



Babyproof the Kitchen

by: The Watchful Dad - <https://www.watchfuldad.com>

Securing Cabinets and Drawers

- Securing Cabinets and Drawers:** It's important to keep your little ones away from harmful items like cleaning supplies and sharp objects.
- Install cabinet locks and latches:** to keep curious hands out of cabinets and drawers.
- Install lockable lids on the garbage can:** Install latches on the garbage cans, so your kids won't go through the trash. Many small pieces could be a choking hazard.
- If you have a lazy Susan, ensure** it's secured, so it doesn't spin too fast.
- Store cleaning supplies and chemicals:** Place them in a locked cabinet or out of reach.
- Keep breakable out of reach:** Items like glassware and dishes should be in a cupboard.
- Install lockable lids on the garbage can:** Install latches on the garbage cans, so your kids won't go through the trash. Many small pieces could be a choking hazard.
- If you have a lazy Susan, ensure** it's secured, so it doesn't spin too fast.
- Store cleaning supplies and chemicals:** Place them in a locked cabinet or out of reach.
- Keep breakable out of reach:** Items like glassware and dishes should be in a cupboard.

Managing Kitchen Hazards

- Cover electrical outlets and cords:** Use outlet covers and cord shorteners.
- Store plastic bags:** Keep any choking hazards out of reach.

- Store away the knives:** Never leave the cutlery within the baby's reach. Store away that butcher block sitting on your counter. The best place to store the knives is in the upper portion of the cabinets or inside a locked drawer.
- Don't leave your baby alone in the kitchen:** When you are cooking, you can't be watching your kid correctly and trying to finish as fast as possible the dinner meal. Put your baby in a safe zone. Many parents will have a gate in the entrance to fence the kitchen area while cooking or cleaning it. Otherwise, get a pack-and-play or a little swing.
- Keep small magnets off the refrigerator:** Even if they are useful for hanging paper and other important stuff on the fridge, they can also be a serious choking hazard for your baby. Even if you put them high, you could accidentally let one fall off when you close the refrigerator door.
- Ensure the dinner table is sturdy and strong:** Some parents prefer to hook a high chair to the dining table. If you do so, check first that the table is sturdy and robust enough.
- Remove tablecloths:** Get rid of tablecloths. Your baby could pull on it, and everything on top of it could crash.
- Properly use the high chair:** Always use the safety straps of the high chair. Never let your baby unattended in the chair.
- Install smoke detectors:** Put up smoke detectors on each house level, especially in the kitchen and outside the bedrooms. Also, twice a year, change the batteries.
- Get a fire extinguisher:** Buy one, and ensure everyone knows where and how to use it.
- Keep hot food or drink away from baby:** Don't take a hot drink or food and your baby simultaneously. Push away hot drinks and food from the edges of your counter, kitchen island, or dining table.
- Remove water and food for pets out of your baby's reach:** If you have a dog or cat around the house, place the water and food somewhere your baby can't reach. First, it will prevent your baby from trying to eat the food and maybe choking on it. Second, you won't have to clean the mess after your baby plays with it. And believe me, it will happen.

Securing Appliances

- Install safety latches on the refrigerator:** Install a safety latch on your refrigerator doors. This locking mechanism will stop your kid from playing with the food, trying to eat something too big, or dropping the pickle jar on the floor.
- Lock the dishwasher:** Only leave detergent in the dishwasher if you start it immediately. Too many kids go to the ER every year because they swallow the detergent. Also, you don't want your baby to crawl on the knives and forks inside the dishwasher. Try to think about putting the knife blades upside down. If your dishwasher has a lock mechanism, use it. Otherwise, install a safety lock on the door.
- Install stove covers and oven knobs:** Kids love playing with buttons and handles, but it can be dangerous when connected to the oven. That is why you should install covers and knobs on your stove. Depending on your oven type, you could remove the knobs and store them in a cabinet beside them. Also, you should install a latch on the oven door. This protection will prevent your kid from getting a bump on the head while pulling on the oven door.
- Cook on the back burners:** You should start cooking with the back burners of the oven. Pot handles can be easily pulldown by a kid, or even you could accidentally burn your children. Also, never hold your baby in your arm while cooking.
- Put the microwave out of your baby's reach:** Install the microwave in the upper cabinets. If you can't and need to place it on the counter, never let food in it because your child could activate it and start a fire. Also, never open the door to grab hot food when your child is beside you. There are too many chances to drop the hot content on your kid.
- Unplug and store away small appliances:** Keep appliances like blenders, toasters, and coffee makers unplugged when not in use. Store appliances like mixers and food processors out of reach or in a locked cabinet.



For more tips on how to keep your children safe at home, check out:

<https://www.watchfuldad.com/baby-proofing-checklist/>