

Baby, I've Got My Eye On You!



Home Safety Guide for Parents
of Newborns to Five-Year-Olds

These groups helped develop this guide:
Center for Schools and Communities
Child Abuse Prevention Committee of Central Pennsylvania
Pennsylvania Department of Health
Penn State Cooperative Extension
Safe Kids Dauphin County
Safe Kids Pennsylvania



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A Mother's Story

"One night, my infant son was sitting on my lap while we had company. Everyone wanted to see the baby. My sister-in-law made me a cup of hot tea.



"This was a really freaky accident. He was on my lap, and I picked up the tea cup to take a drink. My baby bumped the cup and hot tea fell right on him.

"I never saw so many people react so quickly! They had the baby under the kitchen sink faucet with cold water ... they



took his shirt off ... before I knew what had happened. Thanks to quick action, he never had a scar or anything."

This mom was lucky because her baby was not hurt. Most babies would have been burned. How could this accident be prevented? Please read this guide to find the answer.

Injuries are the leading cause of death to children under age 15. Injuries happen often, yet they **can be prevented**.

The best thing you can do is watch over your child. A child can be hurt in an instant. Fires can start or your child can fall down the stairs in just a few seconds. If you leave the house, take your child with you, or get a responsible person to watch your child.

Please, take a few minutes to read each section of this guide, and learn about the risks that cause injury... and **how to keep your child safe**.

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Ask the Doctor

Questions about car seat safety, crossing the street and more

Q My six year-old likes to play with his friend, Benjamin, after school. To get to Benjamin's house he has to cross two streets. I don't think it's a problem as there is not much traffic in the neighborhood. How old should children be before they can cross the street alone? — Jason, Pittsburgh

A According to the National Highway Traffic Safety Administration (NHTSA), children under age ten should not cross the street alone. Young children are unable to correctly judge the speed of vehicles. Also, drivers cannot see small children who are in the street.

Q My son, Josh, cries every time I put him in his car seat to go to the mall. How long do I have to keep him in a car seat? — Ashley, Huntingdon

A To maximize safety, your child should ride in a car seat for as long as possible, as long as the child fits within the manufacturer's height and weight requirements. Once your child outgrows their child safety seat with harness (btwn ages 4-6), they should ride in a belt-positioning booster seat until the vehicle safety belt fits correctly (btwn ages 8-12). All children under age 13 should ride in the back seat.

Q My mom told me not to buy a baby walker for my little girl. What's wrong with baby walkers? — Tomeka, Erie

A Baby walkers tip over easily. A baby in a walker may roll three feet in just one second. She can fall down the stairs before you can reach her. Also, walkers may delay your daughter's crawling or sitting up. Use a playpen or stationary walker instead of a traditional walker.

Q Where should I put Shawn's car seat? I want to have him close to me while I'm driving. My son is six months old. — Tasha, Harrisburg

A Your son should ride in the back of the car. The back seat is the safest place in the car. If your car has an airbag on the passenger side, you must put his car seat in the back seat because he could be injured by the airbag.

Q What is the fuss about lead poisoning and getting my daughter tested? — Elena, Lancaster

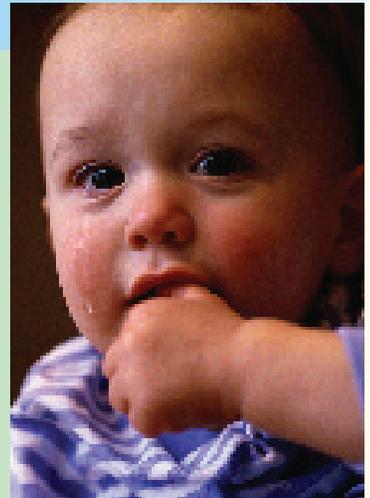
A Lead poisoning affects the brain and can make it hard to learn and behave well. It can also make your child grow slower. Most children show no signs of lead poisoning. The only way to find out if your daughter has lead in her body is to get her blood tested. Dust from lead paint is a big danger. Call (800) 440-LEAD to learn more.

Your Baby from Birth to 12 Months

Your Baby...

Cries to communicate.

Suddenly will be able to pull and grasp, roll over, crawl and sit up.



Risks

- May suffocate from lying face down on a soft surface.
- May be seriously hurt in car crashes if not properly restrained.
- May flip, roll or fall from chairs, beds or changing tables.
- May be scalded by burns from hot liquids or bath water.
- May be seriously hurt or killed if shaken.

Did you know?

These risks are threats to children of all ages. Follow these prevention tips as your child gets older, too.

Prevention

- Never hit or shake your baby or let others do so.
- Keep your baby off waterbeds, bean bag chairs and pillows.
- Babies should sleep on their backs.
- Make sure your crib slats are no more than $2\frac{3}{8}$ inches apart (about the width of a soda can).
- Keep small objects like balloons, string and ribbon away from your baby.
- Never leave your baby alone on a bed, table or countertop.
- Babies should be secured in a rear-facing child safety seat in the back seat.
- Always use the child's car seat. Never hold the baby while riding in the car.
- Before putting the baby in the bathtub, test the water temperature with your wrist.
- Never leave the baby alone in the tub.
- Never hold your child while drinking hot liquids.

Your Child from 12 to 24 Months

Your Child...

Starts to walk, climb and explore.

Learns by putting objects in mouth.

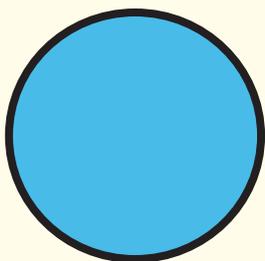
Has a short attention span and may not
be reasoned with.



Risks

- May be poisoned by swallowing plants, cleaning supplies, makeup or pills.
- May fall down steps, off chairs or changing tables, or out of cribs and windows.
- May be scalded by burns from hot liquids or bath water.
- May drown in toilets, buckets or bathtubs.
- May choke on small objects or foods.
- May suffer severe injuries from being shaken, pushed, pulled or kicked.
- May be seriously hurt in a car crash if not properly restrained.

Children should not be left alone while eating and should not be allowed to play with small objects.



If an object fits in this circle,
your child may choke on it.

Prevention

- Keep chairs, tables, sofas and cribs away from windows.
- Put sturdy gates at the top and bottom of stairs.
- Do not use a traditional baby walker; use a playpen or stationary walker.
- Remove tablecloths.
- Turn pot handles toward the back of the stove.
- Never leave your child alone in the bathtub.
- Avoid balloons, hot dogs, grapes, peanuts, popcorn and hard candy. Cut all foods into very small pieces.
- Put your baby in a safe place, such as a crib or playpen if you feel you're losing control. Go to another room and count to 20 before returning to your child.
- Clean up and put away — every day.
- Never leave your child unattended while playing or eating.
- Every child should ride in a child safety seat in the back seat.

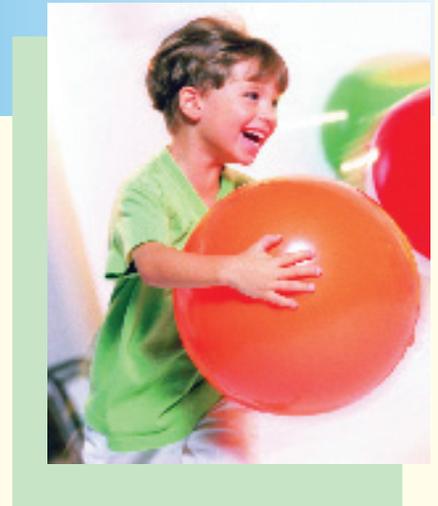
Your Child from 2 to 3 Years

Your Child at 2...

Says “no” often. Follows simple commands.
Knows names of common objects.

Your Child at 3...

Learns fast and is running, jumping and riding a tricycle
or other riding toys. Wants to do things alone.
Does not know what causes harm.



Risks

- May fall off play gyms, out of windows or off anything that can be climbed on.
- May get into cleaning supplies, pills, open drawers, cabinets or closets.
- May be injured in a car crash if not properly restrained.

SPACE DETECTOR

Hold this disk upright.
You should not be able to
pass this disk through any
open space in windows,
decks, balconies,
railings or fences.

Prevention

- Keep your child away from stairs, porches, pools and streets while on riding toys.
- Block access to windows and open windows from the top. If windows must be opened from the bottom or side, open less than four inches.
- Keep cleaning supplies, pills, vitamins, alcohol, paints, perfume and bug spray in locked cabinets or closets.
- Every child should ride in a child safety seat in the back seat.
- Hold your child’s hand while walking or crossing the street.

Your Child from 4 to 5 Years

Your Child at 4...

Tries new activities, such as jumping from high places.

Asks a lot of questions.

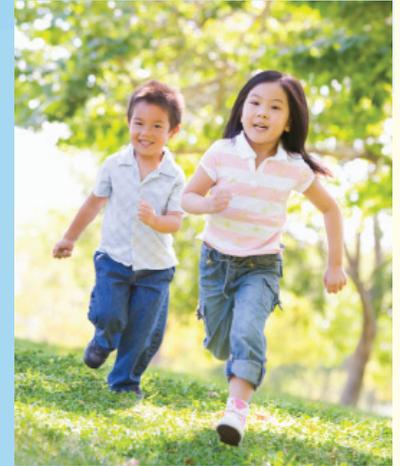
Tends to be bossy and say words that will surprise you.

Your Child at 5...

Copies what grownups do.

Likes to be praised.

Likes to do things for himself.



Risks

- May fall down stairs, out of windows, from swing sets or off tricycles and bicycles.
- May open drawers, climb anywhere or swallow anything.
- May be injured or killed in a sudden stop, if he is not in a car seat or booster seat.
- May be hit by a car while playing in a driveway.
- May dart into the street and be struck by a vehicle.
- May suffer serious injury from handling knives, bats or weapons.

Prevention

- Stay close and watch your child during outdoor play time.
- Make sure your child wears a helmet when riding a bicycle, scooter or roller skates.
- Teach your child not to eat or drink anything without asking Mom or Dad first.
- Buckle your child in the back seat. Use a car seat until ages 4-6 and a booster seat until ages 8-12.
- Teach your child never to cross the street alone.
- Teach your child not to touch any matches, lighters, guns, knives or needles.
- Store guns and rifles unloaded and locked up.

Dear Safe Kids

Fighting...Managing stress...Discipline
Answers to common parenting questions

Dear Safe Kids:

My little boy is always fighting. Alex kicks, pushes and hits his little brother. I don't know where he gets it or how to stop it.

— Shanice

Dear Shanice:

There are lots of reasons why children fight. Children who see violence on television copy what they see. Television doesn't show how badly people get hurt. Also, if children see a grownup hit someone, they think it's okay to hurt people.

Tell your child how you feel about hurting other people. Do not hit your child as punishment. Use other methods, like "time out" chairs or taking away a fun activity. Also, try to limit your child to one to two hours of television a day. Help him choose programs that are not violent.

Dear Safe Kids:

When I correct my daughter, she doesn't listen to me. I have tried everything, but she just won't pay attention to me. How can I make her listen and behave?

— Jen

Dear Jen:

Children can become easily distracted. Television, music, toys, other children — all are competing with you for your child's attention. Make sure you are at eye level with your child, and that she is listening to you before you give directions or correct her behavior. Try to lessen noise and distractions in your home, especially at high-stress times, such as dinner and bed times.

Dear Safe Kids:

What can I do? I go to school two nights a week. I work at the mall on weekends. When I'm home I sometimes get angry when my six-month-old baby cries and I can't make him stop.

— Erica

Dear Erica:

Here are some tips to help you when you are feeling angry:

- Take five deep breaths.
- Count to 20.
- Phone a friend.
- Take a hot bath or cold shower.
- Ask someone else (a sister, friend or neighbor) to take care of your child for a few hours.

You need to take care of yourself. Try to get enough sleep. If you're too tired, it's easier to lose control.

Take a nap when your child does. Walk for 20 minutes each day.



How Safe is Your Home?

Take this quiz to see if there are things you can do to make your house a safer home for your child.

Kitchen Safety

- | | | |
|---|-----|----|
| Are coffee, hot liquids and hot foods placed out of your child's reach? | YES | NO |
| Are cleaning supplies stored beyond your child's reach? | YES | NO |
| Are knives and other sharp objects kept out of your child's reach? | YES | NO |
| Are pot handles turned to the back of the stove? | YES | NO |



Bathroom Safety



- | | | |
|---|-----|----|
| Are pills, vitamins, razors and makeup on high shelves or in locked cabinets? | YES | NO |
| Is your child always watched by an adult while in the tub? | YES | NO |
| Is your home's hot water set at no more than 120 degrees? | YES | NO |
| Are lids of toilets and diaper pails closed and are tubs emptied right after baths? | YES | NO |

General Safety

- | | | |
|---|-----|----|
| Does your house or apartment have two clear exits (in case of fire)? | YES | NO |
| Is your space heater placed at least three feet from things that can catch fire, and does it have a screen around it? | YES | NO |
| Are the doors leading to the basement, pool or garage kept locked? | YES | NO |



Safety Supplies

Do you have a working smoke detector installed on every floor? YES NO

Do you always keep working batteries in your smoke detector and test it once a month? YES NO



Do you have a working carbon monoxide alarm in your home? YES NO

Do you have a working fire extinguisher? YES NO

Do you have safety latches or locks on cabinets and drawers? YES NO

Do you have the Poison Control Center phone number sticker on all phones? YES NO

Child Area Safety

Is access to windows blocked so your child can't fall out? YES NO

Does the toy chest have a safety hinge or no lid? YES NO

Are TV's and furniture secured to the wall to avoid tip-overs? YES NO



Safety Practices

Have you practiced two ways to get out of your home in case of a fire? YES NO

Are matches and lighters kept on a high shelf and out of your child's reach? YES NO

If you smoke, do you safely get rid of cigarette butts and matches by putting them in water? YES NO

Are purses with pills, cigarettes, matches, jewelry and calculators (with easy-to-swallow batteries) kept out of your child's reach? YES NO

Does your child ride buckled up during all car travel? YES NO

Do you always keep a hand on your infant while he or she is sitting or laying on a high surface (like a changing table)? YES NO

Do you keep small items and foods, that can choke your child, out of reach? YES NO

Do you keep your child away from dust and paint chips and have his or her blood tested for lead? YES NO



You can be proud of every time you circled "YES."
You are off to a good start in having a safe home.

Use the "NOs" as a guide to how you may improve the safety of your home.

Emergency Phone Numbers

Take the time to fill in these important phone numbers,
and then keep by a telephone in a common area.

Police _____ Fire _____
Doctor _____ Hospital _____
Emergency Medical Services _____
Poison Control Center _____
Work #1 _____ Work # 2 _____
Neighbor _____ Other _____
Home Phone _____ Street Address _____

For more help on keeping your child safe ...

- Pennsylvania Department of Health
(877) PA-HEALTH / (877) 724-3258
www.health.state.pa.us
- American Academy of Pediatrics
Pennsylvania Chapter
(800) CAR-BELT / (800) 227-2358
www.paaap.org
- Safe Kids Worldwide
(202) 662-0600
www.safekids.org
- Pennsylvania Department of Transportation
(800) 932-4600
www.dot.state.pa.us
- American Trauma Society
(800) 556-7890
www.amtrauma.org
- American Trauma Society
Pennsylvania Division
(800) 822-2358
www.atspa.org

Safe Kids Pennsylvania
(800) 683-5100
www.PASafeKids.org