



SAFETY CHECKLIST



- Avoid small objects that can be swallowed
- Solid food is appropriate from 4-6 months
- Breastfeeding for the first 12 months can greatly improve your baby's immunity
- No cow's milk for the first 12 months

- Safety gates across stairs
- Cover electrical outlets with safety covers
- Safety locks on cabinets with cleaners and household chemicals
- Keep toxins and plants out of reach

Remember: Animals are cute, but don't leave them alone with the infant.



- Check clothing for loose buttons
- Remove drawstrings from clothing
- Wear Sunscreen
- Avoid plastic bags and balloons.
- No pillows in the crib.
- Keep the crib mattress in the lowest position.
- Do not leave loose blankets, sheets and toys in the crib.
- Crib slats should be no less than 2.4 in apart.
- Remove mobiles / gyms at 4-5 months.
- Infants should sleep on their back.
- Keep toys with small parts out of reach.

- Use a rear-facing car seat with a five-point harness. (in the middle - away from air bags)
- Do not place the infant seat on counters or tables.
- Keep medications out of reach and child-proof lids.
- Sharp objects out of reach.



Turn down the hot water heater to 120 degrees or lower.

- Check the temperature of bath water.
- Have smoke detectors in hte home and change their batteries later.
- Turn the handles of the pots and pans towards the back so little fingers don't pull them down.
- Avoid lead paint exposure.
- Have a carbon monoxide detector.



Poison Control #: _____
In case of an emergency dial 9-1-1



Immunizations



Hepatitis B

Birth - 1st Dose Date: _____
12 Months - 2nd Dose Date: _____
6-15 months - 3 Dose Date: _____

Rotavirus

2 months - 1st Dose Date: _____
4 months - 2nd Dose Date: _____
6 months - 3rd Dose Date: _____

Diphtheria, tetanus, & acellular pertussis

2 months - 1st Dose Date: _____
4 months - 2nd Dose Date: _____
6 months - 3rd Dose Date: _____

Haemophilus influenzae type b (Hib)

2 months - 1st Dose Date: _____
4 months - 2nd Dose Date: _____
6 months - 3rd Dose Date: _____

Routine vaccination

- ActHIB, Hiberix, or Pentacel: 4-dose series at 2, 4, 6, 12-15 months
- PedvaxHIB: 3-dose series at 2, 4, 12-15 months

Catch-up vaccination

- Dose 1 at 7-11 months: Administer dose 2 at least 4 weeks later and dose 3 (final dose) at 12-15 months or 8 weeks after dose 2 (whichever is later).
- Dose 1 at 12-14 months: Administer dose 2 (final dose) at least 8 weeks after dose 1.
- Dose 1 before 12 months and dose 2 before 15 months: Administer dose 3 (final dose) 8 weeks after dose 2.
- 2 doses of PedvaxHIB before 12 months: Administer dose 3 (final dose) at 12-59 months and at least 8 weeks after dose 2.
- Unvaccinated at 15-59 months: 1 dose

Pneumococcal conjugate

2 months - 1st Dose Date: _____
4 months - 2nd Dose Date: _____
6 months - 3rd Dose Date: _____

Inactivated poliovirus

2 months - 1st Dose Date: _____
4 months - 2nd Dose Date: _____
6 months - 3rd Dose Date: _____

Influenza IIV

6-15 months Date: _____
Annual vaccination 1 or 2 doses

Measles, Mumps, Rubella (MMR)

12 months Date: _____

Varicella

12 months Date: _____

Hepatitis A (Hep A)

12 months Date: _____

Health Screenings

Height

1" per month - Birth - 6 months
1/2" per month - 6 - 12 months

Weight

Double - 6 months
Triple - 12 months

Check ups

2 weeks, 2, 4, 6, 9, and 12 months

Monitor for metabolism disorders.