

Home Environment Checklist

Notice one thing, choose a next step

Start with one room if that is all you have time for. Look from your child's height and think about what they can reach now. This is a starting list, not a complete safety inspection. Some hazards cannot be seen or smelled.

If a carbon monoxide alarm sounds, go outside and call emergency services. Don't go back inside until responders say it is safe. If a child collapses, has a seizure, has trouble breathing or cannot be awakened, immediately call the emergency services in the place where the child is. If poisoning may have happened without these signs, promptly contact the poison service for that location; if you cannot reach it, contact the local emergency services. Do not wait for symptoms or improvise first aid for an unknown substance.

For a routine check, look at medicines and cleaners first: secure storage, out of children's reach, and original containers. Check smoke and carbon monoxide alarm instructions for testing and replacement. Look for smoke, damp, ventilation concerns, and fuel-burning appliances that need servicing.

Consider furniture that could tip, accessible cords, and access to windows, balconies, and stairs. Check access to baths, pools, and standing water, and raise questions about local drinking water. Peeling paint, planned repairs, damaged products, and secondhand equipment with an unclear history may need advice. Add anything specific to your child's mobility, needs, or other places they spend time.

Distinguish what you have checked, what needs action, what is uncertain, and what does not apply. "Checked" only means you looked; it does not certify the home as safe.

Keep children away from an immediate hazard while you arrange help. Don't disturb suspect materials or repair a fuel-burning appliance yourself. Follow local guidance and product instructions.

Separate what you can safely address now from what needs advice or inspection. Decide whom to contact and when. If you rent, identify what to report or request, then plan the next check.

Review the relevant areas after a move, a repair, or a change in what your child can reach. You don't need to buy everything at once; ask for help with changes you cannot make yourself.

Download a reusable copy at parentingstagebystage.com/resources/home-environment-checklist/. Check that the page opens in your language before relying on it.

Worksheet address: parentingstagebystage.com/resources/home-environment-checklist/