

# Be Safe, Not Sorry

4-5  
Years

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

At this age, your child wants to try new things and make you proud. Your child may try to do things adults and older kids can do. Your child doesn't fully understand danger. Even if you say something is harmful, your child may not always remember to do what you say.

**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 make sure my child is correctly buckled into a car seat or seat belt.** I make sure the harness on my 4 year old is snug. I make sure my 5-year-old is in a booster seat, the shoulder belt lies across her shoulder, not the neck or throat and the lap belt is low and flat across the hips, not the stomach.
- I make sure my child rides in the back seat of the car away from air bags.** That is the safest place for my child.
- I will never leave my child alone in or around motor vehicles.**

## Safe from Drowning

Your young 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, or at a park.** 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.

## Safe from Poisoning

Your child is curious, able to climb up on chairs and open drawers.

- 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.
- California law requires all homes to have working smoke and carbon monoxide alarms.



## Safe from Falls

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

- I use locks to make sure the windows in my home do not open more than 4 inches.**
- I make sure to not place furniture my child could climb near a window.**
- 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 Bike

Your child should wear a helmet when using a scooter, roller blades, skates or a skateboard. By law, all children must wear a helmet when they ride a bike.

- I make sure my child wears a helmet for every bike ride.** The helmet fits snug 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.
- I do not let my child ride in the street or near moving vehicles.**
- I do not let my child ride at dusk or after dark.**

## 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 ask the adults in the homes where my child spends time if they have guns.** I do not let my child visit homes where guns are not stored safely.

## Build Trust and Respect

All children need positive guidance to help them learn and grow. Talking together is a very important part of this.

- I listen to my child's thoughts and feelings.** I want my child to feel he can come to me for help.

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

### CREATED BY:

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### IMPORTANT PHONE NUMBERS

Emergency: 9-1-1

Poison Control: 1-800-222-1222

Child Abuse Hotline: 1-800-422-4453

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