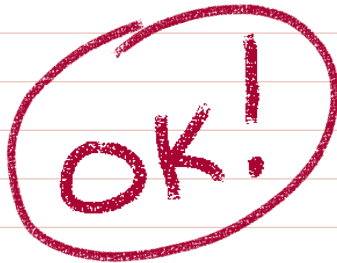


# THE BABY'S HERE!

Safety Tips for Baby's First 30 Days

## YOU HAVE YOUR:

- ✓ Car seat
- ✓ Crib
- ✓ Toys



## AND NOW...

You want to make sure your baby stays safe!

Hush  
Little  
Baby



WAAAAAH...

## WHEN YOUR BABY IS CRYING!!

Babies can't talk. Crying is their only way to tell you what they want. First, check to see if your baby is hungry, too cold or hot, or has a dirty diaper.

### HINTS TO HELP SOOTHE YOUR BABY:

- ✓ Hold your baby close so your baby can hear your heart and feel your warmth.
- ✓ Sing or talk to your baby.
- ✓ Wrap your baby in a blanket.
- ✓ Play soft music.
- ✓ Walk with your baby in your arms or a stroller.
- ✓ Let your baby listen to the radio or noise from a fan.
- ✓ Be patient and play gently with your baby. Ask others to do the same.



And sometimes — nothing works! At this point, put your baby in the crib and take a break for yourself. A crying baby can make anyone lose it, but yelling at, hitting or shaking your baby NEVER works!

2

## BATH TIME — AVOID HOT WATER BURNS, DROWNING AND ELECTRIC SHOCKS.

### YOU CAN:

- ✓ Fill the tub BEFORE putting the baby in.
- ✓ Run cold water into the tub, THEN add hot water.
- ✓ Stir the water around and then check the water temperature with your arm, elbow or wrist before putting your baby in.
- ✓ Be safe by ALWAYS watching your baby while in — or near — water. A good rule is to always keep ONE hand on your baby. Even when the phone rings, DON'T leave your baby in the bath.
- ✓ Make sure hair dryers, curling irons and other electrical appliances are UNPLUGGED and away from the tub or sink. These items can still cause a shock if they fall into water even if they are turned off but still plugged in.



### REMEMBER:

Have the temperature of the water coming out of the faucet checked. It should measure 120 degrees. Do not use the thermometer used to check for a fever to check the water temperature.

Flip ↴

3

## SLEEPING - MAKE SURE YOUR BABY IS SAFE WHILE SLEEPING.

### YOU CAN:

- ✓ Put your baby to sleep in a crib, never an adult bed. Infants can be smothered by blankets, pillows and even sleeping parents. If you don't have a crib, talk to your home visitor, doctor or nurse about other safe sleeping choices.
- ✓ Keep the sides of the crib raised
- ✓ Put your baby to sleep on the baby's back — not the baby's stomach, with a firm, snugly fitting mattress.
- ✓ Check the crib bars to make sure they are close together so that your baby's head won't get stuck — if an upright soda can fits through the bars, this is NOT safe.



Back  
To  
Sleep!

- ✓ Make sure the crib's paint is not peeling.
- ✓ Keep pillows, comforters, quilts, bumpers and soft toys out of the crib.
- ✓ Keep window cords and Walkmans away from the crib — your baby could strangle on them.

4

## CIGARETTE SMOKE CAN HURT YOUR BABY!

When there is a smoker in the home, babies are less healthy. Babies who live with smokers have more ear infections, colds and flu, asthma attacks, pneumonia, allergies, feeding problems, hospitalizations and are more at risk for SIDS (Sudden Infant Death Syndrome).



### YOU CAN:

- ✓ Ask people not to smoke around your baby.
- ✓ Make your home and car NO SMOKING ZONES.
- ✓ Smoke outside but never leave your baby alone.



If you stopped smoking while you were pregnant — CONGRATULATIONS! If not, you may want to think about quitting now. Ask your doctor, nurse or home visitor for help.

5

## FIRES - BABIES CAN'T RUN FROM FIRES.

### YOU CAN:

- ✓ Test your smoke detectors every month and change the batteries once a year — on your child's birthday!
- ✓ Have a smoke-free home by not allowing ANYONE to smoke there.

FIRE!



### FIRE ESCAPE PLAN

Set one up — and practice it.

1. Who will get the baby?
2. Are there 2 ways out of the room?
3. Where will you meet outside?

- ✓ Avoid placing electrical cords under the rugs.
- ✓ Use flame-resistant sleepware: T shirts and other cotton clothes can burn very quickly.

6

- ✓ Keep space heaters 3 feet away from anything that can catch fire (walls, bedding, clothing, people). OVENS SHOULD NEVER BE USED TO HEAT YOUR HOME.
- ✓ Use a screen around space heaters, wood stoves, and fireplaces.
- ✓ Blow out all candles every time you leave a room.

REMEMBER,  
IN CASE OF A FIRE:  
FIRST, LEAVE WITH YOUR  
CHILDREN, THEN CALL 911 FROM  
A NEIGHBOR'S PHONE.

## CARSEATS

- ✓ Use the car seat EVERY time your baby rides in a car or taxi.
- ✓ Place the car seat in the middle of the back seat facing the back of the car when possible.

7

**FOR ADDITIONAL INFORMATION,  
CONTACT YOUR HEALTH CARE  
PROVIDER, OR CALL:**

**Auto Safety Hotline:** 800-424-9393

**Girls' and Boys' Town**

**National Hotline:** 800-448-3000

**Poison Control:**

800-222-1222

TDD: 888-244-5313

**Health Inspector:**

call your local Board of Health

**U.S. Consumer Products Safety**

**Commission (Check for recalls):** 800-638-2772

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# HAPPY 1st BIRTHDAY!

Safety Tips for 9 to 12 Month Olds

- ✓ WALKING & CLIMBING -  
KEEPING LITTLE  
EXPLORERS SAFE



- ✓ BABIES PUT  
EVERYTHING  
IN THEIR MOUTHS



- ✓ LEAD POISONING  
IS DANGEROUS



- ✓ GIFTS YOU WANT  
AND DON'T WANT



## WALKING & CLIMBING - KEEPING LITTLE EXPLORERS SAFE

✓ Move breakable items out of your child's reach.

✓ Remove furniture with sharp edges like coffee tables and end tables.

✓ Use a playpen.

✓ Keep crib side rails up and lower the crib mattress if you haven't already.

✓ When cooking, turn pot handles to the center of the stove and use the back burners.

✓ Unplug hairdryers, curling irons, and clothes irons when not in use.

✓ Keep curious babies away from hot irons, curling irons and hair dryers. Use these items away from your child. While they are cooling down, keep them away from your child. Never leave any of these things on the floor or in a place where your baby can pull them down by the cord!

WHEEEEEEE...



Look Out!



OUCH!

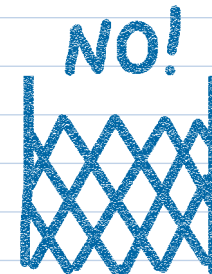
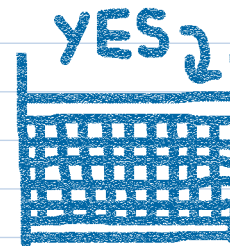
✓ Install window guards on windows, or open the windows from the top not the bottom.

✓ Use safety latches on drawers and cabinets.

✓ Keep cleaning supplies and medicines up high and locked. If your child eats something poisonous, call the Poison Control Center right away!



✓ Install safety gates - the non-accordion type - at the top and bottom of stairs.



✓ Stay with your child if you are out on a porch or balcony.

✓ Put your TV set in a child-safe place; TVs can fall on your child's head from dressers and TV stands.

## BABIES PUT EVERYTHING IN THEIR MOUTHS

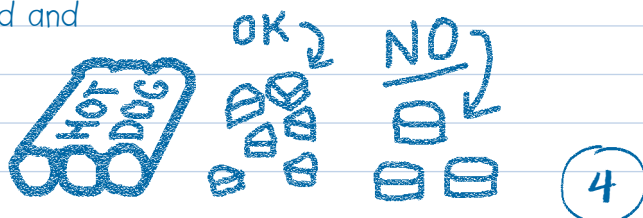
Babies can easily choke on food and small objects. Food is a problem since they don't know how to carefully chew their food.



### YOU CAN:

- ✓ Check for small objects in your baby's play area like coins, safety pins, balloons, crayons, small batteries, nails, screws, jewelry, and small toy parts.
- ✓ Start your baby on "junior" or "stage 2" baby food and mashed table foods. Avoid giving your baby nuts, hard candies, raw carrots, popcorn, raisins and gum.
- ✓ Have your baby sitting up when eating - not lying down, crawling or walking.
- ✓ Be close by when your baby is eating - learn what to do if your baby does choke.
- ✓ Sweep or vacuum your floor every day.
- ✓ Keep ashtrays, pet food and litter boxes out of your baby's reach.

Babies and toddlers choke on hot dogs and grapes. If you use these foods, be especially careful and make sure that they are peeled and cut in to very small pieces.



4

## LEAD POISONING IS DANGEROUS

It can cause speech, hearing, learning, and behavior problems. Children can swallow or breathe in the lead which is in the paint dust and paint chips found in older homes built before 1978. But it is preventable!



### YOU CAN:

- ✓ Avoid play areas with peeling paint.
- ✓ Make sure your child does not play on bare soil.
- ✓ Wash your child's hands frequently.
- ✓ Use only cold water for drinking, cooking and making formula, and let the water run for two minutes before using it.
- ✓ Have your apartment or home tested for lead and have lead removed only by an experienced person.
- ✓ Make sure your baby has a lead blood test by 1 year old (it's the law in Massachusetts).



5

## GIFTS YOU WANT

- ✓ Toddler car seat. Remember, it is safer to keep the car seat facing the back of the car until your child is one year old and weighs 20 pounds.
- ✓ Fun and educational books
- ✓ Age appropriate toys - no small pieces that can break off.
- ✓ Play pen



## GIFTS YOU DON'T WANT

- ✓ Toy guns
- ✓ Toys with easy to swallow pieces
- ✓ Latex balloons
- ✓ Toys with sharp edges

OUCH!

6

## REMINDERS

- ✓ Always use care when your child is in and around water; empty all buckets of water when done.
- ✓ Move all cleaning supplies out of your child's reach.
- ✓ By one year, most children are ready to switch to toddler car seats.
- ✓ Use care when cooking around your child.
- ✓ Change the batteries in your smoke detector once a year on your child's birthday.
- ✓ Keep all animals away from your baby



7

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TDD: 888-244-5313

**Health Inspector:** call your local Board of Health

**Infant First Aid:** For free classes, call your local  
chapter of the American Red Cross

**U.S. Consumer Products Safety**

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# THE FIRST FEW MONTHS

Safety Tips for 1 to 3 Month Olds

- ✓ BABIES NEED TO BE WATCHED AT ALL TIMES.



- ✓ HOT LIQUIDS AND FOOD - AND ALSO THE SUN - CAN BURN YOUR BABY'S SKIN.



- ✓ WHEN BABIES WIGGLE AND MOVE ABOUT, THEY CAN FALL.



TAKING CARE OF A BABY FULL TIME IS A BIG JOB!

## BABIES NEED TO BE WATCHED AT ALL TIMES.

### YOU CAN:

- ✓ Put your baby in a safe place, like a crib or playpen – and check in often – when you need to get work done or take a break.
- ✓ Make sure your baby is never left alone at home or in a car.
- ✓ Watch your child closely when around other children or pets.
- ✓ Find a RESPONSIBLE baby-sitter for your baby.



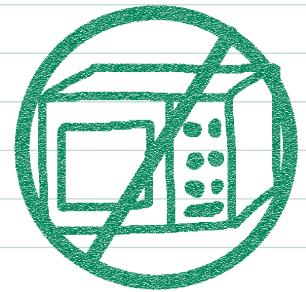
2

## HOT LIQUIDS AND FOOD – AND ALSO THE SUN – CAN BURN YOUR BABY'S SKIN.

### YOU CAN:

- ✓ Put your baby down before handling hot items.
- ✓ Keep hot foods and drinks out of your baby's reach.
- ✓ Test the temperature of your baby's food before each feeding.
- ✓ Heat up formula by putting the bottle in a pan of warm water. A microwave will leave a hot spot in the center of the bottle and your baby can't tell you it's hot.
- ✓ Keep your baby out of the sun; use hats and a carriage cover.

HOT!



### REMEMBER:

If your child gets burned, first run cool water over a burn and then call your doctor.

OUCH!

Flip ↘

3

## WHEN BABIES WIGGLE AND MOVE ABOUT, THEY CAN FALL.

### WHEN YOU ARE CHANGING YOUR BABY YOU CAN:

✓ Gather what you need first.

✓ Keep diapers, wipes and diaper cream near the changing area.

✓ Always keep one hand firmly on your baby.

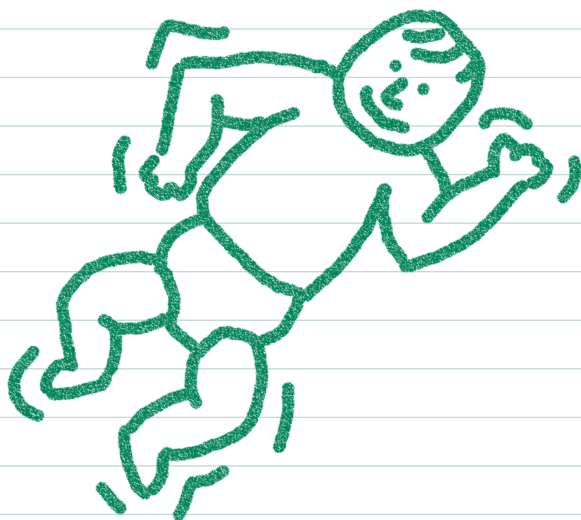
✓ Take your baby with you to answer the phone or door.

**FIRST:**

✓ Diapers

✓ Wipes

✓ Cream



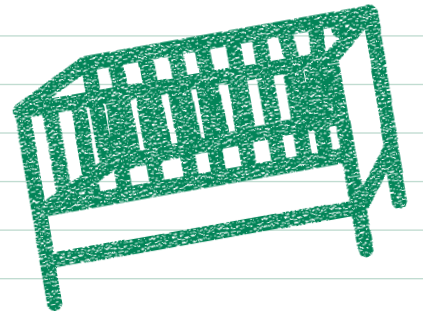
4

### WHEN YOUR BABY IS ON A BED YOU CAN:

✓ Keep one hand on the baby at all times while playing.

✓ Take your baby with you to answer the phone or door.

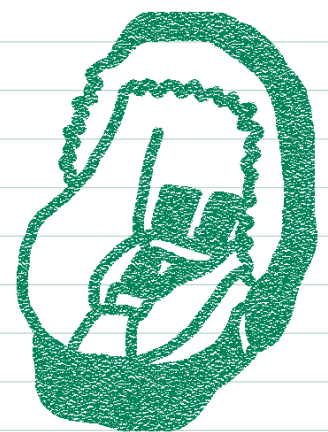
### WHEN YOUR BABY IS IN THE CRIB, MAKE SURE THE SIDERAILS ARE UP.



### WHEN YOUR BABY IS IN AN INFANT SEAT OR CARRIER YOU CAN:

✓ Check that the safety straps are snug.

✓ Keep it away from the edges of high places.



5

## TAKING CARE OF A BABY FULL TIME IS VERY HARD.

### GET SOME TIME FOR YOURSELF

BABY-SITTING TIPS TO HELP YOU RELAX WHEN YOU'RE AWAY FROM YOUR BABY:

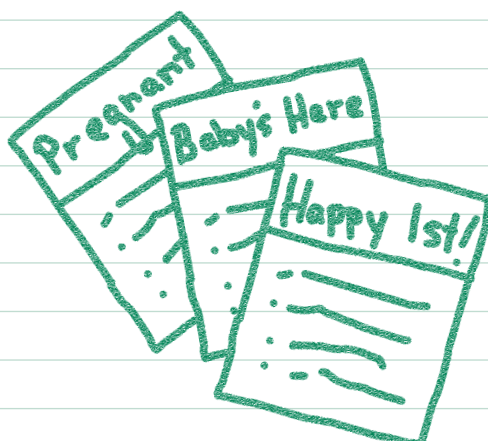
✓ Keep a list of emergency phone numbers near the phone and show it to the baby-sitter.

✓ Right down your baby's date of birth and health insurance information for the baby-sitter.

✓ Let the baby-sitter know where you can be reached.

✓ Ask your baby-sitter to read these tip sheets.

PHONE LIST	
Emergency	911
Poison	800-682-9211
Work	555-6543
Dr. Smith	555-1234



6

### REMINDERS

✓ Crib safety – always put your baby to sleep on the baby's back with a firm, tightly fitting mattress.

✓ Keep soft bedding, soft toys and pillows out of the crib.

✓ Always use a car seat when your child rides in a car – in the middle of the back seat and facing the back of the car when possible.

✓ Keep your baby in a smoke-free area.

✓ Check your smoke detector and practice a fire escape plan.



7

Back To Sleep!

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# BABY'S ON THE MOVE

Safety Tips for 4 to 8 Month Olds

Your baby is now doing a lot more - reaching, grabbing, beginning to eat solid foods, and maybe even crawling. This means your baby can get into a lot more trouble!

## BABIES ARE NOW STARTING TO EAT "SOLID FOOD"

We call it solid food, but it's really mush. Babies can choke if they are given the wrong foods before they are ready.

### YOU CAN:

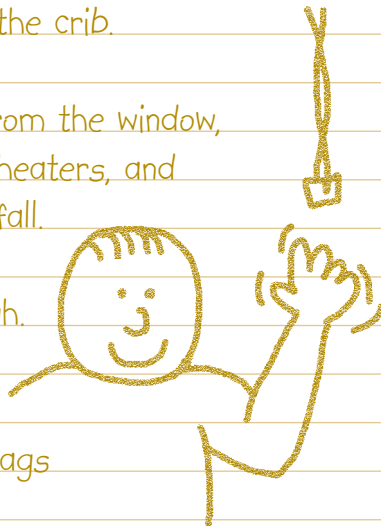
- ✓ Keep baby's food soft and mushy. Babies this age should not eat things like hot dogs, nuts, uncooked carrots, grapes, popcorn, and raisins.
- ✓ Make sure your baby is sitting up while eating.
- ✓ Watch your baby eat.
- ✓ Learn what to do if your baby does choke.
- ✓ NEVER give your baby gum or hard candy.



## BABIES GRAB EVERYTHING - CORDS, PLASTIC BAGS, BALLOONS, YOU NAME IT! THESE CAN ALL HURT YOUR BABY.

### YOU CAN:

- ✓ Keep string, cords, Walkmans and yarn away from your baby.
- ✓ Take hanging crib toys out of the crib.
- ✓ Make sure the crib is away from the window, window cords, curtains, space heaters, and shelves with things that could fall.
- ✓ Move cleaning products up high.
- ✓ Keep balloons, pieces from popped balloons, and plastic bags away from your baby.
- ✓ Place hot irons, curling irons and hair dryers up high while they are cooling - do not leave them on the floor. And make sure the cords are out of reach.
- ✓ Check your home often for these items.



**HINT:** This may seem silly, but the best way to check your home for hazards is to get down to baby height. Crawl around on your hands and knees. You will be surprised how different the world is!

2

## IT'S NATURAL FOR BABIES TO PUT EVERYTHING IN THEIR MOUTHS.

There is no way to stop them from doing this, but you can still keep your baby safe.

### YOU CAN:

- ✓ Remove all small objects before putting your baby down.
- ✓ Keep small objects out of your baby's reach.
- ✓ Teach older children to keep toys with small parts away from the baby.
- ✓ Sweep or vacuum your floor every day.
- ✓ Keep pet food and litter boxes out of your baby's reach.
- ✓ Get a **CHOKING CHECKER** for free from most toy stores or doctors offices. If something fits in the tube, it can go down your baby's throat.
- ✓ Remove poisonous plants, keep only safe plants.



Flip  3

## PREVENT ELECTRICAL BURNS

Uncovered electric outlets and easy-to-reach extension cords can cause severe electrical burns.

### YOU CAN:

- ✓ Put outlet covers on all outlets.
- ✓ Check your electrical cords. Throw away all frayed cords.
- ✓ Run cords behind furniture and along walls, never under a rug.
- ✓ Unplug extension cords that are not being used and store them out of your baby's reach.



- ✓ Move all electrical appliances away from sinks and tubs.



IF YOUR BABY GETS BURNED,  
FIRST RUN COOL WATER OVER THE  
BURN AND THEN CALL YOUR DOCTOR.

4

## CIGARETTES ARE A LEADING CAUSE OF HOUSE FIRES.

### YOU CAN:

- ✓ Make your home and car NO SMOKING ZONES.
- ✓ Smoke outside but never leave your baby alone.
- ✓ Use an ashtray for cigarettes and matches and always put it out of your baby's reach.
- ✓ Keep matches, lighters and ashtrays out of your baby's reach.
- ✓ Avoid smoking while in bed or when tired.
- ✓ Ask people not to smoke around your baby.



REMINDER:  
NEVER LEAVE YOUR CHILD ALONE  
IN YOUR HOME, CAR, OR TUB -  
EVEN FOR A MINUTE.

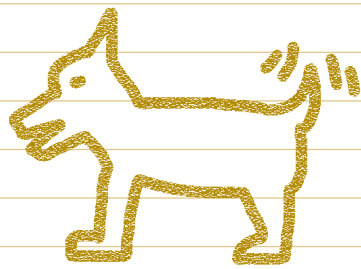
5

## PETS CAN HARM YOUR BABY

Even dogs who are good with older children can think crawling babies are puppies and try to control them by biting them.

### YOU CAN:

- ✓ Keep your baby away from pets, especially when the animal is eating.
- ✓ Keep pet food and litter boxes out of your baby's reach.
- ✓ Stay with your child when around an animal.
- ✓ Keep all animals in cages or on leashes when they are around your baby.
- ✓ Wait until your child is much older to have a pet.
- ✓ Be careful when you visit someone else's home who has a pet.

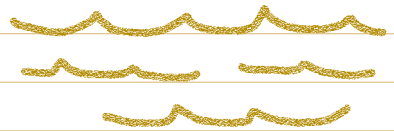


"Nice Doggie"

6

## BABIES CAN DROWN IN A FEW INCHES OF WATER.

Babies are top heavy and can fall into buckets and toilets.



### YOU CAN:

- ✓ Make sure your child is away from the bucket when you are mopping the floor.
- ✓ Always empty buckets of water and cleaning products when done.
- ✓ Put the toilet lid down and shut the bathroom door.
- ✓ Always stay with your baby in a bath.

### REMINDERS

- ✓ Make sure your baby's car seat is installed correctly - in the middle of back seat (when possible) and facing the back of the car.
- ✓ Keep all hot liquids and foods out of your baby's reach.
- ✓ When you are carrying your baby, put down any hot liquid or food.
- ✓ Baby walkers should never be used! They can cause many injuries, your baby can fall down stairs in one, and they can delay walking.
- ✓ Keep your baby out of the sun; at six months, it's safe to start using sunscreen.

7

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CONTACT YOUR HEALTH CARE  
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# SO YOU'RE

Safety Tips -  
Before the Baby Arrives

# PREGNANT

## YOU ARE:

- ✓ watching what you eat
- ✓ taking your vitamins
- ✓ seeing your doctor regularly



## BUT:

OUCH!



**What about safety for your child?**



**REMEMBER: ALWAYS WEAR YOUR SEAT BELT - BEFORE, DURING AND AFTER YOUR PREGNANCY.**

**FACT: IT'S THE LAW! YOUR CHILD MUST ALWAYS RIDE IN A CAR SEAT.**

**YOU CAN:**

- ✓ Get an infant car seat – you'll need it for the ride home from the hospital.
- ✓ Check for programs that give away free or low cost seats.
- ✓ Use the car seat EVERY time your baby rides in a car or taxi.
- ✓ Place the car seat in the middle of the back seat facing the back of the car when possible.
- ✓ Avoid using the front passenger seat in cars with air bags, since they can be dangerous to children under 12 years old and short adults.
- ✓ Check that the car seat is buckled tightly with the seat belt.
- ✓ Send in the registration card in case of a product recall.



**FACT: LEAD FROM PAINT OR OLD PIPES CAN PASS FROM THE MOTHER TO HER UNBORN CHILD BEFORE BIRTH.**

**YOU CAN:**

- ✓ Make sure your house or apartment — if built before 1978 — has been tested for lead paint or dust by a licensed inspector.
- ✓ Have the lead removed by a licensed person and be sure it is properly cleaned before you return — DO NOT try to do this yourself.
- ✓ Make sure it's a lead-free area before doing any kind of painting or remodeling.
- ✓ Use only cold water for drinking, cooking, and making formula, and let it run for two minutes before using it to drink or cook.



**FACT: BABIES CAN DIE WHILE THEY SLEEP, SOMETIMES SUDDENLY AND UNEXPLAINED; THIS IS KNOWN AS SUDDEN INFANT DEATH SYNDROME OR SIDS.**

**YOU CAN:**

- ✓ Make the sleeping area safe by getting a firm mattress that fits snugly in the bassinet or crib.
- ✓ Keep your baby away from soft surfaces — don't let your baby sleep on pillows, cushions, waterbeds, or couches.
- ✓ Keep pillows, comforters, quilts, bumpers or soft toys out of the baby's bed.
- ✓ **PUT YOUR BABY TO SLEEP ON THE BABY'S BACK — NEVER ON THE BABY'S STOMACH.**
- ✓ Get a crib with bars that are close together so your baby's body doesn't slip through, causing your baby to choke — **Hint:** if an upright soda can fits through the bars, this is **NOT** safe.

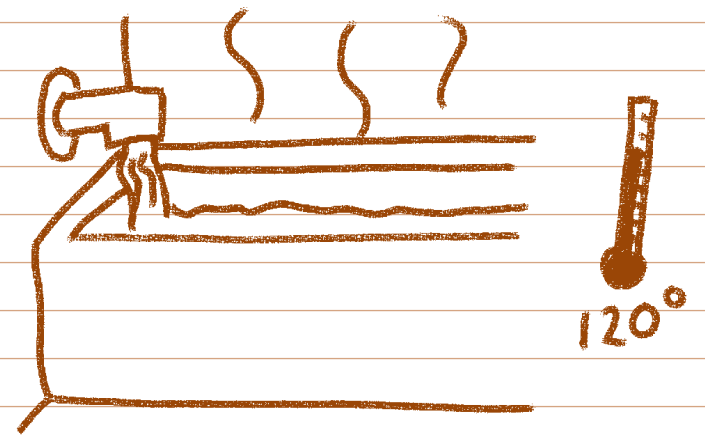


- ✓ Make your home a smoke-free zone for your baby.
- ✓ Take a CPR course to learn what to do in case your baby stops breathing.

**FACT: WATER THAT IS TOO HOT CAN CAUSE BLISTERING BURNS WHEN YOU GIVE YOUR BABY A BATH.**

**YOU CAN:**

- ✓ Have the temperature of the hot water turned down to a safe level.
- ✓ Have your landlord, home visitor or health inspector check that your hot water is 120 degrees or less. **DO NOT** use the thermometer used to check for a fever to check the water temperature.



**FACT: THOUSANDS OF AMERICANS ARE HURT OR KILLED IN HOUSE FIRES EVERY YEAR.**

**YOU CAN:**

- ✓ Test your smoke detectors every month and change the batteries once a year — on your child's birthday!
- ✓ Set up a fire escape plan — and practice it. Who will get the baby? Who will carry the baby? Where will you meet?
- ✓ Have a smoke-free home by not allowing **ANYONE** to smoke there.
- ✓ Avoid placing electrical cords under the rugs.
- ✓ Keep space heaters 3 feet away from anything that can catch fire (walls, bedding, clothing, people).
- ✓ **Ovens should never be used to heat your home.**
- ✓ Use a screen around space heaters, wood stoves, and fireplaces.



**FIRST, LEAVE WITH YOUR CHILDREN, THEN CALL 911 FROM A NEIGHBOR'S PHONE.**

**GIFTS**



**ONES YOU DON'T WANT:**

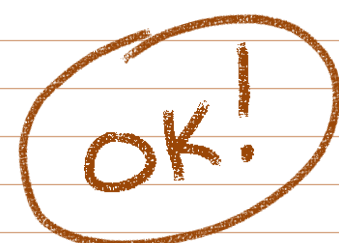
- ✓ Baby walkers; they should never be used! They can cause many injuries, your baby can fall down stairs in one, and they can delay walking.
- ✓ Old cribs; the ones with bars that are so far apart an upright soda can fits through them.
- ✓ Bath tub seats; they will not keep your baby from drowning.
- ✓ Toys with small parts or sharp edges.

**NO WAY!**

**ONES YOU WANT:**

- ✓ Infant car seat that is easy to use.
- ✓ Crib with a firm, snugly fitting mattress and bars that are close together.
- ✓ Flame-retardant sleepwear.

**OUCH!**



**FOR ADDITIONAL INFORMATION,  
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PROVIDER, OR CALL:**

**Auto Safety Hotline:** 800-424-9393

**Girls' and Boys' Town**

**National Hotline:** 800-448-3000

**Poison Control:** 800-222-1222

TDD: 888-244-5313

**Health Inspector:** call your local Board of Health

**U.S. Consumer Products Safety**

**Commission (Check for recalls):** 800-638-2772

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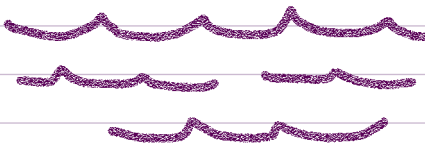
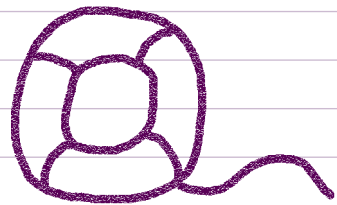
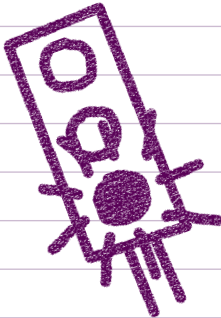
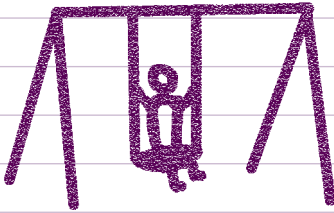
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# HAPPY 2nd BIRTHDAY!

## Safety Tips for 18 to 24 Month Olds

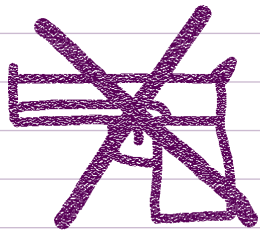
By this time, your child is playing INSIDE and OUTSIDE. Supervising, or closely watching your child, is extremely important at all ages, but especially with toddlers - THEY ARE QUICK.



## WHEN YOU ARE INSIDE

- ✓ Use plastic dishes and cups when teaching your child how to self-feed.
- ✓ Remove stove knobs when not in use.
- ✓ Keep matches, lighters and ashtrays out of reach.
- ✓ Watch for common choking hazards like safety pins, crayon pieces, jewelry, nails, tacks, screws, small toy parts, coins, hard candy, gum, raw carrots, hot dogs and grapes.
- ✓ Put away all electrical items like irons, hairdryers and curling irons when you are done using them.

## GUNS

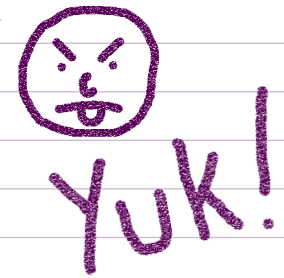


- ✓ The safest home is a home without a gun.
- ✓ If there is a gun in your home, it should be locked with a trigger lock, unloaded, and stored out of reach.
- ✓ Never take out a gun or clean a gun in front of your child.

2

## SOME REMINDERS

- ✓ If your child eats or drinks something poisonous, call the Poison Control Center.
- ✓ Check the batteries in your smoke detectors.
- ✓ Keep balloons and small objects away from your child.
- ✓ Cut food in to small pieces, especially hot dogs and grapes.
- ✓ Avoid foods like nuts, popcorn, pretzels and uncooked carrots.
- ✓ Don't give your toddler hard candy or gum.
- ✓ Use non-accordion safety gates on stairs.
- ✓ Use window guards on windows, or open the unguarded windows from the top.



Flip ↘ 3

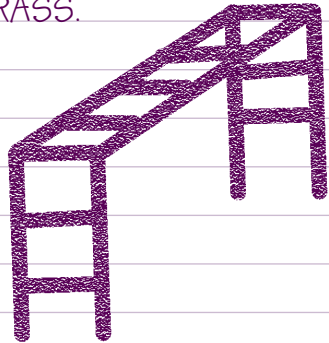
## WHEN YOU ARE OUTSIDE

### PLAYGROUNDS & CHILD CARE CENTERS

- ✓ Children under three years of age are safer on equipment that is no higher than 3 feet.
- ✓ Playground surfaces should be soft and made from things like wood chips, sand or gravel - NOT CEMENT OR DIRT OR GRASS.

✓ Stay with your child during all outside play.

✓ Watch your child closely on all playground equipment.



4

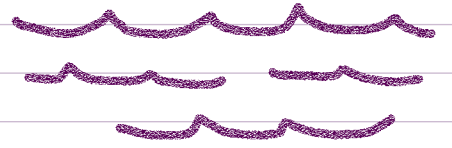
✓ Remove strings and cords from the hoods of sweatshirts and jackets to prevent them getting caught and strangling your child.

✓ Check for sharp hooks or exposed nails and screws on the equipment.

OUCH!

✓ Be aware of dogs at the park or playground - don't let your child run up to strange animals.

✓ Be especially carefully when your toddler is around water in parks.



✓ Know that children are attracted to colorful plants, berries and flowers. Some are poisonous, and can cause rashes, stomach upset, and even death.



SAFE?

5

### CARS, TRUCKS & TRAINS

✓ Always hold your child's hand when crossing streets, in parking lots or whenever you are around cars and trucks.

✓ Teach your child how to ride the subway and the bus safely.

✓ Teach your child to cross on the green light, at cross walks only and to look both ways.

✓ Always use a car seat in the back seat when your child rides in a car or taxi. (It can face the front now).



LOOK BOTH WAYS!

6

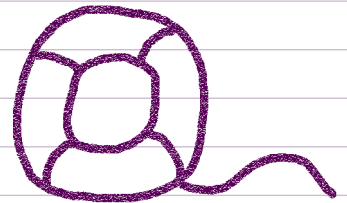
### IN & AROUND WATER

Children LOVE water, but it can be very dangerous. Children can drown quickly without any warning.

They don't know that water is dangerous and often don't cry out for help.

✓ Stay with your toddler at all times during a bath. Answer the phone or door only when your toddler is safely out of the water.

✓ Be very careful at pools, oceans and lakes. Use a life preserver for your child and always stay with your child when your child is in the water.



✓ Teach your children to not walk on pool covers.

✓ Keep "big wheels" and tricycles away from pools and fountains.

7

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# KEEPING TODDLERS SAFE

## Safety Tips for 12 to 18 Month Olds

Toddlers can get into a lot of trouble since they don't know and can't remember what is dangerous.

✓ HEATING YOUR HOME SAFELY

✓ TODDLERS LOVE TO PUT THINGS ON THEIR HEADS AND IN THEIR MOUTHS

✓ MOST POISONINGS CAN BE PREVENTED

Yuk!

✓ CHILDREN THIS AGE ARE VERY CURIOUS



✓ FALLS FROM STAIRS AND WINDOWS CAN BE VERY DANGEROUS

## HEATING YOUR HOME SAFELY

### YOU CAN:

✓ Keep your child away from space heaters, fireplaces and wood stoves.

**FIRE!**

✓ Keep space heaters at least 3 feet from things that can catch fire - wallpaper, bedding, clothing and people.



✓ Put a screen or other barrier around space heaters.

### REMEMBER:

Ovens are not a safe way to heat your home!

## TODDLERS LOVE TO PUT THINGS ON THEIR HEADS AND IN THEIR MOUTHS

### YOU NEED TO KNOW THAT:

✓ plastic bags can suffocate children.

✓ balloons are attractive to young children, but they can choke or suffocate on broken pieces.

✓ children can choke on small objects and food.

2

### YOU CAN:

✓ Remove plastic bags, latex balloons and small objects from your child's play area - you can crawl around and look for yourself!

✓ Cut food into very small pieces - be especially careful with grapes and hot dogs.



**REMEMBER:** Children this age should NOT have uncooked carrots, raisins, popcorn, pretzels, nuts, gum or hard candy like lollipops. These are safer at three years of age.

Flip ↘ 3

## MOST POISONINGS CAN BE PREVENTED

### YOU CAN:

✓ Put the following items out of your child's sight and reach - not under the sink or in a cabinet that your child can climb up to - cleaning supplies, medicines, iron pills, birth control pills, nail polish and remover, mothballs, alcohol, paint, paint thinners, hair dyes, soaps and plants.

✓ Use cabinet latches and locks.



Yuk!

✓ Place Poison Control stickers on all phones.

✓ Keep Ipecac Syrup in your home. This syrup makes your child throw up. But only use it after the Poison Control Center tells you to.

✓ Teach your child not to eat or drink anything unless it is given by an adult.

✓ Be especially careful when grandparents visit or when you are visiting someone else's home - they may be on medication that is not locked away.

✓ Avoid taking medicine in front of your child; children tend to copy.

4

### KNOW THAT:

✓ "Candy" is not a good name for medicine.

✓ If your child swallows something that could be poisonous, first call the Poison Control Center or your doctor and then follow their directions.

## CHILDREN THIS AGE ARE VERY CURIOUS

THEY CAN BE SHOCKED OR BURNED BY ELECTRIC OUTLETS AND ELECTRICAL CORDS.

### YOU CAN:

✓ Use outlet covers on unused sockets.



✓ Throw away frayed cords.

✓ Run cords behind furniture and use tape to hold them down; cords under rugs can cause a fire.

✓ Use elastic or string to tie up long cords.

✓ Always unplug electrical items especially around water. Even if these items are turned off, they can give you or your child a shock if they fall into the water.

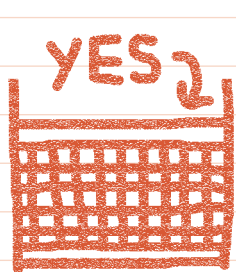
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## FALLS FROM STAIRS AND WINDOWS CAN BE VERY DANGEROUS

Toddlers don't know how to go up and down steps well and do not understand about heights - even a fall from a first floor window can kill a child.

### YOU CAN:

✓ Use non-accordion type safety gates at the top and bottom of stairs.



✓ Make the stairs a "no play" zone.

✓ Keep stairs well lit and clear of clutter.

✓ Use window guards on all apartment windows - except the window to the fire escape.

✓ Open unguarded windows from the top.

6

✓ Check screens regularly to make sure they are secure.

✓ Keep furniture like beds and couches away from windows.

✓ Let your child only ride "big wheels" outside.

## REMINDERS

✓ Always use a car seat in the back seat when your child rides in a car or taxi. (It can face the front now).

✓ Make a fire escape plan and practice it.

✓ Check the batteries in your smoke detectors every month and change them on your child's birthday.

✓ Be very careful when your child is around animals.

✓ Never leave your child alone in the house, outside or in the car.



7

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