

Balloon Notes

Caring for your child.



Keeping Your Child Safe at Home: Home Safety Checklist

Controlling your child's ability to get medicines, guns, and unsafe household items lowers the chance that they may hurt themselves. **Use this checklist as a guide to help you keep your child safe in your home or in homes of family and friends where your child may spend time.**

Medicine Safety

- ☐ Lock up over-the-counter and prescription medicines, as well as vitamins
- ☐ Throw away medicines you no longer need or use
- ☐ Keep track of the amounts of medicine you have in the home

Gun Safety

- ☐ Keep guns outside of the home and lock them in a gun safe
 - If not able, lock up unloaded guns (without bullets) and bullets in a different place from where the gun is kept

Unsafe Household Item Safety

- ☐ Lock up sharp items, like: knives, scissors, razors, pencil/eyeliner sharpeners, removable corners of picture frames, safety pins, screws, nails, and needles
- ☐ Lock up car keys, ropes, ties, scarves, belts, any type of cords, household cleaners, and bleach
- ☐ Remove unsafe items kept in the home and in the garage
- ☐ Keep alcohol or drugs away from the reach of your child

Safety of Your Child's Belongings

- ☐ Check your child's room, favorite rooms in the home, and school locker for unsafe items
- ☐ Check your child's backpack/purse, desks/drawers, closets, corners of carpet, hollow curtain rods, inside pillow cases and zippered pillows, pants/jacket pockets, and soles of shoes

Ways to Learn More

- <https://www.hsph.harvard.edu/means-matter/>
- <https://www.sprc.org/comprehensive-approach/reduce-means>
- Need a lock box? Check these stores: Amazon.com, Walmart, Home Depot, Target, Sears, Staples, and Lockmed.com