

Baby Safety  
**High 5**  
a safety checklist



Children ages 0 – 12 months

- A firm mattress and fitted sheet are all you need for your baby's crib. Remove blankets and toys.
- Learn to use your child's car seat the right way. Use this **checklist** to help.
- Make sure you have both a working smoke alarm and a carbon monoxide alarm on every level of your home, and in all sleeping areas. Test the alarms to make sure they work.
- Place your baby's crib and other furniture away from windows and blinds. Your baby is safer without any strings or cords within reach.
- Set your water heater to 120° F to avoid scalds.

Use #myhigh5 to let us know when you've finished!

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