

Finger Foods, Babyproofing & Crawling Safety

Keeping up with a baby who's on the move.

Finger Foods & Feeding

- Soft, graspable finger foods introduced (steamed veggies, ripe fruit, soft cereal)
- Self-feeding encouraged, even if messy
- Cup introduced for sipping water
- Continue monitoring for allergic reactions with new foods

Babyproofing

- Outlet covers installed in all accessible rooms
- Cabinet and drawer locks on anything with hazardous items
- Furniture anchored to walls (bookshelves, dressers, TVs)
- Stairs gated at both top and bottom
- Small objects and choking hazards cleared from floor level
- Cords and blinds secured out of reach

Crawling & Mobility Safety

- Safe, open space cleared for crawling practice
- Sharp furniture corners padded
- Baby monitor or line-of-sight supervision during play
- Pet interactions supervised closely

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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.