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Department of Health

## Children's Safety Sheets

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# Safety Guide for Expectant Mothers

## Traffic safety

**Always wear a seat belt;** it's the best protection for you and your unborn child.

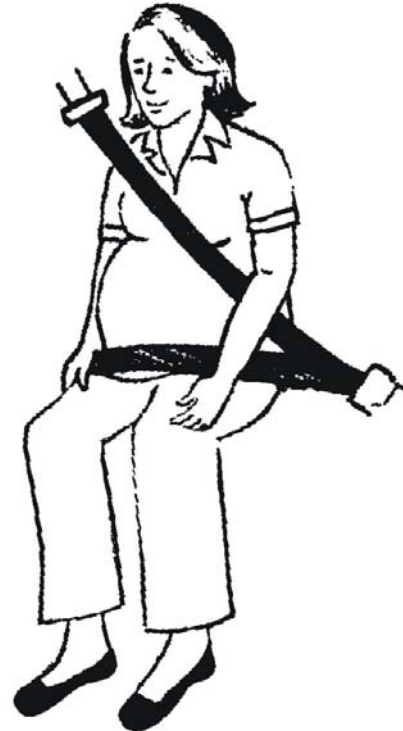
- Adjust the lap belt across your hips and below your belly.
- Never place the lap belt above or on your belly.
- Place the shoulder belt across your chest (between your breasts) and away from your neck.
- Never place the shoulder belt behind your back or under your arm.
- Always buckle your seat belt even if vehicle has airbags.
- Airbags work *with* seat belts.
  - If you aren't wearing a seat belt, you can be thrown into an opening airbag, seriously injuring you and your unborn baby.
  - Wear your seat belt and leave the airbag switch on. They work together to protect you and your unborn baby.

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## Bathtub safety

- Use non-skid mats in a bathtub and on the floor near the tub or shower.
- Have a person nearby to help you step out onto the floor, if necessary.

This is the **right way** to wear your seat belt.



## To adjust the seat:

- Move the seat back to keep your chest at least 10 inches away from the dashboard or steering wheel. Make sure the pedals can be reached if driving.

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## Preventing falls

Mothers 6-9 months pregnant sometimes lose their balance.

- Avoid walking on uneven, slippery surfaces.
- Avoid climbing ladders/stepstools.
- Hold onto the rail when going up and down stairs.



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# Preparing for Your Baby's Safety

## Items to Prepare 2-3 Months Before Expected Delivery

### Places Where Baby Will Spend the Most Time



#### Crib

- Firm mattress that fits close to crib sides.
- Crib slats/bars not farther apart than  $2 \frac{3}{8}$  inches.
- No bumper pads, pillows, toys, or loose blankets.

#### Bassinet/Cradle

- Firm, thin mattress with no space between it and the sides.
- Sides high enough so baby cannot fall out.
- Stable and cannot be knocked over.
- Cradle that cannot swing high enough to overturn.



#### Change and Dress Baby – Table, crib or floor

- Uncluttered, firm surface.
- Stable, not slippery.

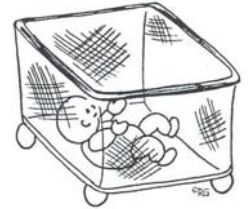
#### Bathing Baby – in baby tub, tub placed in big tub or regular bathtub.

- Non-slippery surface.
- Don't use baby bath seat because it can tip over easily.



#### Playpen

- If has slats, no wider than  $2 \frac{3}{8}$  inches apart.
- If net, closely woven.
- Sturdy, sides can't collapse.
- Firm cushion, no bumper pads.



#### Infant Car Seat

- Use seat approved by federal agency.
- Know history of used seat- cannot have been in a crash.
- Install rear-facing,  $45^\circ$  angle.
- Install in back seat of vehicle.
- Check directions carefully to install correctly or have installed by Certified Child Restraint System person.



#### Infant Carrier – Can't use as car seat

- Plastic with cushioned lining.
- Baby should be belted in.
- Use only for infants 1-6 weeks because it tips easily when baby moves.
- Can't be used on shopping cart unless belted/attached.



#### Safety – Environment

- Mother should not use alcohol, drugs, or tobacco.
- Rest and eat a healthy diet.
- Maintain strength for delivery and when baby comes home.
- Keep floors and stairs clear/good condition.
- Maintain home temperature at around  $70^\circ$ .

# Your Baby's Safety



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## Birth to Two Months

Write down all the new physical, language and social advances baby has made.

If your baby was born early or has a disability, carry out the doctor's orders and advice on how to take care of baby.

### Crib

- Place baby to sleep on back.
  - Reduces danger of sudden infant death syndrome (SIDS).
- Keep crib or bassinette side up so baby is protected from pets, other children, and falls.
- Keep crib clear of loose blankets, bumper pads, toys, pillows, and strings.



### Baby's Bath

- Non-slippery surface.
- Shallow water, test temperature on wrist.
- Hold baby's head up with arm around back of neck.
- If you feel weak or ill, do not bathe baby in tub, give baby a sponge bath.
- Never leave baby, even with siblings.

### Dressing or Changing Baby – Table, crib or floor

- Don't leave baby alone on an elevated surface.
- Keep powder, lotion, or other uncovered materials away from baby.
- Keep caps, small objects, strings and jewelry out of baby's reach.
- Place arms and legs carefully into clothing. Bending out of normal position can cause fracture or joint displacement.

### Car Safety

- Use directions for installing car seat securely or have installed by trained person.
- Use rear-facing infant car seat and place in back seat of vehicle.
- Vehicle should be safe and in good condition.
- Baby must always be in properly buckled car seat, which should be reclined.
- Keep objects in car secured so as not to injure baby during sudden stops.



### Carriage/Stroller

- Strong and stable so it won't tip over.
- Baby securely placed and strapped.
- At this age, stroller back should be reclined at about 45°
  - keeps chin off of chest and stopping airway.
- Keep face clear of blankets for breathing.

### Back or Front Carry Pack

- Correct size and material for age of baby.
- Keep baby's head supported.
- Check that baby doesn't slide inside and have trouble breathing.
- Make sure pack is tied securely to person carrying baby.

### Safety – Environment

- Do not smoke or take drugs or alcohol.
- Don't drink or handle hot liquids while holding baby.
- Keep area around baby clear of food, toys, small items, strings, jewelry.
- Maintain a functioning smoke alarm.
- Keep home clean and temperature about 70°
- Learn Infant CPR
- Keep emergency phone numbers handy for:

Doctor: \_\_\_\_\_

Ambulance: \_\_\_\_\_

Emergency room: \_\_\_\_\_

Hospital: \_\_\_\_\_

Fire station: \_\_\_\_\_

Poison Control: \_\_\_\_\_

Nearest relative: \_\_\_\_\_



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# Your Growing Baby's Safety

## Two to Six Months

Baby begins moving more, pushing, pulling, rolling over, getting caught in things nearby or falling off high places. Baby also is putting hands and things in mouth. Begin child-proofing your home.

### Preventing Baby From Falling

- Lower crib mattress to keep baby from falling out over sides.
  - No bumper pads, stuffed animals, or toys so baby won't stand up on them.
- Support baby when sitting up because the head or neck could be hurt.
- Always keep one hand on baby when the baby is on high places (changing tables, beds, sofas).
- When using carrier in shopping carts, hold baby in with belt and secure carrier to cart or else both carrier and baby could fall out.
- A child must be seated and watched carefully if allowed to hold baby.
- If you use a swing, it must be stable; baby must be belted in so as not to fall.

### Vehicle Safety

- Continue using rear-facing safety seat properly secured in back seat of car; never in front seat.
- While baby is in vehicle, do not prop a bottle and keep small objects, cords, and plastic bags out of reach.
- Keep siblings from giving baby their toys.



### Play Pen – A safe place for baby

- Baby can be placed in a playpen in an emergency, if you have to talk on the phone, or when you have to complete tasks.
- If it has slats, must be less than 2 3/8 inches; if has net sides, holes must be less than 1/4 inch.
- No stuffed bumper pads, animals, plastic bags, or pillows in play pen.
- Playpen floor must be secure and strong with firm padding.



### Keeping Baby Safe Around Water

- Test bath water on your wrist to make sure it is not too hot for baby.
- Do not leave alone or with siblings in tub or bathing area, even when baby is able to sit.
- Remember, babies can drown in less than an inch of water in a few seconds.
- Keep pails, cups and other containers with liquid away from baby.
- Do not give baby water-filled plastic bags, gloves or balloons.



### Keeping Environment Safe for Baby

- Check smoke alarm every month.
- Make a plan for family to escape home in case of smoke or fire.
- If baby is burned with hot solid or liquid, apply cool water and call doctor.
- If baby falls or head is bumped, observe if passes out, vomits, or acts different. If so, call doctor or take to emergency room.
- Remember never to shake a baby because the brain can be injured.
- Baby proof home with outlet plugs, door locks.
- Call poison control (1-800-222-1222) or bring to emergency room if baby swallows poisonous material and tell what poison is suspected.



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# Baby's Safety

## Six to Twelve Months

Baby grows and develops rapidly.  
New personality and physical changes can be seen each day.  
Baby can sit, crawl and stand, and will fall often.  
Home must be made safe.

### Preventing Falls

- Install sturdy gates at top and bottom of stairs
- Install operable window guards.
- Keep space in front of windows free of chests, tables.
- Don't allow baby to crawl onto furniture.
- Never use a baby walker because it may tip over or fall down the stairs.
- Keep play area clear of hard, sharp-edged objects and toys.
- If baby falls, check that he is all right before picking him up.
  - If baby acts different, call the doctor or take to emergency room.



### Bathroom Safety

- Keep child away from bathroom by keeping the door closed.
- Keep toilet lid down.
- Keep free of pails or other water containers.
- Keep water heater no hotter than 120°.
- Bathe baby on a non-slippery surface and hold neck and head up.
- Never leave baby alone or with siblings in water.

### Safety Habits to Prevent Suffocating and Choking

- Stay with baby while baby is eating.
- Do not give food or bottle to baby when baby is walking or crawling around home.
- Do not give baby food that could cause choking (peanuts, popcorn, carrots, grapes, hotdogs).
- Learn how to remove food or other items from choking baby.
- Learn CPR from your doctor or nurse.
- Keep baby's crib away from windows, curtains, and cords from blinds.
  - Tie cords high and out of reach.
- Remove labels from stuffed toys.
  - Remove mobiles from crib because baby can reach parts, pull, and put into mouth.

### Kitchen Safety

- Keep baby from walking or crawling around kitchen.
- Place baby in a safe place nearby (playpen, low highchair) when you cook or work in kitchen.
- Keep baby away from stoves, refrigerators, and hot appliances.
- Keep pans toward back of stove; turn handles inward.
- Do not hold baby and work with the stove at the same time.
- Keep waste receptacles closed and out of baby's reach.
- Keep small fire extinguisher available in kitchen.
- If child is burned, apply cool water and loose bandage, and call doctor or take to emergency room.

### Child-Proofing Home for Safety

- Keep matches and lighters away from children.
- Do not keep guns or firearms in the home, or
  - Keep guns unloaded, with a safety device, and stored in a locked place.
- Throw away all water, chemicals and other mixtures after use.
- Check smoke alarm batteries monthly.
- Keep tool chests locked so baby won't be caught or injured.
- Keep baby out of garage and basement.
- Apply child-proof latches to cabinets.





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# Baby's Safety

## One Year

Baby is more independent and curious.  
Runs about, is reckless, and always exploring new things.  
Takes toys and other things apart.

### Car Safety

- Use a forward-facing car seat if baby weighs over 20 pounds and is at least one year of age.
- Baby should never be left alone in vehicle, especially in hot weather.
- Driver should make sure he/she knows where the child is before moving vehicle.



### Water Safety

- Keep baby away from ice chests, hot tubs, buckets, whirlpools, and washers in and outside the home.
- Always stay with baby in swimming pools and kiddie pools.
- Keep baby away from ponds. It is difficult to save a child from a deep, muddy pond.

### Falls

- Keep baby securely strapped in stroller, high chair, swing, or shopping cart.
  - Use buffer or protector around belts of shopping cart which may be soiled.
- Never leave alone on counters, beds, tables, couches, or other high places.
- If riding on bicycle with adult, should be in a rear-mounted seat, wearing helmet.

### Prevent Poisoning

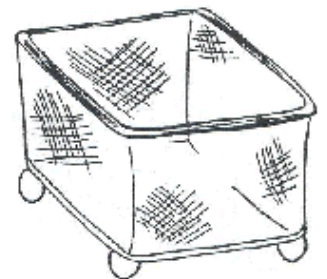
- Keep cleaning products, alcohol, and medications up high and away from food.
- Keep plants and planting pots out of reach of baby.
- Keep baby away from poisonous plants, flowers and trees outside the home.
- Keep medications and cleaning supplies in a locked cabinet.
- Have safety caps on all medicines and household chemicals.
- Keep camphor and other items in a locked area.
  - Never store lye cleaners in the home
- Call Poison Control (1-800-222-1222) or bring child to emergency room if child may have eaten anything poisonous.

### Safety Points for Day Care/Other Homes

- Cribs and mattresses and places used for care of baby should be same as suggested for home.
- No wires or cords near crib or play area.
- Cover electric outlets and barricade electric appliances and cords.
- Remove water containers, medicines and plants from baby care area.
- No guns or ammunition.
- Keep hot food and liquids, and utensils out of baby's reach.
- Keep window areas clear of furniture and use window guards.
- Gates should be in place at all stairs and rooms that are off limits.

### Safety – Environment

- Keep baby away from front-loading dryers and washers.
- Remove all breakable items from tables and cabinets, and install child-proof latches to cabinets.
- Place crib mattress at lowest level. No large toys or bumper pads.
- Do not allow baby near electric or motorized toys, toys with small pieces, or balloons.
- Don't store toys in chests with lids where child can be caught or injured.
- Continue to use gates at the top and bottom of stairs.
- Keep child away from electric outlets and stoves.
- Keep child in safe place (high chair or playpen) when working and cooking in kitchen.
- Keep baby in a safe place when you grill outside or use lawnmower.





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# Child's Safety

## Two Years

Runs, jumps and climbs anything within reach.  
High risk of injury, no fear, doesn't know consequences.  
Requires supervision and guidance to reduce injury.

### Outdoor Play Safety

- Watch and help child when playing on slides, swings, and seesaws.
- Playground surface should be soft
  - chipped rubber, wood chips, sand.
- Don't allow fighting or pushing among children.
- Equipment should be safe for age group, made of plastic or soft material, and in good repair.
- Stay with child when riding tricycle.
  - must wear an approved well-fitting helmet.
- Keep alert for strangers or older children.

### Falls

- Never allow child to stand up in stroller, high chair, or shopping cart.
- Never leave alone on any high surface.
- Keep chairs, beds, and tables away from windows, even those with screens.
- Hold child's hand on stairs and escalators
  - teach to hold onto handrails.
- When child can climb out of the crib, change to a low small or youth bed.

### Safety Measures if Child Falls

- Call doctor, 911, or other emergency number if
  - child has possible head, neck, or back injury.
  - there is bleeding from any body area that can't be stopped with slight pressure.
  - child has seizure – do not restrain or put anything in mouth, do rescue breathing if child stops breathing.

### Call 911/Emergency Number when Child is

- Unconscious (not responding).
- Choking (not responding to Heimlich/abdominal thrusts).
- Unable to breathe.

### Water Safety

- Keep child away from ponds, ditches, rain barrels, pails.
- Do not allow running, pushing or dunking at pools.
- Do not use inflatable toys, floats, or arm bands to keep afloat
  - supervise at all times, keep within arm's length.
- Remove toys from pool after use so the child won't reach for them and fall in.
- Do not have siblings or other children watch child for you.
- Know CPR and how to rescue a child.

### Fire and Burn Prevention

- Keep child away from heaters, fireplaces, hot stoves, and lit candles.
- Cook on back burners and turn pot handles inward.
- Do not leave lighters or matches in reach of children.
- Keep chemicals and cleaners locked and away from your child.
- Supervise child during family outdoor grill cooking.
- Maintain smoke alarms, fire extinguisher and fire escape plan.



### Safe Environment

- Stay with child when eating at the table or in a high chair – be prepared if child chokes.
- Help prevent choking by not giving child hotdogs, hard candy, olives, popcorn, carrots, grapes or nuts.
- Keep children away from plants and stoves.
- Know CPR and first aid – obtain a first aid kit.
- Make sure used cribs, safety seats, and playpens meet current safety standards.



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# Child's Safety

## Three to Five Years

Increased coordination, physical control, communication  
Beginning to make choices, can't judge safety, tests limits  
Begin to establish and enforce rules for child's safe behavior

### Safety in Home

- Keep doors to balconies and fire escapes locked.
- Keep sharp objects (scissors, pens, knives) in a safe place out of reach.
- Teach child not to play with matches, lighters and keep out of reach.
- Do not allow playing with buttons, coins, marbles, plastic bags, or balloons.
- Keep stairs and play area free of clutter.
- If there are guns in home, they should be kept unloaded and locked up.
- Remove poisons and toxic products from home or keep in locked cabinets out of reach.
- Keep telephone, electrical, blind or drapery cords outside of child's reach.
- Learn first aid and CPR, teach safety skills to the child.
- Remember that a child with a disability needs more attention to avoid falls and other injuries.

### Traffic Safety

- Use forward-facing car seat properly installed in back seat.
  - If child is over 40 lbs, switch to booster seat.
- Begin teaching pedestrian skills.
  - Stop at curb or edge of road, look, listen.
  - Never cross street without grown-up.
  - No crossing or darting into street.
- Bicycle should be correct size and in good condition and child should never ride in street.
- Always wear approved, well-fitting helmet.

### Fire and Burn Prevention

- Test smoke alarms each month, conduct fire drills.
  - Make fire/escape plans.
- Keep hot liquids, grease, foods and hot pans on stove out of reach.
- Teach child safety around kitchen appliances, and hot surfaces (iron, oven, outdoor grill).
- Have heating systems and fireplace chimneys inspected yearly.



### Safety Outside Home and in Public

- Keep child away from lawn mowers, overhead garage doors and electric tools.
- Supervise all play near street, driveway, yard
  - Know where child is at all times.
- Don't have young siblings supervise child.
- Avoid use of trampolines until child has good balance and strength.
- Check that playground is safe and maintained.
- Teach child not to talk to or go with strangers.
- Teach child their phone number and address.

### Stings and Bites

- Remove stinger, apply cold compress
  - If child has trouble breathing or extreme swelling, call 911.
- Spider bite – call doctor and describe spider.
- Snake bite – keep child at rest with injured part at or slightly below heart and take to emergency department.
- Ticks – Keep child away from woods, tall grass and brush. If bitten, remove tick quickly and carefully.



### Water Safety

- Never let child swim alone.
- Do not allow to play around any water (lake, river, ditch, pool, ocean) unless adult watching.
- Never let child swim in canals, rivers or ponds.
- Pools must have four-sided fences, self-closing and self-latching gates.
  - Maintain rescue equipment by poolside.
- Have child use life jackets or personal floatation devices (PFDs) with water activities.
- **Know CPR and how to get emergency help. Keep emergency phone numbers handy for:**

Doctor: \_\_\_\_\_

Ambulance: \_\_\_\_\_

Emergency room: \_\_\_\_\_

Hospital: \_\_\_\_\_

Fire station: \_\_\_\_\_

Poison Control: \_\_\_\_\_

Nearest relative: \_\_\_\_\_



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# Child's Safety

## Six to Ten Years

More knowledgeable.

Understands right and wrong, and reasoning.

Stronger, more coordinated.

Needs appropriate boundaries yet allow growing independence.

### Vehicle Safety

- Use booster seat until the child is at least 4' 9" tall.
- Never have child in front seat of vehicle with passenger airbag.
- Do not allow child to ride motorcycles or all-terrain vehicles; child lacks perception of speed and distance, and ability to control vehicle.
- Don't drive into flood waters.

### Water Safety

- Teach child how to swim.
- Teach and reinforce safety rules such as:
  - Never swim alone or dive into unknown water.
  - Must be supervised by adult when swimming or playing near any body of water.
  - Do not swim or play near wells, rivers, streams, canals, flooded streets, or ditches with rushing water.
  - Do not dive from swimming pool sides unless the water is at least 9 feet deep.
  - When diving from a diving board, the water must be at least 12 feet deep
- Any pool area must have a life preserver and shepherd's hook for emergencies.
- Use life jacket when boating and fishing.
- Don't walk or ice skate on ponds or lakes with ice less than 12 inches thick.

### Bicycle Safety

- Bicycle must be correct size and in good repair.
- Understand and use bicycle rules of the road:
  - Ride on sidewalk, bike path, or right side of road with traffic.
  - Use correct hand signals, obey traffic signals
  - Don't ride after dusk.
- Wear approved well-fitting bicycle helmet.
- Walk bike across intersections and railroad crossings.
- Adult should supervise child who is riding.

### Safety In and Around the Home

- Check smoke alarm batteries each month.
- Make fire and disaster escape plans.
- Be sure child knows emergency phone numbers and safety rules for home.
- If guns are in home, keep them unloaded, locked, and apart from ammunition.
- Do not allow to operate electric or motorized farm equipment, tools or machinery (saws, drills, cutters).
- Teach reasons for safety behavior.
- Know first aid, CPR, and where to call for help.

### Safety Outside the Home

- Must be supervised before and after school in a safe environment.
- Must understand and practice rules for crossing streets, railroad tracks, and taking school bus.
- Playground equipment must be age-appropriate and in good repair. Surfaces made of 12-inch deep rubber, chips, or sand.
- When engaged in sports, need to wear protective gear for the sport (mouth guards, helmets, knee pads, eye protectors, shin guards).
- Foster self-responsibility for safety behaviors.
- Help child to gain confidence in making good choices.

### Neighborhood and Community Safety

- Child should be taught rules at home and school on how to be safe around strangers.
  - Never open door.
  - Don't go near or in stranger's vehicle.
  - Run and call for help if any person tries to hurt or put you into vehicle.
- Child should not be left alone without supervision.
- Monitor child's computer activities. Block internet sites that include adult material and that may lead to child abuse or abduction.