

TOPIC: PREPARING A SAFE HOME FOR A BABY

INTRODUCTION: The home is the second most common location of unintentional fatal injuries in the United States. The rates for injuries occurring in the home are highest among young children compared to other age groups. About 2.5 million children are injured killed due to the hazardous environment at home each year. Their stages of physical development make them vulnerable population groups for fatal injuries. Children may become injured while engaging in normal exploratory behaviors, lacking the judgment to avoid dangers. This is because children spend more time in the home environment compared to other age groups who spend a large amount of time at school and/or work. That being said, many of these incidents can be prevented by identifying and correcting the hazard.

To prepare is the action or process of making something ready for use, service, test, or duty. it can also be described as being ready to do or deal with something. An advantage of preparation is the relaxation it creates when problems occur and how efficiently they can be solved once implemented. A safe home provides shelter and safety. And a baby is any child between birth to four years of age (ie. newborns, infants, and toddlers).

Preparing a safe home for one's child is making sure one has the adequate requirements of what the baby needs to ensure the safety and wellbeing of the child.

WAYS TO PREPARE A SAFE HOME FOR A BABY:

1. **Planning:** Picturing one's goals can motivate and keep one focused. Also planning ahead of time and how to reach one's goals helps with setting priorities and staying organized. Most times items may be needed in a certain order and it's very important to know where to start.
2. **Emotional Readiness:** Concerning breastfeeding; before delivery, every mother should be prepared psychologically for breastfeeding. Certain changes are liable to occur in the mother both mentally and physically and it is important to be fully aware and prepared for this.





3. **Water/Bathing Temperature:** It is important to set water heater temperatures to nothing more than 120 degrees.
4. **Baby's Crib:** Parents/Caretakers must ensure that beddings are tightly fitted to avoid suffocation from loose sheets. Toys should be properly stored and put away after playtimes/ games. Chocking hazards should be kept out of reach. Appropriate crib-rail height should be purchased and used for the baby's age.
5. **Securing Bathrooms and Cabinets:** Bathrooms are common grounds for injuries at any time. Babies are usually drawn to the bathroom during exploration. Bathrooms and cabinets should be locked to avoid the ingestion of harmful materials and chemicals.
6. **Heavy Objects:** Parents should be cautious with heavy objects around babies. Babies tend to pull and play around furniture, it is advisable to keep furniture anchored to avoid injuries.
7. **Electricity:** Parents/caregivers should be cautious about electric outlets around the home. Unwarranted electrocution should be avoided by covering electrical outlets.
8. **Infections:** Surfaces should be kept clean with disinfectants, including rugs, windows, clothes, and feeding utensils.
9. **Kitchen:** Sharp items such as knives, scissors, and forks should be put away in cabinets out of the reach of children. Latches and locks should be installed to secure these cabinets.
10. **Other Household Products:** Various household products such as cleaning supplies, dishwashers, bleach, automobile fluids, etc. Should also be kept away in locked cabinets; out of reach and sight. The poison control toll-free number, 800-222-1222, should be by every place (or on every phone) in case of an emergency.

