

# Helping HANDS for Healthy Homes: 6-12 months



**Kentucky Public Health**  
Prevent. Promote. Protect.

## Keeping Your Little One Safe

This is a great time to start thinking about childproofing your home to get ready for your baby's increased interest in their environment. When children start exploring, they can get hurt. It's always a good idea to take steps to prevent injuries and teach children safe habits.

Some childproofing tips to consider:

- Use safety latches on cabinets and drawers
- Cover electrical outlets
- Keep electrical cords hidden so your child cannot pull on them or trip
- Don't use appliances near water
- Use safety gates at the bottom and top of stairways
- Use the back burners on the stove for cooking and turn handles to the back
- Keep knives out of reach
- Keep all medicine bottles locked and out of reach
- Don't call medicine "candy"
- Keep all cleaning products and detergents locked and out of reach
- Make sure you have working smoke alarms and a fire extinguisher
- Keep the Kentucky Regional Poison Control Center number (1-800-222-1222) near a phone, along with other emergency phone numbers, such as the hospital, doctor, dentist, fire department and police.

Recommendations for safety are constantly changing. It is a good idea for parents and other caregivers to take classes in CPR/First Aid. These classes are offered in your community.

### Walkers

Many parents think baby walkers will help their children learn to walk. However, they are not safe. Babies in walkers can:

- Roll downstairs – can cause broken bones and head injuries
- Get burned – child can reach higher in a walker
- Drown – child can fall into a pool, bathtub, etc.
- Be poisoned – reaching higher objects is easier in a walker, so the potential for reaching dangerous items like medications and cleaners are increased.

We might not be able to react quickly enough to prevent a walker injury.

Walkers can delay your child's walking. When babies are in walkers they cannot see their feet, so they are not able to watch how their feet move when they are trying to learn to walk. Children who are permitted to cruise furniture learn how to balance themselves better and bear weight on their legs.