

# Baby-Proofing Before Birth: The Ultimate Checklist

————— ♥ —————  
A simple guide to making your home safer for your baby without panic, pressure, or overcomplicating things.



**Approved by:**

Dr Latika Singh, Consultant – Department of Obstetrics and Gynaecology at Cloudnine Group of Hospitals, Greater Noida, Pari Chowk.

**Written by:**  
**Riddhi Roy**

Why

# Baby-Proofing Matters

(Without Stressing Yourself Out)

Babies grow and explore faster than most parents expect. Small safety changes made early can help prevent common accidents at home.



You do not need a perfectly childproof home overnight.



What matters more is creating a safer environment step by step.



Think of baby-proofing as preparation, not perfection.



SMALL STEPS TODAY,  
SAFER TOMORROWS.





# The Best Way to Start Baby-Proofing

Instead of trying to do everything at once, focus on the basics first:

Prioritise:



Safe sleeping spaces



Electrical safety



Furniture stability



Clean and clutter-free floors



**Tip:**

Start with the rooms you use most often. Small changes make a big difference.



# What Your Home Actually Needs

Baby-proofing is mostly about reducing everyday risks.

## Focus on:



Preventing falls and injuries



Keeping harmful items out of reach



Creating safe sleep spaces



Making feeding and changing areas organised



**Tip:**

If something feels unsafe for a curious toddler, it is worth securing early.



# Before Baby Arrives: Nursery Safety Checklist

Your baby's sleeping and changing space should feel simple and safe.

## Safe essentials:



A firm crib mattress



A clutter-free crib



Fitted crib sheets



Secure changing stations



**Tip:**

Avoid pillows, loose blankets, stuffed toys, or crib bumpers in the sleeping area.



# Living Room Safety: Small Changes That Matter



This is often where babies begin crawling and exploring first.

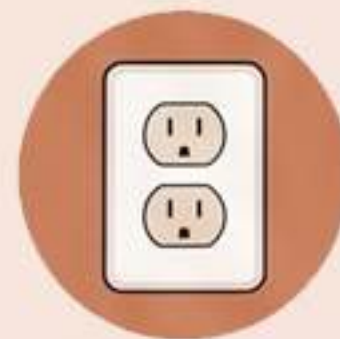
## Checklist:



Secure heavy furniture to walls



Hide loose wires and cords



Cover electrical outlets



Keep sharp objects out of reach



**Tip:**

Sit on the floor and look around from your baby's eye level to spot hidden hazards.





# Kitchen and Bathroom Safety Basics

These areas contain the most common household risks.



Store cleaning products safely



Keep medicines locked away



Use non-slip bathroom mats



Turn pot handles inward while cooking



90



**Tip:**

Never leave water buckets or tubs unattended, even briefly.

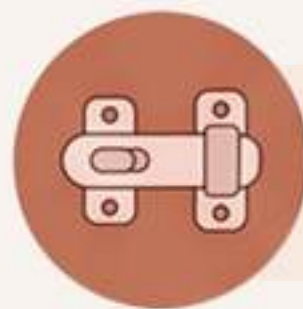


# Simple Safety Tools That Help

You do not need expensive gadgets. A few basics can improve safety significantly.



Cabinet locks



Drawer latches



Corner protectors



Anti-slip mats



Safety gates



**Tip:**

Choose easy-to-use safety products you can maintain consistently.



# What to Watch Out for Later

Some risks become more important as your baby grows and becomes mobile.

## CheckBe mindful of:list:



Small choking hazards



Tablecloths babies can pull



Unstable chairs or stools



Accessible pet food or water bowls



**Tip:**

Baby-proofing is not one-time. Adjust your home as your child grows.



# Safety Includes Hygiene Too

A clean and organised environment also supports your baby's health.



## Remember to:



Wash feeding items properly



Keep floors reasonably clean



Store diapers and wipes neatly



Avoid strong room fragrances or smoke exposure



**Tip:**

Simple routines often work better than constant deep cleaning.





# Key Takeaways



Baby-proofing does not need to happen all at once



Focus first on sleep, falls, and household hazards



Simple changes can greatly improve safety



Use practical safety tools where needed



Keep things manageable. A safer home is built step by step



# Pregatips.com

Pregatips, your trusted advisor for every step of your pregnancy journey!

Follow Us On:



@its.pregatips



@its.pregatips



@its.pregatips