

Toddlers need to have a safe environment. They are too young to behave safely. Telling them and teaching them about danger does not keep them safe. Keeping your toddler safe is your responsibility.

Traffic and car safety

- 🚗 Make fences and gates toddler proof.
- 🚗 Toddlers need to be held when they are near roads. They may begin to remember rules about crossing roads but they are unable to understand them, no matter how many times they are told.
- 🚗 Your child must be in an approved child restraint in the car.
- 🚗 Make sure that there is nothing on the dashboard. Even a box of tissues can do a lot of harm in an accident.
- 🚗 Never put anything heavy in the back of a hatchback unless it is secured strongly.
- 🚗 When you are moving the car at home, it is safest to have your children in the car, so they cannot be run over.
- 🚗 Never leave children alone in cars.

Child Safety

Falls

Falls are the major cause of toddler injury.

- Pad sharp corners of furniture or round them off.
- Use barrier gates or lock doors to stop your child going into dangerous places.
- Don't use bunk beds with toddlers.
- Use straps in the high chair and pusher.
- Don't leave young children alone on change tables, high chairs etc.
- Teach your toddlers how to climb down as they are learning to climb up.

Burns and scalds

- 🔥 Keep hot things well back from the edge of tables. Turn saucepan handles away from the edge of the stove. Use a stove guard.
- 🔥 Use placemats instead of tablecloths.
- 🔥 Have short or curly electric cords that don't hang over the side of benches.
- 🔥 Remember that many toddlers can light matches and lighters and unscrew the globes of the Christmas tree lights.
- 🔥 To prevent scalding install a tempering valve which delivers hot water to your bathroom at 50° C.
- 🔥 Run cold water into the bath first.
- 🔥 Use fireguards for open fires and radiators.
- 🔥 Install an Earth Leakage Circuit Breaker in your fuse box.



Poisoning

Toddlers explore everywhere they can reach and still put things into their mouths. **They cannot understand poison signs.**

- ☠️ Keep kitchen and laundry detergents out of reach. They are best in a locked cupboard. Dishwasher powder is particularly dangerous.
- ☠️ Use a child proof medicine cupboard for all medicines (including oral contraceptives).
- ☠️ Check that visitors don't leave bags with tablets in them in your child's reach.
- ☠️ Lock garden products away.
- ☠️ Keep poisons in their original, labelled containers.
- ☠️ Never put poisons into food or drink containers.

Write the poisons information number next to your phone.

Choking

- 🍷 Check that there are no small objects or coins lying around.
- 🍷 Don't give your child hard pieces of food such as raw carrot to chew. Give cooked or grated vegetables.
- 🍷 Toddlers should sit still when eating.
- 🍷 Stay with your child when they are eating.
- 🍷 Never give toddlers peanuts or other nuts.
- 🍷 Don't force your children to eat anything they don't want.
- 🍷 Tie plastic bags with a knot in the middle so that they cannot be put over your child's head.
- 🍷 Cords or ribbons on toys, dummies and clothing should be short so they can't choke your child.
- 🍷 Cords on curtains and blinds need to be short or out of reach.
- 🍷 Replace dummies before they are worn.
- 🍷 Some antique cots are not safe for young children.

Drowning

Most children who drown are under four years old. Drowning happens very quickly and quietly. Young children can drown in only a few centimetres of water. Teaching your toddler to swim will not prevent drowning.

- 🌊 Stay with your children whenever they are near or in water, such as the bath, paddle pool or buckets.
- 🌊 Keep a lid on nappy buckets and keep them out of reach.
- 🌊 Water can collect in all sorts of things after rain. **Empty them!**
- 🌊 Always make sure that the paddle pool is emptied after use. **Every time!**
- 🌊 All other pools should be fenced, with a self closing and locking gate.

Play

- 🧸 Check equipment regularly for sharp edges, splinters and loose parts.
- 🧸 The surface under climbing frames and swings needs to be soft.
- 🧸 Toys for young children should not have small loose parts that can be broken off and swallowed.
- 🧸 Baby walkers often cause injuries and should not be used.

Sun

- ☀️ Whenever possible keep children in the shade. Teach them to play in the shade.
- ☀️ Make sure that their favourite play areas are shaded.
- ☀️ Children can get sunburnt even on cold, cloudy summer days.
- ☀️ Sunlight through the glass of car windows can burn the skin.
- ☀️ Young children can become very quickly overheated in parked cars.
- ☀️ In the sun use a hat and clothing that covers arms and legs, such as the new cover-up bathers.
- ☀️ Sunscreen can be used in small amounts on young children on areas that are not covered by clothing. Some sunscreens irritate the eyes and sensitive skin. It needs to be re-applied often. Zinc cream is an effective sun block.

Shopping

- 🛒 Never leave young children alone in the car while you shop.
- 🛒 Supermarket shopping carts can tip up even if you are using the safety seat, especially if a toddler pulls on them.
- 🛒 Don't let young children wander in the aisles while you shop.

REMINDERS

- 💧 **Have emergency phone numbers near the phone (police, doctor, poisons information).**
- 💧 **Have a first aid kit in the house and car.**
- 💧 **Install an Earth Leakage Circuit Breaker in your fuse box.**
- 💧 **Install a smoke detector.**
- 💧 **Check that homes you visit with your child are safe.**
- 💧 **Do a first aid course which includes emergency resuscitation so you will know what to do.**