

TODDLER SAFETY SHEET

Your child is rapidly learning how to move about. They soon will be able to crawl / walk and they'll explore the environment by picking up objects and tasting them. This new mobility along with your child's natural curiosity make it imperative that you **child proof your house** to prevent injuries. Accidents and poisonings are the leading killers of children. You can reduce your child's chances of serious injury by reading this information carefully and following the advice closely. Always remember:

- (1) IF YOUR CHILD IS SEVERELY INJURED OR CRITICALLY ILL CALL 911. DO NOT ATTEMPT TO TRANSPORT YOUR CHILD TO AN EMERGENCY ROOM YOURSELF.
- (2) IF YOUR CHILD INGESTS A POISON CALL POISON CONTROL AT (203)797-7300

POISONING

Children explore their environment by tasting it. They will put anything in their mouths, even if it doesn't taste good. Follow these instructions to minimize the chance of accidental poisoning:

- (1) Check kitchen, bathroom, and medical cabinets for products and medicines that are outdated or no longer used. They should be flushed down the toilet.
- (2) Cabinets containing potentially dangerous products should be either locked with child-proofing devices or cleaned out. Dangerous products, which are most often found in the kitchen, bathroom, and garage, should be stored well out of reach of the exploring toddler and preschooler. Remember if you don't want your child to eat something then keep it out of his reach!!
- (3) Safety caps should be used properly!
- (4) Don't transfer poisons to other containers.

If your child ingests a poison or something that may be a poison refer to the "first aid for poisoning" sheet. Call poison control and always keep ipecac syrup in the house. Never use ipecac without specific directions from us or Poison Control.

CHOKING / SUFFOCATION

Toddlers are at risk from choking from both food and non-food items. Foods that should not be given to toddlers include nuts, popcorn, and hard candy. Foods such as hot dogs and grapes should have their skins removed. Non-food items such as balloons, paper clips, coins, etc... should be kept out of reach. Keep plastic and dry cleaning bags away from children to prevent suffocation.

FIRE SAFETY / BURNS

All households should have a fire escape plan. For instance, if your bedrooms are on the second floor how will you get out of the house in the case of a fire? Additionally, you should have smoke detectors. (Make sure the batteries work!!)

Toddlers are at risk for burns / injuries from a number of areas in the house:

- store matches and flammable liquids safely.
- use electric outlet covers throughout the house.
- keep the thermostat on your water heater below 120 degrees.
- be sure children can't touch fireplaces, wood burning stoves, or radiators.
- in the kitchen use the back burners on the stove and be sure children can't grab pot handles overhanging the stove top. Buy an extinguisher for fires.
- be sure children cannot grab cups of hot liquids off table tops.
- never leave electrical appliances plugged in near water, e.g. near bathtub.
- never leave an iron plugged in with children around.

MISCELLANEOUS SAFETY ISSUES

- Use gates on stairs to prevent falls
- Be careful of sharp edges on coffee tables. Pad the edges or remove the table.
- Look for things your curious youngster might be able to pull over or down on them such as stereo equipment, etc...
- Identify house plants that may be poisonous and keep the well out of reach of your child. If you can't identify a plant ask your florist for help.