



## Keep Your Child Safe

Safety Information for Parents of Children  
Birth to 10 years old



Baystate  
Children's Hospital



ADVANCING CARE.  
ENHANCING LIVES.

# Baystate Parent Education

Please consider attending the Baystate Parent Education Keeping Baby Safe class. This class provides current and detailed information regarding infant and child safety in conjunction with this booklet. The class includes basic CPR instruction with hands on practice mannequins.

Also available is the Baystate Babysitter Academy. This is for teens aged 10 1/2 -16 years and covers topics such as Baby Care, First Aid, Fire Safety, Home Security, Accident Prevention, Child Behavior and CPR.

**To register for these classes or any other Childbirth Education classes please visit [Baystatehealth.org/parented](http://Baystatehealth.org/parented)**

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## TABLE OF CONTENTS

Keep Your Child Safe.....	1	Taking Care of Yourself.....	16
Safety in the Car.....	2-6	Shaken Baby Syndrome.....	16
Street Safety.....	7	Poison-proof Your Home.....	17
Bike Safety.....	7	Water Safety.....	18
Burn Prevention.....	8	Firearm Safety.....	19
Falls.....	9	Fire Safety.....	19
Choking and Suffocation.....	10-11	Animal and Pet Safety.....	20
Sleep Position for Infants.....	12	Product Safety Facts and Checklists.....	21-23
Positional Plagiocephaly.....	13	Make Your Home Safe Checklist.....	24-26
Other Things to Keep Baby Healthy.....	14	Getting Help if Your Child is Hurt.....	27
Crying.....	15		

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Parent Education Department  
and the

Department of Surgery, Department of Surgery,  
Division of Pediatric Surgery and Pediatric Trauma.



## Keep Your Child Safe

We all want happy healthy children. As parents we can help make this happen by using safe practices in everyday living.

Injuries are the leading cause of death for infants and children. The most common accidents include motor vehicle crashes, drowning, burns, falls, choking, firearms, and poisoning.

Most of these could be prevented if we take the time to recognize the hazards around our children and make efforts to reduce them.

No environment is totally safe. Young children are not able to care for themselves and if left alone, may get hurt. There is no substitute for a watchful adult.

# Safety In The Car

One of the most important jobs you have as a parent is keeping your child safe when riding in a vehicle. Each year thousands of young children are seriously injured in car crashes. Proper use of a car safety seat (car seat) helps keep children safe. All states have laws that require children to be buckled into car seats, booster seats, or vehicle safety belts (seat belt).

Generally, a child's height and weight, not the child's age, determines which child safety seat is appropriate for them. Each car seat is different. You will need to check the manufacturer's instructions for exact height and weight limits. No one seat is the "best" or "safest." The best seat is the one that fits your child's size, is correctly installed, fits well in your vehicle, and is used properly from the first ride home from the hospital and every time the baby rides in the car.

## One Minute Car Seat Safety Checkup

Which car seat is right for your child? What type of safety belt is installed in your vehicle? What is a locking clip?

Take a minute to be sure your child is riding safely. Study your vehicle owner's manual and car seat instructions carefully.

- Never secure an infant in the front seat of a vehicle with a passenger air bag.\* The back seat is the safest place for kids of any age.
- Never use a car seat that has been involved in a crash.
- Route the safety belt correctly through the car seat according to manufacturer's instructions.
- Correctly buckle the car seat into the vehicle according to the owner's manual of your car.
- Get a tight fit—the seat should not move more than one inch from side to side or toward the front of the vehicle.
- Check your vehicle owner's manual to see if you need a locking clip. Not all safety belts will secure your car seat without it.
- ***Have your car seat checked for proper installation by a certified car seat technician. Go to <https://www.mass.gov/car-seat-safety> to find a car seat inspection location close to you.***

\* Unless you have a manual cut-off switch and you have turned it off!

## The Basics on Car Seats

Never use a car seat that is older than six years. Newer ones are easier to use and may have better safety features.

If your car seat has a level , be sure the bubble is centered for proper alignment of the seat.

Never use a car seat that you are not able to identify the make and model number. Without these numbers you cannot check to see if the seat has any recalls.

Avoid “used” (second hand) car seats if you do not know the car seat’s history.

Do not use a car seat if there are visible cracks in the base or seat or if there are missing parts. NHTSA recommends that car seats be replaced following a moderate or severe crash in order to ensure a continued high level of crash protection for child passengers.

ALWAYS mail in the purchaser’s identification (warranty) card so you will be notified of any recalls. If you have any questions, visit the National Highway Traffic Safety at **[www.nhtsa.gov](http://www.nhtsa.gov)**.

## **The Basics on Car Seat Installation**

ALWAYS follow car seat instructions and car’s owner manual for installing the car seat correctly in the car.

The best place to install the car seat is in the back seat of the car, in the middle seating position. If your car seat has a level indicator, be sure the bubble is centered for proper alignment of the seat. Buckle the car seat tightly with the vehicle seat belt or the LATCH straps. The LATCH can be used only if the car seat and the vehicle have it. Check your car owner’s manual to see if you have LATCH and instructions on using the LATCH system (most vehicles made after 2002 have LATCH).

Once the weight of the car seat plus the child reaches 65 pounds or more, do NOT use the LATCH. Use the seatbelt to secure the car seat.

Children should be in a car seat with a 5-point harness system until they reach the weight or height limit of the seat—whichever comes first.

***The American Academy of Pediatrics recommends a rear-facing car seat until your child reaches the highest height and weight allowed by the car seat manufacturer.***

This is safest. It protects the child from possible head and spinal cord injuries in the event of a crash.

Children will outgrow rear-facing seats when they have either reached the weight limit of the rear-facing seat or the top of their head is less than one inch from the top of the seat. It is important that a rear-facing child’s head is below the top of the car seat so they have proper head and neck support in the event of a crash. It is safe for your rear-facing child’s feet to touch the vehicle seatback.

***Make sure your child (in the rear-facing car seat) is reclined enough so his or her head doesn't flop forward, which could block the child's breathing. The child's head should rest against the back of the car seat. Check your car seat instructions.***

Once children face forward, they should use car seats with full harnesses until they reach the top weight or height allowed by the car seat's manufacturer. Once your child outgrows the forward-facing seat with a harness, it's time to travel in a booster seat, but still in the back seat.

## **Air Bag Dangers**

A child riding in the front seat with an air bag is in great danger even in a minor crash. The air bag opens with great force in a crash that could seriously injure or cause an injury resulting in death. The back seat is safer for all children.

If you have a vehicle with no back seat, do not drive with a child in the front unless the vehicle air bag has been shut off. Check your vehicle owner manual for instructions on how to do this.

## **Bringing Baby Home**

Dress baby in clothing with legs so the crotch strap can go between the baby's legs. In colder weather, it is best to dress baby in layers. Avoid thick clothing and bulky snow suits. A blanket can be placed over the straps to keep the baby warm.

In infant-only, rear facing car seats, the shoulder harness slots should be at or just below your baby's shoulders.

Harnesses should be very snug against the child and the harness clip should be across the center of the chest at armpit level. If you can pinch a loop of the harness strap at the shoulder, it is too loose and needs to be adjusted so that it is snug.

DO NOT use thick padding under or behind the baby. It can make it impossible to get the harnesses tight enough to hold the baby in a crash.

A support head piece that came with the car seat can be used if it does not push the baby's head forward. Avoid pads that you can buy separately. These after-market products have not been crash tested with the car seat and if used could be dangerous in a crash.

Some new babies cry when in a car seat. If this happens, sit in the back seat with the baby, if possible, or talk or sing soothingly. DO NOT take the baby out of the car seat when the car is moving. If you need to take the baby out, pull over and park in a safe place first.

## What If My Baby is Tiny or Premature?

There are infant-only car seats that fit many premature or smaller babies. This kind of seat is easy to carry and use. Look for an infant-only, rear-facing car seat that has a low weight limit to match your baby's weight. Look for a 5-point harness (shoulder, hip, and crotch straps) to keep baby in position best. Look for a front harness adjuster which is easy to use on every ride. Look for a car seat that has lower shoulder strap slots that will help make sure the harness fits well on the baby. Look for a harness clip that is easy to open and close.

The American Academy of Pediatrics recommends that any baby with a low birth weight or any baby born earlier than 37 weeks gestation will need to have a car seat test before going home from the hospital. This is done to make sure the baby can ride safely in the reclined position in the car seat. At the time of testing, babies will be placed in their car seats and monitored to watch for signs of trouble such as slow heart beats, too little oxygen in the blood, or periods of not breathing. Make sure to ask your baby's doctor if your child will need this testing before going home from the hospital.

Your baby's nurse can also provide information on the car seat test and if your baby will need it. If your baby shows any signs of distress during the car seat testing, it indicates that the baby may not be able to tolerate sitting in the upright position for any length of time. This may be due to your baby's prematurity or some medical reason. If your baby does not pass the car seat test, your baby will have to ride laying flat in a car bed. Your pediatrician or baby's doctor will let you know when the baby can begin to use the car seat for travel. Avoid leaving your baby unattended in an infant swing or infant carrier during this time.

## What Is A Car Bed?

Car beds should only be used for babies with medical needs and/or babies who have failed the car seat test in the hospital and need to lay flat.

There are two car beds available. The Angel Ride Infant Car Bed and the Dream Ride Car Bed. Both must be installed in the back seat using the vehicle safety belt to secure it in place. When baby travels in the car bed, position the car bed so that the baby's head is toward the middle of the vehicle in the back seat. Baby should always be flat on their back in the car bed unless the doctor has told you do something different. The shoulder harness straps are placed over the baby's shoulders and buckled to the harness between the baby's legs. A blanket can then be placed over the baby for warmth. Refer to the car bed instruction booklet for more information on installation and placement of the baby in the car bed.



## Types of Car Seats

**Rear-Facing Car Seat:** This seat is the best for your young child to use. It has a harness and in a crash, cradles and moves with your child to reduce the stress to your child's fragile neck and spinal cord.

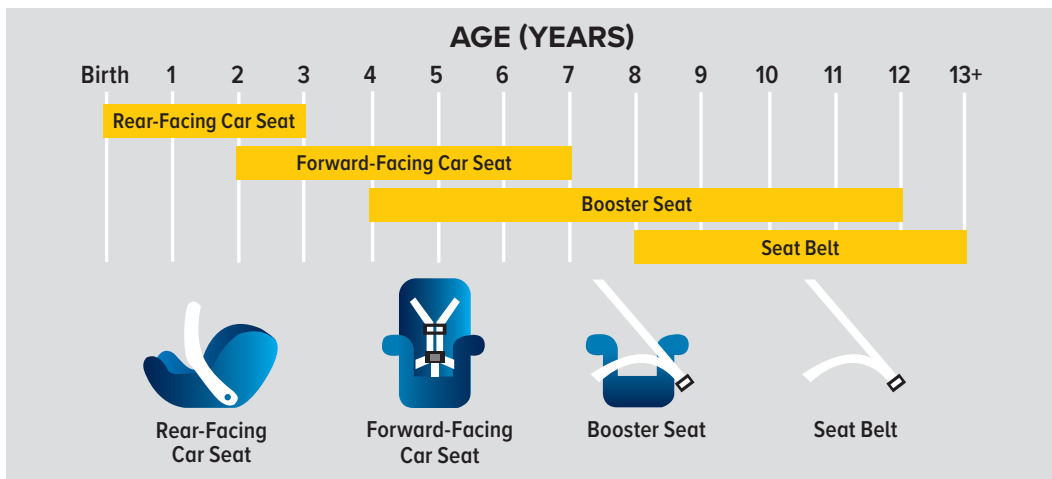
**Forward-Facing Car Seat:** This seat has a harness and tether that limits your child's forward movement during a crash.

**Booster Seat:** This seat positions the seat belt so that it fits properly over the stronger parts of your child's body.

**Seat Belt:** The seat belt should lie across the upper thighs and be snug across the shoulder and chest to restrain the child safely in a crash. It should not rest on the stomach area or across the neck.

## Don't Hit the Street without the Proper Car Seat

*According to the American Academy of Pediatrics and the  
National Highway Traffic Safety Administration*



- Massachusetts law requires that all children riding in passenger motor vehicles be in a federally approved car or booster seat that is properly fastened and secured according to the manufacturer's instructions until they are 8 years old or over 57 inches tall. When children outgrow their booster seat, they are required to wear a seat belt.
- The American Academy of Pediatrics recommends a rear-facing car seat until your child reaches the highest height and weight allowed by the car seat manufacturer.
- All children younger than 13 years should be buckled up in the rear seats of vehicles for optimal protection.



## Other Safety Concerns

### **Street Safety - 5 to 8 Years**

Children at this age are in danger of being hit by a car when they dart out into the street while playing. Encourage them to play in a fenced-in backyard or take them to the park. Show your child the curb and teach them never to cross the curb or street without a grown-up.

### **Bike Safety - 3 to 10 Years**

Your child should always wear a helmet when riding a tricycle or bike. Massachusetts law requires children up to age 16 to wear a helmet when riding on public roadways. A helmet can prevent head injuries or death. Between 5 and 6 years old, a child should be watched closely when riding a bike and is too young to ride in the street safely. Be sure the bike is not too big for your child. Between 8 and 10 years old it is time to teach your child the “Rules of the Road.” Watch to see if your child has good control of the bike when riding it. Your child is not old enough to ride at dusk or after dark. Make sure the bike gets put away when the sun sets. Children under the age of 14 are not permitted to drive an ATV vehicle.

### **Massachusetts Helmet Law**

Under the age of 16, all riders on wheeled items—skateboards, scooters, rollerblades, and bicycles—must wear helmets.

## Burn Prevention

### Birth to 6 Months

Between 3 and 5 months babies will begin to wave their hands around and grab at things. Never eat or drink anything hot while you are holding your baby. To prevent your baby or child from scalding water burns, reduce the temperature of your hot water heater to 120°F. Most hot water heaters are preset at 150°F. Water at 120°F takes 5 minutes to cause a scald burn. Water at 140°F takes only 6 seconds. Call your doctor immediately if your child is burned. It is not recommended that bottles be warmed in the microwave. Microwaves heat liquids and foods unevenly.

### 7 to 12 Months

Your child will grab at everything at this age. Never leave cups of hot beverages on table or counter tops. Never let baby crawl/walk around kitchen area with a hot stove or other appliances or your baby will get burned. The only safe place for your child when you are cooking or distracted is in the playpen or high chair. Call your doctor if your child is burned.

### 1 to 2 Years

When children learn to walk, they will grab at anything. Toddlers grab at table runners, table clothes, pot handles or appliance cords dangling over the edge of stove or counter tops, spilling the boiling contents on themselves. To protect your child from this type of burn, use the back burners whenever possible. Always have pot handles facing away from the front or side of the stove. Make sure there are no electrical cords dangling from appliances (like coffee pots or frying pans). Call your doctor if your child is burned.

### 2 to 4 Years

The kitchen is a dangerous place for children of this age during meal preparation. If your child is underfoot, hot liquids or foods can be spilled causing serious burns. Find something safe for your child to do during this time. Put your appliances or other hot surfaces (such as irons) away, as they present real dangers to your child long after you have finished using them.

### 5 to 10 Years

Children can be burned from hot water in sinks and tubs. This can occur when a child is left alone or near water or when an older child tries to help parents by bathing a younger sibling.

***Remember: Reduce temperature of hot water heater to 120°F.***

## Falls

### Birth to 6 Months

As soon as babies are born they can wiggle or push with their feet. Even these small movements can result in a fall. As children grow and are able to roll over they can fall off anything. Do not leave your baby alone on high places such as changing tables, beds, tables, or chairs. Always keep at least one hand on your baby. If you can't reach something, pick your child up to get it. Never use a crib with drop side rails. Do not use bumper pads as your baby can get caught between the pads and suffocate. Make sure your baby cannot reach any crib gyms or mobiles. Remove them once your baby can sit up. Do not place your crib near windows, lamps, heaters, dangling cords, or fans.

### 7 to 12 Months

Because children this age are learning to crawl and walk they will fall over and over again. Protect children by keeping them off high places and out of rooms where they might get hurt. Use only hardware-mounted gates which are securely installed on stairways and doors. Use only certified gates and follow the installation instructions. Remove sharp edged or hard furniture seats from their room. Lower crib mattress to lowest position. Do not place toys and pillows in crib as infants can use these to climb out of the crib.

Baby walkers cause injuries: Twenty thousand babies are injured in baby walkers every year in the U.S. by falling down stairs; reaching for hot pots; falling into fireplaces and against wood stoves; and falling into pools, tubs, and toilets. Babies can have fun without walkers. Your baby can play safely and actively in a play yard while learning to sit, crawl, and walk. Infant swings allow baby to enjoy rhythm and movement while rocking, and high chairs allow older babies to sit up and play with toys on the tray. Be sure to use a safety belt while your baby is in a high chair or swing.

### 1 to 2 Years

Children are starting to perfect their walking skills but falls will still happen. Now your child will climb, jump, and run as well. Be careful not to leave chairs next to tables or kitchen counters because this allows your child to climb to high, dangerous places. Continue to use gates on stairways. Use window guards on windows above the first floor. Use netting or safe extenders on top of cribs if the baby climbs out.

## Choking & Suffocation

The most common cause of preventable death in children under 1 year of age is choking and suffocation.

***The most common objects that children choke or suffocate on are:***

- Foods such as hot dogs, grapes, nuts, and hard candy, and formula, milk or juice given to a baby lying down with a propped bottle.
- Toys and toy parts small enough for infants and small children to place in their mouths.
- Small items found around the house, such as coins, marbles, buttons, beads, etc.
- Drapery and electrical cords.
- Plastic bags and balloons.
- Hanging items around infants and small children's necks such as rattles, pacifiers, and jewelry.

### **2 to 4 Years**

Children are now able to move at lightning speed and this can get them into an endless variety of danger at home and in the neighborhood. They will fall off bikes, out of windows, down stairs, and off everything they climb on. Lock doors to dangerous areas and fence in your yard if possible. Windows should be opened from the top or 4-5 inches from the bottom. The window can be secured at the proper height by using a "burglar lock" available at a hardware store. Remove children from the crib when they are 35 inches tall.

***To prevent choking and suffocation on these items it is important to keep these small and dangerous items out of reach of small children. Toys and foods should be age appropriate.***

### **Birth to 6 Months**

Babies will explore everything by putting things in their mouths. Never leave small objects in baby's reach for even a moment. Never feed babies hard pieces of food. They may choke. Never prop your baby's bottle. Do not hang pacifiers or jewelry around your baby's neck.

Crib injuries also result from an unsafe crib. Look for a JPMA (Juvenile Products Manufacturers Association) certification on any crib you purchase and avoid any second hand crib as it will probably not meet current U.S. Consumers Product Safety Standards. Do not use a crib with drop side rails.

A small child can sustain a fracture or suffocate if his or her head, body, or limb becomes wedged between the crib side and the mattress. For a proper fit, there should be no more than 2 fingers' width between the crib mattress and sides of the crib. If there is a gap, the mattress is too small, and it should be replaced. If that is not possible, stuff towels around the edge to eliminate the gaps between the mattress and sides.

Infants also die from strangulation when their heads become caught between the widely spaced bars of some older cribs. Others receive broken bones when their limbs become caught. Be sure to measure the distance between the slats. If it is greater than 2  $\frac{3}{8}$  inches, the crib should be replaced or additional slats installed.

The crib should not have corner posts or cutouts in either head or foot boards. Look to see if finials (corner posts) extend above the side rail. Babies have been strangled when clothing (or a pacifier tied around the neck) got caught over a corner post. If finials are higher than the top of the side rail, they should be removed by unscrewing them or sawing them off.

Also, check the crib for any cutouts in the head- or foot-board. Such cutouts should be covered with board to prevent children from getting their heads stuck.

Remove any plastic that is covering the mattress or is within reach of the child. Young children can die if plastic covers their faces and prevents them from breathing.

Any hanging items or cords attached to the crib should be removed before the baby can sit up (5-7 months) because of the strangulation risk they present. For the same reason, keep cribs away from drapery and electrical appliance cords. Do not place crib near windows, heaters, or fans

## **7 to 12 Months**

Children at this age will continue to explore by putting things in their mouths. Never leave small objects within reach and don't feed them hard pieces of food. Do not hang jewelry or pacifiers around your child's neck.



## Sleep Position For Infants

The American Academy of Pediatrics recommends that full term, healthy infants sleep on their backs. Babies should not be placed on their stomachs or on their sides for sleeping.

Research shows that the risk of Sudden Infant Death Syndrome (SIDS), also called crib death, is lower when babies sleep on their backs.

***To help further reduce the risk of SIDS: Share this information with family members, friends, babysitters, or anyone who will care for your baby. Let them know that there is no increased risk for choking when babies sleep on their backs.***

- Place babies on their backs on firm, tight-fitting mattresses in a crib that meets current safety standards. Make sure that the sheet fits tightly under the mattress.
- Remove pillows, quilts, comforters, sheepskins, stuffed toys, bumper pads, and other soft products from the crib.
- Use a sleeper or other sleep clothing instead of blankets, with no other covering.
- If you do use a blanket, tuck it around the crib mattress, reaching only as far as the baby's chest. Make sure your baby's head remains uncovered during sleep.
- Don't place your baby on a waterbed, soft mattress, pillow, or other soft surface to sleep.
- Do not sleep with your baby. Don't let your baby sleep on a pillow, beanbag cushion, waterbed, sheepskin, or any soft, fluffy blanket.
- Never smoke or allow anyone to smoke around your baby.
- Don't let your baby overheat during sleep. Keep the room at a comfortable temperature.

## Positional Plagiocephaly (*Flattened head*)

A baby, who is always placed in the same position, whether sleeping or awake, may develop a flat spot on his or her head.

### ***This can be prevented by doing the following:***

- **Change baby's position:** When putting babies back to sleep, change the direction that their heads face. Turn your baby's head to the right side. The next time, have your baby's head turned to the left. Change sides each time you put your baby to sleep. Put your baby's head at the head of the crib one day and at the foot of the bed on the next day. On a monthly basis, change the position of the crib, pictures, etc. so your baby does not always look in the same direction.
- **Hold your baby:** Place your baby against your chest or over your shoulder. Use a baby sling or chest carrier.
- **Tummy Time:** When your baby is awake, with you watching, place your baby on a blanket for tummy time every day. Place a colorful toy in front of your baby to look at.

Don't place your baby in a swing or infant seat for a long period of time. Change your baby's head position each time you use them.

If you notice that your baby is developing a flat spot on his or her head or only turns their head one way, talk with your baby's doctor.

Recent studies show that Sudden Infant Death Syndrome (SIDS or crib death) is more common in babies who go to sleep on their tummies. By making sure babies go to sleep on their backs, you can help reduce the risk of SIDS. You should talk to your doctor about which sleep position is best for your baby. There are certain health conditions that might require a tummy-down sleeping position. Some mothers worry that babies sleeping on their backs may choke on spit-up or vomit during sleep. There is no evidence that sleeping on the back causes choking.





## Other things to help keep your new baby healthy

**Bedding:** Make sure your baby is sleeping on a firm mattress or other firm surface. Don't use fluffy blankets, bumper pads, or comforters under the baby. Don't let the baby sleep on a waterbed, sheepskin, a pillow, or other soft materials. When babies are very young, don't place soft stuffed toys or pillows in the crib with them. Some babies have smothered with these soft materials in their cribs.

**Temperature:** Babies should be kept warm, but they should not be allowed to get too warm. Keep the temperature in your baby's room so that it feels comfortable to you.

**Smoke-free:** Do not let anyone smoke around the baby. Babies and young children exposed to smoke have more colds as well as an increased risk of SIDS.

**Breastfeeding:** If possible, breastfeed your baby as this will give your baby immunities and reduce the chance of illness.



## Crying

### All Babies Cry

Some babies are easy to comfort, others cry for hours every day no matter what you do.

Listening to a baby cry is very hard on parents. Don't be afraid to ask for help. There are a number of things parents can do to stop their baby's crying: none will work all of the time, but all are worth trying. Babies don't cry because they are spoiled, angry at you, or trying to control you. Babies love the people who take care of them.

### ***All babies cry sometimes, but you can help your baby cry less:***

- Pick up your baby right away whenever your baby cries. You cannot spoil a baby.
- If you answer your baby's calls for help right away then he will cry less overall.
- Hold your baby skin to skin or carry your baby in a sling or cloth baby carrier. Babies who are carried many hours every day cry much less.
- Feed your baby on demand.
- Some babies do better if they can eat and sleep at regular times every day.
- Keep things calm and quiet for a baby who cries when tired. Try low lights, and have one adult stay with your baby.
- If your baby cries for a long time every day, and cannot be comforted, check with your baby's doctor or nurse about possible allergies, food intolerance, acid reflux, eczema, or other health conditions.
- If your baby is less than 6 months old and has been eating solid food, try feeding only breast milk or formula until 6 months.

## Taking Care of Yourself

Not getting enough sleep makes everything much harder. Try to nap when your baby does. Don't be afraid to ask your family or friends to help you. There may be a mother's group nearby, or a Family Resource Center in your city. At Baystate Medical Center, the Parent Education Department offers a free parent support group and Mother To Mother Support group. Visit **[baystatehealth.org/parented](http://baystatehealth.org/parented)** for more information.

## Shaken Baby Syndrome (Abusive Head Trauma)

Never shake a baby. Shaking or hitting a baby can cause permanent brain damage or death.

***Shaking, hitting, throwing, or tossing your baby can cause:***

- Blindness
- Brain damage
- Internal bleeding
- Death
- Paralysis

***Remember, a baby is not crying to punish you. Babies will cry less as they get older.***

***If you feel that you or your partner are losing control and have an urge to hurt your baby, STOP, and place the baby on his back in the crib, and then:***

- Call a friend or family member.
- Go outside and take a deep breath to calm yourself.
- Call the Parental Stress Hotline at **1-800-632-8188.**

Make sure that everyone who cares for your child knows about the dangers of shaking a baby. Never leave your baby with anyone who may not be able to cope with your baby's crying.

*Information provided by the Massachusetts Department of Public Health. For more information go to [www.onetoughjob.org](http://www.onetoughjob.org).*

## Poison-Proof Your Home

### 7 to 12 Months

As you can see almost anything in your house can be poisonous to children. They will put anything in their mouths even if it tastes bad. Keep all household products and medicines up and completely out of sight and reach. Never store lye drain cleaners in your home. Use safety latches on drawers and cupboards. If your baby does put something poisonous in her mouth, call your doctor or poison control center immediately.

### 1 to 2 Years

Children continue to explore by putting things in their mouths. They love to open drawers and doors and take things apart. They can now open bottles. It is important to have safety caps on all medicines.

They can get at everything. At this age children don't understand danger or remember "no." Keep all household products and medicines up and out of sight and reach.

### 2 to 4 Years

Children can open any drawer or climb to reach any cabinet. They will swallow anything they find. Keep medicines and cleaners out of site and reach. Never refer to your child's medicine as candy!

***If you think your child has swallowed something poisonous, stay calm and quickly do the following:***

- Ask your child some questions. Find out what was taken. Find and read the container.
- Be prepared to read the container label to emergency people.
- Phone Poison Control Center and follow their instructions.
- Take the child and poison container to the doctor or emergency room as instructed.

***CAUTION: Never use Syrup of Ipecac unless told to do so by your doctor or Poison Control Center.***

### MA & RI Poison Control Center

POISON EMERGENCY, CALL **1-800-222-1222**.

If the victim has collapsed or is not breathing, call 911 for an ambulance.  
Hearing impaired, call 1-888-244-5313 [www.maripoisoncenter.com](http://www.maripoisoncenter.com)



## Water Safety

***Any adult supervising children around water should take a CPR course.***

### **7 to 12 Months**

Your child will love to play in water at this age. Never leave your baby alone in or near a bath tub, pail of water, swimming pool or any other water. Your child could drown in even the smallest amount of water.

### **1 to 4 Years**

Never leave your child in or near water, not even for a moment. Knowing how to swim does not make your child safe alone in the water at this age.

### **4 to 8 Years**

You need to continue monitoring your children during these ages. Do not let them play in or around any water unless an adult is watching. Teach them to always enter the water feet first. This is also a good time to start water safety and swimming lessons.

## Firearm Safety

Firearm (guns) injuries to children have been increasing at an alarming rate. Half of the fatal firearm injuries to children result when they find and play with loaded guns. These guns are either in the child's home or in a home where they are visiting. While you may have warned your child never to play with firearms, other children may not heed the warning since they are naturally curious and often "just want to look" at the gun.

Guns should never be stored loaded. For some guns, a bullet may still remain in the chamber after removing bullets or clip. Thoroughly check all guns before putting them away.

All firearms should have trigger locks (mandatory in Massachusetts) and be stored unloaded, in a secure area that children can't get to. Store the key to the trigger lock and ammunition separately.

Never keep guns in nightstands, under pillows, sofas, mattresses, or in any unlocked area. Make sure that the homes that your child visits also have all guns secured.

## Fire Safety

***Some precautions parents can take to reduce the risk of fires in their homes and help ensure families escape safely in the event a fire occurs:***

- Install smoke detectors on each floor of the home at the top of the stairs and outside of the sleeping areas.
- Smoke detectors should be checked frequently to make sure they are in working order.
- Develop and practice an escape route and plan. Plan a meeting place outside your home.
- Keep exits free of clutter.
- Don't smoke. If anyone does smoke, have them do so outside your home. Dispose of cigarette butts, matches, lighters, and ashes carefully.
- Have heating system and fireplaces cleaned each year.
- Check that electrical cords are not frayed or overloaded.
- Never clean clothes with flammable liquids such as gasoline or kerosene.
- Use flame resistant sleepware for your children.
- Screen off fireplaces and wood stoves.
- For homes or apartments not on the ground level, have a fire ladder located where everyone knows its location.
- Install a carbon monoxide detector

## Animal AND Pet Safety

- Introduce your dog or cat to the new baby.
- Pets should not be permitted to sleep with your baby.
- Never leave baby alone with a pet.
- Teach your child never to go near unfamiliar animals or to break up fighting dogs.
- Keep pet food dishes and kitty litter boxes out of baby's/toddler's reach.
- Teach your children how to properly care for their pets.

## PLANT Safety

Children are often attracted to colorful berries, flowers, fruits, and leaves of plants. But over 700 plants in the U.S. have been identified as poisonous.

These can be found anywhere—in your home or yard, in grocery stores, and on playgrounds.

***Here is a partial list of indoor and outdoor plants that can cause symptoms when ingested (for a complete list go to [www.aapcc.org](http://www.aapcc.org)):***

- |                 |                  |                      |                |
|-----------------|------------------|----------------------|----------------|
| • Autumn crocus | • Daffodil Bulbs | • Hydrangea          | • Philodendron |
| • Azalea        | • Delphinium     | • Laurel             | • Poinsettia   |
| • Baneberry     | • Dieffenbachia  | • Lily of the Valley | • Rhododendron |
| • Belladonna    | • Foxglove       | • Mistletoe          |                |
| • Castor bean   | • Hyacinth       | • Mushrooms          |                |

### ***How to prevent Plant Poisoning:***

- Identify plants in your home and yard.
- Learn which plants are poisonous.
- Remove poisonous plants from the area.
- Keep young children away from all plants. Even eating too much of a safe plant can make someone sick.
- Supervise young children closely around plants.
- Teach children not to put plants, fruits, and berries in their mouths.

### ***What to do if you suspect someone has swallowed a plant:***

- Remove any remaining pieces from the mouth.
- Bring the child and the piece of the plant to the phone and call the Poison Control Hotline right away at **1-800-222-1222**.

# Product Safety Facts And Checklists

To be certain that a piece of equipment is right for your infant/child always consider the manufacturer's recommendations concerning age, size, and weight. Follow the manufacturer's instructions for use and assembly. These instructions are provided with your infant's/child's safety in mind. Product registration cards are required for all durable infant and toddler products in order to enable the manufacturer or retailer of the product to contact consumers with recall or other safety information.

	(Check One)	
	Yes	No
<b>Cribs</b>		
Distance between crib slats 2 <sup>3</sup> / <sub>8</sub> " or less	_____	_____
No corner posts on the crib	_____	_____
No cut outs in headboard or footboard	_____	_____
Crib mattress snug with less than 2 fingers width between mattress and crib sides	_____	_____
No drop side rails. Crib side held securely up while child is in bed and can not be released by your child	_____	_____
Plastic covering from mattress removed	_____	_____
<b>Changing Table</b>		
Does not tip when you lean on it	_____	_____
Safety straps to prevent child from rolling off during changing (although child should still not be left alone on table)	_____	_____
Drawers and shelves making baby's diapers, wipes, etc. easy to reach	_____	_____
<b>High Chair</b>		
Wide base for stability	_____	_____
Waist and crotch strap securely attached to seat	_____	_____
Tray locks securely	_____	_____
Locking device to prevent accidental collapsing	_____	_____



(Check One)

Yes      No

## Play Yards

Mesh sides have openings less than 1/4" with no tears

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\_\_\_\_\_

Wooden slats in older playpens no more than  
2 3/8" apart and in good shape

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\_\_\_\_\_

Playpen mesh securely attached to top rail and  
playpen floor

\_\_\_\_\_

\_\_\_\_\_

Safety latches on folding models should lock  
when opened

\_\_\_\_\_

\_\_\_\_\_

There shouldn't be any large toys, bumper pads,  
or boxes inside

\_\_\_\_\_

\_\_\_\_\_

## Strollers

Wide base to prevent tipping

\_\_\_\_\_

\_\_\_\_\_

Brakes securely lock the wheels

\_\_\_\_\_

\_\_\_\_\_

Latching device to prevent accidental folding

\_\_\_\_\_

\_\_\_\_\_

Seat belt buckle and crotch strap easy to fasten  
so that your child cannot undo

\_\_\_\_\_

\_\_\_\_\_

## Gates and Enclosures

Have a straight top edge and a pressure bar or other  
fastener to resist forces exerted by your child

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\_\_\_\_\_

Openings in the gate small enough so as not to  
entrap your child's head

\_\_\_\_\_

\_\_\_\_\_

## Infant Car Seat

Clothing to leave legs free so that straps  
can go between them

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\_\_\_\_\_

Blankets used to cover infant only after  
all straps are locked in place

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\_\_\_\_\_

Manufacturers instructions read thoroughly  
before using car seat

\_\_\_\_\_

\_\_\_\_\_

(Check One)

Yes      No

### Car Seats

Use rear-facing car seat for as long as possible.

\_\_\_\_\_

Make sure all harnesses or shields are properly snug fitting.

\_\_\_\_\_

Always read manufacturer's instructions before using the car seat.

\_\_\_\_\_

Never place car seat next to an airbag.

\_\_\_\_\_

Place car seat in back, center section.

\_\_\_\_\_

### Toys (0-12 months)

Toys should be too large to swallow and have no sharp edges or points.

\_\_\_\_\_

There shouldnt be any buttons, beads or objects on toys that can be pulled off.

\_\_\_\_\_

### Toys (all ages)

Read toy packaging for suggested age recommendations.

\_\_\_\_\_

Teach older children to put away toys after playing. This prevents accidents.

\_\_\_\_\_

Choose toys according to a child's age, interest, and skill level. Remember that what is safe for one child may be dangerous for another.

\_\_\_\_\_

Regularly check all toys for damage such as sharp edges. If a toy cannot be safely repaired, then throw it away.

\_\_\_\_\_

# Make Your Home Safe Checklist

Is your home safe or is an accident waiting to happen? It is important to anticipate your child's development so that you can begin to childproof your home. This way your child can begin to explore the environment in a safe and supervised way.

Consider going to [safekids.org/safetytips](https://safekids.org/safetytips) to sign up for ongoing up to date safety information.

(Check One)  
Yes      No

## General Living Areas

Make sure electrical cords are being used properly, in good condition, and out of reach of children.

\_\_\_\_\_

Install plastic outlet plugs or outlet covers on all unused electrical outlets.

\_\_\_\_\_

Table lamps should be secured to table. Child can pull on cord to cause hot lamp to fall. This could burn child, light could break.

\_\_\_\_\_

Clear coffee table and low shelves of all tempting objects for little hands.

\_\_\_\_\_

Place corner guards or plastic edge covers on tables or furniture that have sharp edges or corners.

\_\_\_\_\_

Block all hallways and staircases with special gates.

\_\_\_\_\_

Place guards and/or screens around heat registers and fireplace.

\_\_\_\_\_

Use placemats instead of tablecloths in all dining areas.

\_\_\_\_\_

Post emergency numbers on all phones in the house.

\_\_\_\_\_

## Secure Furniture

Use anti-tip brackets, braces or wall straps to secure furniture to the wall.

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Install stops on dresser drawers to keep them from being pulled all the way out. Multiple open drawers can cause the weight to shift, making it easier for a dresser to tip over.

\_\_\_\_\_

(Check One)

Yes      No

### Secure TVs

Mount flat-screen TVs to the wall. Follow the manufacturer's instructions to ensure that you have a secure fit. If you have a large, heavier, box-style cathode ray (CRT) TV, place it on a low, stable piece of furniture that can hold the TV's

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### Cellar and Garages

Store dangerous tools, gardening equipment, and auto care products in locked storage area.

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Store cleaning products, gasoline, and lawn care products in proper containers in high locked cabinets.

\_\_\_\_\_

Keep saws, axes, and other sharp objects as well as nuts, bolts, and screws out of reach of small children.

\_\_\_\_\_

### Kitchen

Push appliances out of reach on the counter top.

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Make sure no appliance cords are dangling over edge of counter or table.

\_\_\_\_\_

Turn pot handles inward and use back burners when cooking around children.

\_\_\_\_\_

Keep knives, sharp kitchen utensils, and cookware away from your child.

\_\_\_\_\_

Put child in a safe area such as highchair or playpen while cooking.

\_\_\_\_\_

Keep all household chemicals and cleaning supplies away from food in high locked cabinet.

\_\_\_\_\_

### Bathroom

Store all medicines, vitamins, shampoos, soaps, toiletries, and cosmetics out of reach of children.

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Put medicines and vitamins in child-resistant container.

\_\_\_\_\_

Unplug hair dryers, curling irons, and electric razors and put away after using.

\_\_\_\_\_

Turn temperature of hot water down to 120° F.

\_\_\_\_\_

(Check One)

Yes      No

### Bathroom continued

Test bath water temperature before putting child into tub.

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\_\_\_\_\_

Never leave children unattended in bathroom or bathtub.

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\_\_\_\_\_

Make sure toilet latch is on toilet.

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\_\_\_\_\_

### Baby and Children's Room

Crib should be free of large stuffed animals, pillows, and heavy blankets or soft pads.

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\_\_\_\_\_

Do not place crib next to a window or drapes.

Cords for shades, blinds, drapes, or lamps should not be within reach.

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\_\_\_\_\_

Secure bumper pads in crib. Remove bumper pads and mobiles once infant is able to reach and move around.

\_\_\_\_\_

\_\_\_\_\_

Windows should have securely attached screens.

\_\_\_\_\_

\_\_\_\_\_

Toy chests should have safety latches to keep top open.

\_\_\_\_\_

\_\_\_\_\_

Place crib away from blinds, curtains, drapery cords, and plants.

\_\_\_\_\_

\_\_\_\_\_

Place fans and vaporizers safely out of baby's/ child's reach.

\_\_\_\_\_

\_\_\_\_\_

Place toiletries for baby and safety pins out of baby's reach.

\_\_\_\_\_

\_\_\_\_\_

Windows should have securely attached screens and window guards.

\_\_\_\_\_

\_\_\_\_\_

### Your Bedroom

Store cosmetics, colognes, jewelry, and nail polish removers in high area or in latched container.

\_\_\_\_\_

\_\_\_\_\_

Never keep guns where children can get them! Store guns unloaded away from ammunition in locked area.

\_\_\_\_\_

\_\_\_\_\_

Keep cigarettes, matches, and lighters out of child's reach and not in drawers of nightstand.

\_\_\_\_\_

\_\_\_\_\_

# Getting Help If Your Child Is Hurt

It is important to prepare for emergencies long before they ever happen.

Phone Number for Ambulance/Fire/Police - 911

Poison Control Number - 1-800-222-1222

## Family Contact Information

Mom Cell phone number

Dad Cell phone number

Home phone number

## Child's Name

Child's Date of Birth

Child's Medical Information

Child's Allergies

Child's Medication

Child's Doctor

## Child's Name

Child's Date of Birth

Child's Medical Information

Child's Allergies

Child's Medication

Child's Doctor

## Child's Name

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Child's Doctor

## Child's Name

Child's Date of Birth

Child's Medical Information

Child's Allergies

Child's Medication

Child's Doctor



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