

Be Safe, Not Sorry

1-3
Years

Injury is the biggest danger to your child's life.

At this age, your child will learn to talk, walk, run, climb, and open doors. Your child wants to explore everything. Your child does not understand danger. He will not always know or remember what you say. Just saying "no" will not keep your child safe.

Be Ready. Watch your child closely.

Do you do these things to keep your child safe?

Safe in a Car

By law, children under the age of 8 must be secured in a car seat or booster seat riding in the back seat.

- I buckle my child correctly into a car seat for every ride in the car.** I fasten the car seat in the back seat of the car away from air bags. I make sure the harness straps fit snug around my baby and place the retainer clip at armpit level.
- I make sure the car seat is the right size for my child.** My child's car seat can face forward only after my child is at least 1 year old AND over 20 pounds.
- I never hold my child on my lap while I drive or ride in a car.** My child could be crushed by my body or thrown from the car, even in a small crash.
- I will never leave my child alone in or around motor vehicles.**

Safe from Drowning

At this age, your child is at great risk for drowning, especially in swimming pools.

- I keep my child from getting near a swimming pool without me.** The pool has a 5-foot fence around all 4 sides. The fence gate closes by it's self and stays shut. The latch on the gate is out of reach of my child.
- I watch my child carefully when I visit a home with a pool.** I make sure all doors leading to the pool are locked. I will look in the pool area first if my child turns up missing.
- I make sure to empty buckets, baby pools and bathtubs right after I have used them.**

Safe from Poisoning (see also Safe From Burns)

Your child will try to put everything into his mouth, even if it tastes bad. Just saying "no" does not keep your child safe.

- I keep all products, such as vitamins, iron pills, make-up and household cleaners, out of sight and reach of my baby.** I use safety latches on all drawers and cupboards. I use childproof caps and keep products in original containers.
- I keep the Poison Control number near my phone.** If my child puts something that may be poison into his mouth, I will call the Poison Control Center at 1-800-222-1222. They will tell me what to do next.



Safe from Falls

Your child is active and can fall a lot. Some falls can badly hurt your child.

- I use gates on the stairways and doorways in my home.**
- I use locks to make sure the windows in my home do not open more than 4 inches.**
- On the playground, I make sure there are rubber mats or at least 12 inches of wood chips or sand under the equipment my child plays on.** This can protect my child from getting hurt in a fall.
- If my child falls, I will watch to see if he passes out, vomits or gets sleepy.**
If any of these things happen, I will call my doctor right away.

Safe on a Tricycle

Your child should always wear a helmet when riding a tricycle or scooter. By law, all children must wear a helmet when riding a bike.

- A bicycle helmet will help protect my child's head when riding a tricycle, or scooter.** The helmet fits snugly and is placed correctly on my child's head. The chinstraps are fastened tight enough so the helmet does not shift on my child's head.

Safe Around Cars

Your child is too young to understand the danger of cars and traffic. It is hard for drivers to see small children.

- I always hold my child's hand and cross the street with him.** When we walk, I talk about how to cross the street safely. I teach my child to look left, then right, then left again. We always cross the street together.
- I do not let my child play behind or between cars, in the driveway, or near busy streets.**
- Before I get in my car, I walk around it to be sure that my child is not behind it.**

Safe from Burns

Your child likes to explore everything and does not understand danger. Hot liquids and food can spill and cause serious burns.

- I protect my child from getting burned by tap water.** I set my water heater below 120°. I always test the water with my elbow or wrist before I use it on my child.
- I keep hot food, hot drinks, and other hot things away from my child.** I keep my child out of the kitchen when I cook. I put screens or gates around fireplaces, wood stoves, or heaters.
- My home has working carbon monoxide and smoke alarms in the areas where my family sleeps.** I test the batteries once a month. I change the batteries twice a year, when daylight savings time changes.

Safe from Guns

- If my family chooses to have a gun, it is always kept unloaded and locked away.** Bullets are kept in a separate place. Trigger locks are used.

I will learn child CPR and First Aid. They can save my child's life.

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IMPORTANT PHONE NUMBERS

Emergency: 9-1-1

Poison Control: 1-800-222-1222

Child Abuse Hotline: 1-800-422-4453