

# Children First: Safe and Secure



## Section III—Parent's Corner

### Safety Tips for Parents

#### Choking

- ◆ Keep drapery, blind, electrical, and telephone cords out of reach with wall hooks.
- ◆ For children younger than 1 year, avoid foods like hotdogs, hard candies, grapes, raisins, and raw vegetables that can lodge in the child's throat.
- ◆ Keep small objects that can be swallowed off floors, tables, and other areas.
- ◆ Remove neck drawstrings and hoods from children's clothing.

#### Poisoning

- ◆ Store cleaning supplies, chemicals, paints, and cosmetics in original containers. Use cabinet and drawer latches and locks.
- ◆ Secure all prescription and non-prescription medications in original containers. Use child resistant bottles.
- ◆ Keep toxic plants out of reach.
- ◆ Secure purses carrying cosmetics, medications and small objects.

#### Suffocation

- ◆ Place infants on their backs to sleep.
- ◆ In cribs, avoid soft bedding, pillows and stuffed animals.
- ◆ Keep plastic bags away from children.
- ◆ Keep children from playing in parked cars and appliances such as refrigerators, dryers, freezers, and stoves.

#### Burns and Fires

- ◆ Set hot water heater thermostats to 120° or less.
- ◆ Baby's bath water should be no warmer than 100°.
- ◆ Check the temperature of bath water before placing child in.
- ◆ When cooking, use back burners and turn pot handles inward.
- ◆ Avoid placing hot liquids within reach.
- ◆ Secure matches, lighters, gasoline, and other flammables.
- ◆ Use electrical outlet covers.
- ◆ Keep all electrical appliances out of reach.
- ◆ Place guards around space/floor/wall heaters, fireplaces, and barbeque grills.
- ◆ Install smoke alarms and fire extinguishers.

#### Other Safety Tips

- ◆ Prevent falls on stairs by using pressure or permanent gates at top and bottom of stairs.
- ◆ Prevent falls and injuries in the bathtub by using a full-length bath mat and spout guard.
- ◆ Make glass doors visible by using colorful decals.
- ◆ Lock unloaded guns and ammunition separately in an inaccessible place, away from all children.
- ◆ Use locking safety devices on guns.
- ◆ Child proof doors and outside gates that children could exit without being noticed.
- ◆ Supervise children around dogs and other pets.

#### Be Prepared for Accidents

- ◆ Post numbers for: Poison Center 1-800-764-7661 (1-800-POISON1), 911 for Emergency Medical Services, and your doctor.