

## Keeping Your Child Safe

To prevent potentially dangerous accidents from happening, child-proof your home to ensure safety. Here are some ideas for preventing accidents in your home:

### **Falls:**

- Use night lights and skid-proof rugs.
- Put safety gates at top/bottom of stairs
- Do not put things on steps.
- Move furniture away from windows.
- Use safety straps on high chairs and strollers.
- Never turn your back on a baby on a bed, changing table, or counter.
- Be careful when your child is in a walker.

### **Burns:**

- Keep your child away from fires, heaters, and furnaces.
- Lower water temperature. Always check the temperature in your baby's bath water.
- Turn pot handles into the stove. Keep hot dishes away from the edge of the table.
- Never carry a baby and hot food at the same time.
- Keep matches out of reach and in child-proof containers.
- Install smoke alarms and fire extinguishers. Check them monthly.
- Create a fire escape plan and practice it.
- Teach your child to Stop, Drop, and Roll if their clothes catch on fire.

### **Poisons:**

- Keep medicines, cleaning supplies, and chemicals out of reach and in child-proof containers.
- Put safety locks or latches on cabinets.

### **Suffocating/Choking:**

- Keep plastic bags out of reach.
- Keep curtain and blind cords out of reach.
- Keep anything 2 inches or smaller away from infants and toddlers.
- Never tie a pacifier around an infant's neck.

### **Shocks:**

- Cover outlets with plastics caps
- Keep appliances out of baby's reach.
- Keep appliances away from water.

### **Drowning:**

- Always stay with a child around water. A young child can drown in a few inches of water – even in a bathtub!
- Always use a be sure life jackets.