



Bathroom Safety Checklist for Infants and Children

Before Bath Time

- Gather all the items you will need during and after the bath.
 - Towel(s)
 - Washcloth
 - Soap
 - Diaper
 - Wipes
 - Post-bath clothes
- Keep all electrical appliances such as hair dryers unplugged and out of reach.
- Test the water temperature. Water should be warm but not hot – around 100°F / 38°C.
- Use a non-slip bathmat and ensure it's secure.

During Bath Time

- Never leave the child unattended, even for a moment. Always keep your eyes on them.
- Keep one hand on the baby at all times.
- Fill the tub with only 1–2 inches of water for infants.
- Carefully place the child in the water feet first.
- Do not run the tap while the baby is in the tub so that sudden temperature changes are avoided.
- Consider keeping a warm, wet cloth on the baby's chest to help keep them warm throughout the bath.

After Bath Time

- Carefully lift the baby out of the tub. To improve grip, consider using a towel or cloth.
- Dry the child right away to prevent chilling.
- Empty the tub, basin, or sink right away. Do not leave until it is completely empty.

Notes: