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Infant-proofing your home: room by room

A room-by-room checklist to babyproof your home before crawling begins. Covers anchor points, overlooked hazards, and quick wins to check off today.

A free guide from maternity.app

Once your baby starts moving, your home turns into an exploration zone. This room-by-room checklist helps you cover the essentials without overthinking it.

Babyproof a room in 10 minutes flat

- **Start from the ground up.** Get on your hands and knees to spot hazards at their eye level.
- **Work clockwise.** Move systematically around the room so you don't miss corners.
- **Done is better than perfect.** You'll refine things over time, just hit the big risks first.

The big-ticket must-dos

- ☐ Anchor furniture like bookshelves and TVs to studs in the wall
- ☐ Cover all electrical outlets within reach
- ☐ Install safety gates at staircases and unsafe rooms
- ☐ Lock cabinets containing cleaning supplies or medications
- ☐ Move small objects above waist height (coins, batteries, jewelry)
- ☐ Secure blind cords out of reach or replace with cordless blinds
- ☐ Set water heater to 120°F (49°C) or lower to prevent scalding

Watch for these overlooked hazards

Some risks aren't obvious until you see them in action. Peek behind furniture for forgotten cords, check under rugs for slippery pads, and scan walls for low-hanging decor your baby could grab.

Room-specific tweaks

- ☐ **Kitchen:** Use stove knob covers and move knives to upper drawers
- ☐ **Bathroom:** Add a non-slip mat and keep toilet lid locked
- ☐ **Living room:** Pad sharp coffee table corners and fireplace edges
- ☐ **Nursery:** Keep crib 3 feet from windows and monitor cords
- ☐ **Laundry room:** Keep detergent pods locked and doors closed

TEST IT YOURSELF

After you babyproof, try pulling on mounted furniture or opening secured cabinets with your non-dominant hand (like a curious baby would). If it budes, reinforce it.

You'll adjust as your baby grows, what works now might need upgrading next month. For today, take a deep breath. You've made their world safer.