



Check it, Don't Chance it!...

Checklist for 0-3 yrs olds

Feed Time....

1. Do you always supervise your child in the kitchen?
2. Do you always harness your child in a high chair and place your baby seat on the floor?
3. Do you keep medicines and cleaning agents locked away/out of reach of your child?
4. Do you keep hot drinks, soup, flexes and handles of hot utensils out of reach of your child?



Travel Time....

1. Do you have a properly fitted child car seat appropriate for the age of your child?
2. Do you use walking reins when out walking with your toddler?
3. Do you make sure your baby travels in the back seat of the car if you have front passenger air bags?



Play Time....

1. Do you ensure toys are suitable for the age of your child, have no small parts, sharp edges or loose parts?
 2. Do you have a properly fixed stair gate?
 3. Do you supervise all water play?
4. Do you keep your child's toys tidy and ensure the stairway is clear of tripping hazards?
 5. Do you encourage your child not to put pencils, crayons or erasers in their mouth when colouring?
 6. Do you ensure your child wears a helmet when cycling?

Bath Time....

1. Do you have all you need prior to running the bath?
2. Do you run the cold water first and check the temperature of the water before bathing your child?
3. Do you supervise your child in the bath?



Sleep Time....

1. Do you ensure the mattress is the correct fit for the cot?
2. Do you have locks fitted to the bedroom windows with the keys nearby in case of fire?
3. Do you remove strings or ribbons from hanging mobiles and other cot toys?

**For further information contact your Environmental Health Department @
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