

## Burns

- Do not leave your child alone near open flames or hot surfaces.
- Teach your child that the fireplace, heater, and stove are hot and can hurt.
- Keep matches and cigarette lighters out of your child's reach. Children as young as two can light a match and start a fire.
- Always turn pot handles away from the edge of the stove.
- Use back burners for cooking.
- Keep cords to kitchen appliances, irons, and curling irons out of your child's reach. Unplug all appliances when you are not using them.
- Do not let your child turn on the hot water.
- Check water temperature before putting your child in the bath water.
- Block electric plug outlets with safety inserts to prevent electric burns.



## Drowning

Did you know that it is possible for your child to drown in two inches of water? Your child can drown within a few minutes. Adults are often nearby but do not see their child fall into the water. Drowning children do not splash or cry for help. Drowning is a silent event. Protect your child.

- The pool should be fenced. Check with your building or local Health Department to find out how high the fence should be.
- Make sure gates close and lock securely.
- Children should not be able to reach locks.
- Never leave your child alone around a pool. Never leave your child with other children in or around a pool or spa.

### **If you find your child under water and not breathing:**

- Get your child out of the water.
- Have someone call 9-1-1 right away. Begin CPR.

### **Your child can drown in many places:**

- Do not leave your child alone in a bathtub or near buckets with water. A child can drown in a few inches of water.
- Keep the bathroom door closed and toilet lid down.

## Car Safety

Car crashes kill many children each year. Children are not safe in your lap. The force of the car in a crash will throw your child. Your child will be tossed around inside the car or thrown outside the car to the street. All 50 states have car seat laws for children.

Many state laws say that children must ride in car seats until they are at least 6 years old or weigh 60 pounds. Talk to your doctor to make sure you know your state's laws. You can also check with the American Academy of Pediatrics ([www.aap.org](http://www.aap.org) click on *Safety Car Seats*) to learn more about car seats. Always use an approved car seat the right way: Car seats come as infant car seats, convertible car seats, or booster seats.

Make sure that your child weighs the right amount for the seat you are using. Place your car seat in the back seat of your car. Infants should face the back window. Toddlers and preschoolers may face the front window. Make sure all belts are pulled tight. \*Adults – you need to wear your seat belts too!

Never leave your children alone in the car. Many children have died as the result of heat rising very quickly inside the car. Take your children with you, even if you think you will only be gone for a minute.



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## How Safe is Your Family?



Your Extended Family.

## Start With a Simple Test

1. Do you and your family members always use seat belts when riding in a car?  
 YES  NO
2. Do your children wear bike helmets when bike riding?  YES  NO
3. Are all your medicines kept in bottles with childproof tops?  YES  NO
4. Are household cleaners kept out of your children's reach?  YES  NO
5. Do you keep an eye on your children when they swim or are near water?  
 YES  NO
6. Do you use back burners when cooking on the stove?  YES  NO
7. Can your children get to an open window and fall out?  YES  NO
8. Can your children get to stairs and possibly fall down?  YES  NO
9. Have you ever left your children locked inside a car alone?  YES  NO

**Did you check NO for any of the questions numbered 1 – 6, or YES for any of the questions numbered 7 – 9? If you did, your family may not be as safe as you think.**

## Around the Home

- If you have guns, keep them locked up. Keep guns in a different place from where you keep the bullets.
- Do not let your child play around old refrigerators or other appliances. Lock up old refrigerators and have them picked up for disposal right away. Your child could get trapped inside and suffocate.
- Keep sharp objects out of your child's reach. Lock up tools. Talk to your children about the danger of sharp objects.
- Do not put your child in a baby walker. It could roll downstairs or into a pool or street. Walkers do not help your baby learn to walk and can be dangerous.

### Falls

Never leave your baby on a bed or sofa alone. Babies can wiggle off beds or sofas. Babies are safe only in a crib with the sides up or in a playpen.

Use an approved child-safety gate to block stairways so that your child cannot fall down the stairs. Children move very quickly.

### Poison

Many things in your house can be poisonous to your child. If your child eats or drinks something poisonous, your child



may become seriously ill. Your child could even die if you do not get help quickly.

### What might be dangerous in your home?

- Make-up
- Cleaners
- Some plants
- Medicines
- Gasoline
- Bug killers
- Antifreeze
- Paint
- Drain cleaners
- Fertilizer
- Vitamins
- Battery acid
- Soap
- Bleaches
- Paint thinners

Always keep these products in their original bottles. Lock dangerous things in a cabinet to keep them out of your child's reach. If you think your child ate or drank something dangerous, call the poison control center right away. Get help and call Poison Control Center, 9-1-1, or your provider before you do anything to help your child. Tell the person what you think your child ate or drank.

## Choking

Your child can choke on many things. Do not give foods such as:

- Nuts, popcorn, hard candy, pieces of carrots and hot dogs, apple peels, and whole grapes to children under two.

- Read the packages of toys to see what age is appropriate. Children under three put everything in their mouths. Your child could easily choke on small toys – or pieces of toys.
- Do not give balloons or plastic bags to children under two - your child can choke on balloons. Children have died from breathing in the deflated balloon and suffocating. This can also happen with a plastic bag.

If your child cannot breathe, call 9-1-1 right away for help. Your child needs medical help quickly. All parents should learn to do the Heimlich Maneuver. For more information, call your local American Red Cross.

