



Children's Burn Foundation

*Giving New Hope*

5000 Van Nuys Blvd., Suite 210 • Sherman Oaks, CA 91403  
(818) 907-2822 • [www.childburn.org](http://www.childburn.org)

# Safety Smart Babies

## Burn Prevention Checklist for New and Expectant Parents

*80% of childhood burns are preventable!*

*Keep Your Baby Safe With These Tips*



*For your free bath thermometer, please email: [burnprevention@childburn.org](mailto:burnprevention@childburn.org)*

# Safety Smart Babies

## Burn Prevention Tips for New and Expectant Parents

### Be careful in the kitchen:

- ❑ Never hold a baby while cooking or consuming hot food or drinks.
- ❑ Use spill-resistant travel mugs for all hot beverages.
- ❑ Avoid passing hot food or drinks over babies.
- ❑ Do not leave hot drinks or liquid within reach of children.
- ❑ Avoid using tablecloths to prevent hot liquid or food spills.
- ❑ Never use a microwave to heat your baby's bottle or food. Use warm water instead.
- ❑ Always test the temperature of heated bottles and food before feeding your infant.
- ❑ Secure your child away from the stove when you are cooking.
- ❑ Cook on back burners and turn pan handles towards center of stove.
- ❑ Do not leave large pots on the ground to cool.



### Prevent bath time scalds:

- ❑ Never leave your baby alone in the tub or bathroom, not even for a minute!
- ❑ Set your hot water heater for 120 degrees F.
- ❑ Run cold bath water first. Then add hot water as needed and stir.



- ❑ Always test bath temperature with your hand or bath thermometer before putting your baby in the water.
- ❑ Face baby away from faucets toward the back of the tub to prevent contact with hot faucet.
- ❑ Keep irons, hair appliances, and cords away from your baby's reach.

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## **Make your home burn safe:**

- ❑ Install smoke alarms on every floor, inside each bedroom, and outside sleeping areas. Test smoke alarms monthly and replace batteries at least once per year.
- ❑ Create a fire escape plan and practice the plan twice per year.
- ❑ Keep a fire extinguisher easily accessible and learn how to use it before you need it.
- ❑ Cover unused electrical outlets with plug safety covers.
- ❑ Store cleaning products, paints, chemicals, matches, and lighters in locked cabinets or closets.
- ❑ Install safety screens in front of fireplace openings.
- ❑ Keep all electrical cords and phone chargers away from babies.
- ❑ Do not use candles or plug-in home fragrances.

## **Travel safely:**

- ❑ Check to make sure baby's car seat is not hot before use.
- ❑ Never leave your infant unattended in the car.
- ❑ Do not place hot drinks in the stroller drink holder.

## **Be mindful of sun and other outdoor dangers:**

- ❑ Keep your baby out of direct sunlight at all times.
- ❑ After 6 months, use sunscreen made for infant skin when outside.
- ❑ Make sure your baby wears shoes outdoors to avoid direct contact with hot concrete, playground equipment, and sand.
- ❑ Always keep your baby away from your BBQ grill.



As your baby gets older and becomes more mobile, the risks for burns continue.  
Learn how to prevent these hazards at:

[www.childburn.org](http://www.childburn.org)

**YOU**  
***are the most important resource  
in keeping your child safe.***

# Safety Smart Babies

*Post this information in a prominent location.*

## EMERGENCY NUMBERS

- Fire: \_\_\_\_\_
- Police: \_\_\_\_\_
- Poison: \_\_\_\_\_
- Parent's Phone Number: \_\_\_\_\_
- Address: \_\_\_\_\_
- Neighbor's Name: \_\_\_\_\_
- Phone: \_\_\_\_\_

## FIRST AID FOR MINOR BURNS

- Remove hot object from skin.
- Run cold tap water over the burn for 5 to 20 minutes.
- **Do NOT** put ice, butter, toothpaste, egg whites, mustard, tomatoes, vinegar, or anything except cold water on a burn.
- **Do NOT** pop blisters. Cover and protect them.
- Seek medical attention for any burns to children under 2 years old, burns larger than the palm of the child's hand, or burns to the face, hands or genitals.