



A Practical Home Safety Guide

Simple room by room checks for families with babies and young children

20 MINUTE HOME CHECK

Use the printable checklists inside to spot everyday risks and decide what to fix first.

Friendly education for safer family homes

Start with the risks that matter most

Young children explore by reaching, climbing, pulling, tasting and copying. A safer home is not a perfect home. It is a home where the most serious and likely hazards have been noticed and reduced before a child reaches them.

Walk through each room at your child's height. Look for anything hot, sharp, unstable, poisonous, easy to swallow, easy to pull down or capable of trapping fingers. Repeat the check as your child learns new skills.

Your first five actions

Done	Safety check
☐	Secure medicines, cleaning products, laundry capsules and batteries in a locked or high cupboard.
☐	Anchor unstable furniture and televisions and keep climbable objects away from windows.
☐	Fit and correctly use safety gates where needed at stairs; keep stairs clear.
☐	Keep hot drinks, pans, kettles, cords and hair tools well beyond reach.
☐	Check doors, cupboards, sockets, blind cords and small objects from floor level.

Important

Safety products support supervision; they do not replace it. Check every fitted product regularly, follow the manufacturer's instructions and replace anything loose, damaged or outgrown.

This guide provides general educational information for UK families. It is not medical advice, a substitute for accredited first-aid training or a guarantee against injury. In an emergency call 999.

Kitchen and dining area

The kitchen combines heat, water, sharp objects, chemicals and small items. Create a safe place where your child can be nearby without reaching the work area.

Quick kitchen check

Done	Safety check
☐	Turn pan handles inward and use the rear hob rings when possible.
☐	Keep kettles, hot drinks and appliance cords away from edges.
☐	Store knives, matches, lighters and sharp tools in secured drawers or cupboards.
☐	Keep cleaning products and laundry capsules in their original containers and locked away.
☐	Fit cupboard and drawer locks where hazardous items cannot be relocated.
☐	Keep plastic bags, nappy sacks and food packaging out of reach.
☐	Seat children to eat and supervise them; prepare food appropriately for their age.
☐	Keep fridge magnets, coins, button batteries and other small objects off the floor and low surfaces.

A useful habit

Before preparing food, move your hot drink to the back of the counter and scan the floor for dropped food, packaging and small objects. It takes seconds and removes several common risks at once.

Living room windows and doors

Family rooms change throughout the day. Bags arrive, chargers are plugged in, drinks are placed down and toys spread across the floor. A quick reset at the end of each activity helps.

Living room check

Done	Safety check
☐	Anchor bookcases, drawers and televisions using suitable fixings for the wall and product.
☐	Keep furniture away from windows so it cannot be used as a climbing step.
☐	Keep blind and curtain cords short, secured and completely out of reach.
☐	Use corner protection where a sharp furniture edge presents a genuine impact risk.
☐	Cover or manage accessible sockets and cables in line with product instructions.
☐	Check toys regularly for loose parts, damage and suitability for the youngest child present.
☐	Keep remote controls and devices with button batteries securely closed and out of reach.
☐	Use appropriate door stops or finger-protection measures where doors can slam or trap fingers.

Door safety

Children often place their hands near a door edge while watching an adult or sibling. Check both the handle side and the hinge side. Teach older children to look before closing a door, but use physical protection where the risk remains.

Stairs bathroom and water

Stairs and landings

Done	Safety check
☐	Use a suitable safety gate where needed and follow its fitting instructions.
☐	Do not use a pressure-fit gate at the top of stairs unless the manufacturer specifically permits it.
☐	Keep stairs clear of toys, laundry and bags.
☐	Repair loose carpet, flooring or handrails promptly.
☐	Keep upstairs windows secured with appropriate restrictors while preserving a safe fire-escape plan.

Bathroom and water

Done	Safety check
☐	Stay with babies and toddlers throughout bath time, even when using a bath seat.
☐	Prepare everything before the bath so you do not need to leave the room.
☐	Run cold water first, add hot water, mix well and check the temperature before use.
☐	Empty the bath and other water containers immediately after use.
☐	Lock away medicines, razors, toiletries and cleaning products.
☐	Keep electrical appliances unplugged and away from water.

The NHS advises staying with a baby or toddler for the whole time they are in the bath. A bath seat is not a safety device.

Bedroom nursery and safer sleep

Bedroom check

Done	Safety check
☐	Keep the cot away from blind cords, curtains, heaters, shelves and reachable cables.
☐	Secure furniture that could tip if climbed or pulled.
☐	Keep medicines, creams, nappy sacks and small objects out of reach.
☐	Use the correct cot mattress and inspect the cot and fastenings regularly.
☐	Remove changing supplies from reach before lifting your child onto the changing surface.
☐	Change a baby on the floor when practical to reduce the risk of a fall.

Safer sleep essentials

- Place a baby on their back for every sleep.
- Use a clear, flat, firm and separate sleep space that meets current safety standards.
- Keep pillows, duvets, cot bumpers, pods, nests and soft toys out of the sleep space.
- Keep the baby's head uncovered and avoid overheating.
- Follow current NHS and Lullaby Trust guidance, especially if your baby was premature or has medical needs.

Speak with your midwife, health visitor or GP if you need advice tailored to your baby.

Choking poisoning burns and emergencies

Reduce choking risk

- Keep coins, batteries, magnets, pen tops, jewellery and broken toy parts out of reach.
- Choose age-appropriate toys and check the warnings and condition regularly.
- Seat and supervise young children while eating; prepare food for their age and development.
- Learn baby and child first aid from an accredited provider.

If you suspect poisoning

Do not make the child sick or give them food or drink unless a healthcare professional tells you to. Keep the container or packaging. Call 999 for severe symptoms or immediate danger; otherwise seek urgent advice from NHS 111.

Burns and scalds

Move the child away from the source. Cool the burn under cool or lukewarm running water for 20 minutes. Remove clothing or jewellery near the burn unless stuck to the skin. Do not use ice, creams or greasy substances. Seek medical help as advised by the NHS.

Emergency numbers

Situation	Contact
Life-threatening emergency	999
Urgent advice when it is not a 999 emergency	NHS 111 by telephone or 111.nhs.uk
Suspected faulty or unsafe product	Stop using it and check the UK product recalls service

Your seven day safer home plan

Small, completed actions are more useful than an overwhelming list. Choose one area each day and write down anything that needs a product, repair or change of routine.

Day	Focus	My action
1	Kitchen and hot drinks	_____
2	Living room and furniture	_____
3	Doors windows and blind cords	_____
4	Stairs and hallways	_____
5	Bathroom medicines and water	_____
6	Bedroom nursery and sleep	_____
7	Whole-home floor-level recheck	_____

Monthly reset

Done	Safety check
☐	Test locks, gates, guards and fixings.
☐	Remove broken or outgrown toys and equipment.
☐	Check for new climbing routes as your child grows.
☐	Review visitors' bags, medicines and charging cables.
☐	Check current product recalls and safety alerts.

Keep learning without the fear

Child safety works best when it feels practical and achievable. Baby Safe at Home shares short, friendly videos that explain one everyday risk at a time, show what to look for and help families choose sensible next steps.

Use this guide with our videos

- Pause after each room and complete the matching checklist.
- Save or share the short videos with grandparents, babysitters and other carers.
- Revisit the guide whenever your child begins crawling, climbing or opening doors and cupboards.
- Choose safety products for a specific identified risk and fit them exactly as instructed.

About Baby Safe at Home

Baby Safe at Home helps parents make everyday spaces safer through clear education and practical home-safety products. Our aim is to support calm, informed decisions—not to make families anxious.

Follow Baby Safe at Home on TikTok, Amazon, eBay and Etsy for friendly safety education, product demonstrations and practical family-home ideas.

Trusted information used in this guide

- **NHS Baby and toddler safety:** <https://www.nhs.uk/baby/first-aid-and-safety/safety/baby-and-toddler-safety/>
- **NHS What to do if your child has an accident:** <https://www.nhs.uk/baby/first-aid-and-safety/first-aid/what-to-do-if-your-child-has-an-accident/>
- **Child Accident Prevention Trust:** <https://capt.org.uk/>
- **The Lullaby Trust Safer sleep advice:** <https://www.lullabytrust.org.uk/safer-sleep-advice/>
- **British Red Cross First aid for a choking baby:** <https://www.redcross.org.uk/first-aid/learn-first-aid-for-babies-and-children/choking-baby>

Information reviewed September 2026. Guidance can change; use the linked sources for the latest advice.