



Give Your Child a Safe Start





Safety Tips for Your Growing Child

From birth, your baby will continue to grow and develop. And with each new ability, comes new risks. To keep children safe, parents need to stay one step ahead. If you anticipate how your baby's next milestone will affect his or her ability to explore the surroundings, you can be ready for almost anything!


Newborns and Young Infants (0-6 Months)

Congratulations on your new baby! Here are some things to consider when keeping your newborn safe:

- Baby is put to sleep on his or her back and sleeps in a crib, bassinet or playpen. See *Safe Sleeping*, page 2.
- Your baby needs to ride in a rear-facing child car seat. See *Safety in the Car*, page 4.
- Have a working smoke alarm on each level of your home. See *Burns and Scalds*, page 6.
- Use harness straps on car seats, change tables and other baby equipment. See *Falls*, page 8.

Baby (6 months to a year)

Now that your baby is almost a year old, he or she is very busy learning about what his or her body can do. Your baby will soon be crawling, learning to walk and getting into more things. Baby will try new food tastes and textures. He or she loves to pick up small items and put them in the mouth. Baby's skin is thin and more easily scalded by hot water or food.

- Your baby needs to ride in a rear-facing child car seat until two years of age. See *Safety in the Car*, page 4.
 - Keep small objects and poisons out of reach (such as balloons, coins, batteries, medications) See, *Choking*, page 10 and *Poisoning*, page 14.
 - Keep your hot water temperature at 49° C (120° F) and keep hot liquids out of reach. See *Burns and Scalds*, page 6.
- 



Toddler (1-3 years)

Toddlers are developing in so many ways. They are trying new foods, learning about their bodies, walking, running and climbing! While your toddler wants to be more independent, you still need to help with just about everything. Make sure the environment is safe as your child explores.

- Never leave your child unattended near water, including the bath. See Water Safety, page 16.
- Use warning labels to choose toys that are safe for children under 5. See Product Safety, page 12.
- Your child should ride in a rear-facing car seat to age 2. To learn when to start using a forward-facing car seat, see Safety in the Car, page 4.

Preschool (3-5 Years)

Pre-school children are full of curiosity. They like to pretend, “help” you with chores, imitate you, and explore their surroundings. While your preschooler might be able to tell you what is safe, but he or she can’t be expected to remember rules when in danger.

- Keep cleaners, medications and other hazardous products locked up and out of reach. See Poisoning, page 14.
- Your preschooler should ride in a forward-facing car seat. See Safety in the Car, page 4.
- Stay within arm’s reach around traffic, bodies of water and when climbing play structures.

**CLOSE SUPERVISION IS STILL ONE OF THE BEST
WAYS TO KEEP YOUR CHILD SAFE.**





Did you know...?

More children in Canada die from injuries
than from any other kind of sickness!

Injuries don't just happen....

In fact, up to 90% of injuries can be prevented!

To learn more...

about preventing injuries to your child,
watch the video, Give Your Child a Safe Start.

www.bcchildrens.ca/safestart







Every year, Winnipeg Children's Hospital treats thousands of injured children. This booklet will help you keep your children healthy and safe.

Many things in your home can hurt your child.

By taking a few simple steps, you can prevent injuries and give your child... a safe start.

 Safe Sleeping.....	2
 Safety in the Car.....	4
 Burns and Scalds.....	6
 Falls.....	8
 Choking.....	10
 Product Safety.....	12
 Poisoning.....	14
 Water Safety.....	16
 Your Home Safety Checklist.....	18



Safe Sleeping

Did you know...?

Your baby's crib should be made after September 1986 and meet Canadian safety standards.

Pillows, plush toys, sleep positioners, comforters and bumper pads should **NOT** be put in your baby's crib.



plush toys



pillows



comforters



sleep positioners



bumper pads

What do I need to know?



Always put your baby on his or her back to sleep. The safest place for your baby to sleep is alone in a crib, close to your bed, wearing just a sleeper (with no extra bedding, bumper pads or toys).



Check that your baby's crib mattress is firm and fits tightly. If there is a gap, your baby's head could get stuck and he or she could stop breathing.



A car seat, stroller, baby swing, or bouncer seat are not safe places for your baby to sleep.



Keep blind cords up high and out of reach of your child, so that your child's neck cannot get caught in them.

Safety in the Car

Did you know...?

Car crashes are the leading cause of death and serious injury to children in Canada.

All children need to ride in a car seat that is right for their age, weight and size.



(Photo courtesy of Kingston Whig Standard)

How can I keep my child safe in the car?



Make sure you have a Transport Canada approved child car seat.



Read the car seat instructions to show you how to put your car seat in the car the right way.



Babies and young children should ride rear-facing until age 2. The safest place for your baby and all children under 13 years old to ride is in the back seat.



Make sure your child is riding safely in their car seat, each and every time you go in the car.

Burns and Scalds

Did you know....?

Burns are the second leading cause of injury to children under 5 years old.



Hot tap water, hot drinks, soup, the glass of a gas fireplace, the oven door and a stove element can cause serious scald and burn injuries.

To protect your children from fire and burns...

- install a smoke detector on each level of your home and test it monthly
- no smoking in your home
- keep matches and lighters away from children
- make sure your electrical outlets are fully covered
- keep your hot water temperature at 49° C/ 120° F

How can I prevent burns?



Keep hot drinks and hot food away from your baby.



Use the back burners when you cook and turn pot handles towards the back of the stove.



Always check the bath water temperature with your arm or elbow, before putting your baby in the bath tub.



Install a bolted gate around your fireplace or a screen that bolts into your fireplace.

Keep all appliances and cords away from the edge of the counter.



Falls

Did you know...?

Falls are the most common cause of injury to babies and children. Babies can easily fall from stairs, a bed, sofa, table or even an open window.

Falls can cause broken bones and serious head injuries.



Put a safety gate at the top and bottom of stairs. Make sure your gate at the top of the stairs is bolted into the wall.

How can I prevent falls?



Always use the safety belt on your child's stroller, high chair, shopping cart and other baby equipment.



Secure TVs and furniture to the wall, so they don't fall on your child.



Place bouncer chairs and car seats on the floor rather than on a table or counter.

Your baby can wiggle and knock them to the floor.



Move furniture away from windows and install window safety devices. Your baby or young child could fall out of an open window.

Screens will not protect your child from falling out of windows.

Choking

Did you know..?

Coins are the number one cause of choking in children.

Babies, toddlers and young children like to put things in their mouths. They can choke if food or small things get stuck in their throat and block their breathing.



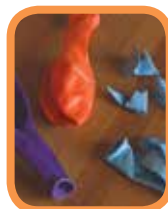
How can I prevent choking?



Always stay with your child when he or she is eating.



Keep coins, all batteries, balloons and other small things away from babies and young children.



Cut whole hot dogs and whole grapes into small pieces before giving them to your child. Babies and young children can choke on these.



Keep gel candies away from children. Gel candies can cause your child to stop breathing.



Product Safety

Did you know...?

Every day, products for children are recalled due to safety concerns.



Contact Health Canada to see if your child's products have been recalled.



What do I need to know?



Check your child's toys for small magnets and keep these out of reach of young children. If two or more magnets are swallowed, this can cause serious damage inside the body.



Check your child's toys for lead. Lead can be very harmful to babies and children.



Do not use baby walkers. Baby walkers are banned in Canada. These products have caused a lot of injuries and deaths to babies.



Fill out the product registration card on all new products for your child.

Poisoning

Did you know...?

Over half of all poisonings occur in children younger than 6 years of age. Most of these poisonings happen in the home.

Many things in your home can poison children. Just a little bit of poison can make your child very sick.



How can I prevent poisoning?



Put poisonous products up high in a locked cupboard.



Put bottles with safety caps in the locked cupboard as well. These bottles are not child proof. Young children can easily take the caps off.



Children often can't tell the difference between products that are harmful and ones that are safe. Harmful products need to go in a locked cupboard as well.



Keep plants away from babies and young children. Many plants are poisonous.

Keep the Manitoba Poison Centre number
(1-855-776-4766) beside the phone.



Water Safety

Did you know...?

Drowning is the second leading cause of death to children aged 1-14 years in Canada.



Be within arms' reach of your child at all times when in, on or around the water.

How can I prevent drowning?



Always stay right beside your child when he or she is in the bathtub. If you have to leave, take your child with you.



Know that infant bath rings and bath seats are not safe. Your baby could slip into the water. Stay with your child at all times.



Make sure young children, weak swimmers and children who cannot swim, wear a life jacket or personal floatation device.



Any amount of water, no matter how small or shallow, can be a drowning danger for your child. Be within arms' reach of your child at all times.



Your Home Safety Checklist


Kitchen


- Chairs and step-stools are well away from the counters, sink, microwave and stove.
- Knives, scissors and other sharp utensils are out of reach or in a drawer with a child safety latch.
- The stove's back burners are used when cooking and hot food and drinks are kept away from edges of tables and counters.
- Appliance cords are out of reach.
- Plastic bags and food items small enough to cause choking are kept away from babies and toddlers.
- Household cleaners, medications, vitamins and other poisons are out of reach or locked up.
- A fire extinguisher is conveniently located.

Bathroom

- Medicines, cosmetics and cleaners are stored in a locked medicine cabinet or well out of a child's reach.
- Electrical outlets are grounded and have protective plug covers.
- Hair dryers, curling irons and other electrical appliances are unplugged and out of a child's reach.
- Non-slip mat or decals are placed in tub.
- An infant bath ring or bath seat is not used.
- The hot water is no hotter than 49°C or 120°F.

Child's Room


- The crib is in good condition, made after 1986 and has been checked for recalls.
 - Mattress fits snugly without gaps to prevent a small head from getting caught.
 - No bumper pads, pillows, quilts, duvets or toys in crib.
 - Beds and cribs are placed away from the window and any electrical cords.
 - Dresser and bookcases are anchored securely.
 - Diaper changing products (pins, powders, wipes, oil, etc.) are stored away from babies or small children.
- 

- 
- Blind and drapery cords are cut or tied up high.
 - The toy chest has ventilation holes and a lid that can be opened from the inside.
 - Night lights are placed in high sockets and away from bedding, draperies or fabrics.

Living Room

- TV sets and other heavy furniture are anchored securely.
- Sharp corners and edges on tables have been covered with soft cushioning.
- Fireplaces and wood stoves have fixed safety guards around them.
- Matches and fire starters are out of reach of children.
- Windows and sliding doors have safety locks.
- Poisonous houseplants have been removed.
- Blind and drapery cords are cut or tied up high.
- Furniture (side tables, couches) are well away from windows.
- Non-slip mats are placed under area carpets.

Around the Home

- Smoke alarms are installed in bedrooms and hallways on each level and are checked monthly.
 - Electrical cords are secured out of reach.
 - Child's surroundings have been cleared of small objects that could cause choking.
 - Top of stairs are protected with a gate that hardware-mounts to the wall.
 - Door knob covers are placed on doorknobs to stop a child from opening doors to unsafe areas.
 - Ponds, swimming pools, and hot tubs are surrounded by four-sided fencing with a locking safety gate (between the house and pool).
 - Empty wading pools when not in use.
 - Emergency phone numbers, including Manitoba Poison Centre (1-855-776-4766), are kept by the phone.
- 



Resources

Safe Sleep

Public Health Agency of Canada
(see Information for Parents)
www.phac-aspc.gc.ca

Fire Prevention

Manitoba Office of the Fire
Commissioner
www.firecomm.gov.mb.ca

Child Car Seat Safety

Manitoba Public Insurance
(see Road Safety)
www.mpi.mb.ca

Transport Canada (see Road)
www.tc.gc.ca/eng

Water safety and First Aid

Canadian Red Cross
www.redcross.ca
(see What We Do)

Poisoning Prevention

Manitoba Poison Centre
1-855-776-4766

Product Safety

Health Canada
www.healthycanadians.gc.ca

General Safety

Parachute
www.parachutecanada.org

Caring for Kids

(Canadian Paediatric Society)
www.caringforkids.cps.ca

Your Public Health Nurse

Call Health Links
(in Winnipeg: 204-788-8200,
Toll Free: 1-888-315-9257) for
contact information for your
Public Health office or for health
and safety information.

This booklet has been adapted and reproduced with the permission of B.C. Children's Hospital



Winnipeg Regional
Health Authority
Caring for Health

Office régional de la
santé de Winnipeg
À l'écoute de notre santé

