

Toddler-Proofing, Routines & First Shoes

Supporting your confident new walker and growing explorer.

Toddler-Proofing (Round Two)

- Re-check babyproofing at toddler height and reach
- Door knob covers on rooms that should stay off-limits
- Toilet locks if bathroom access is unsupervised
- Poisonous plants, cleaning supplies, and medications stored well out of reach
- Play areas free of small parts and choking hazards for older siblings' toys

First Shoes

- Feet measured properly for first walking shoes
- Flexible, soft-soled shoes chosen over rigid ones
- Shoes re-checked every few months as feet grow quickly
- Barefoot or sock time still encouraged indoors for healthy foot development

Daily Routines

- Consistent nap and bedtime schedule in place
- Mealtime routine with a mix of finger foods and utensils practice
- Simple daily language and play routines to support development
- Regular pediatrician check-ups continuing on schedule

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This checklist is general guidance only and does not replace advice from your pediatrician or healthcare provider. Always consult a doctor for concerns specific to your baby.