to..Z Guide



It's sad but true that thousands of kids each year die or are seriously injured due to accidents in and around water. These accidents can even occur with competent supervision only a few feet away.

The information in the water safety guide not only will help you to discover the new and useful products available on the market to safeguard your family water but also includes the life saving advice on what to do in case of an emergency.

Get The Complete Child Safety A..to..Z Package at :  
[www.ChildSafetyGuides.com/main.htm](http://www.ChildSafetyGuides.com/main.htm)

## Bonus - 4

# Fire Safety A..to..Z Guide

Does your family have a plan in place in the event of a fire? If not, following these simple guidelines and tips will make your family fire ready. Your children practice fire drills at school all the time, it is necessary to do this at home as well.

The guide will help you make a safety plan for your family and will show you how to purchase and implement the critical products needed to keep your home and your loved ones safe!



## Bonus - 5

# Playground Safety A..to..Z Report



Do you find yourself nervous about spending a day at the playground? It probably is warranted. The playground is a dirty and dangerous place that can pose horrible risks to children. Each year thousands of kids are sent to ER's from playground incidents.

Rediscover how you too can once again enjoy taking your child to the playground without worrying about jeopardizing their safety or Fighting with germs. A simple how-to guide to safeguarding your family at the playground!

Get The [Child Safety A..to..Z Package](#) Today

At:

[www.ChildSafetyGuides.com/main.htm](http://www.ChildSafetyGuides.com/main.htm)