



Kitchen Safety

Your kitchen poses many dangers to your child, including poisonous materials, choking hazards and hot surfaces. It is best to avoid making the kitchen a play space and, in general, minimize the amount of time your child spends in the kitchen. Make the area as uninteresting as possible to curious children and follow these guidelines:

- Cabinets and drawers contain many hazards, such as cleaning supplies that are toxic, plastic bags which pose a suffocation and choking hazard, breakable and sharp objects, and food that can be a choking hazard. Be sure to lock all cabinets and drawers to keep your child away from the contents. Also move all cleaning supplies, including dishwasher detergent to a locked closet or a cabinet that is up high and out of your child's reach.
- Spices and seasonings can be dangerous, including salt for its iodine, as well as vanilla and cooking wine for their alcohol. Be sure to keep those items in a locked cabinet or drawer.
- Knives can be dangerous, even when they are on a countertop and seemingly out of your child's reach. Your child can reach for the knives while you are carrying him so it is best to keep them in a locked cabinet or locked drawer.
- Ovens and stoves are hot and can burn your child. It is a good idea to use the back burners of your stove whenever possible and remember to turn pot and pan handles in, and away from the edge of the stove. Reinforce with your child that the oven is hot and he or she should not touch it. To prevent burns and accidental fires, keep your countertop appliances unplugged when not in use and keep your oven and stove knobs locked.
- Another way to prevent burns is to keep drinks and dishes away from the edges of tables and counters.
- Keep appliances such as refrigerator, dishwasher and garbage disposal locked to prevent your child from accessing sharp or breakable objects as well as choking hazards.