



Give Your Child a

Safe Start



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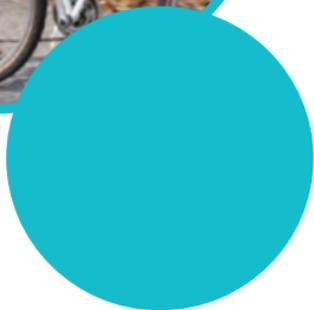


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# Injuries don't just happen...

Most injuries are predictable and preventable.

Did you know...?

Injuries are the number one cause of death for children.



Learn more...

visit [www.healthunit.com/safe-start](http://www.healthunit.com/safe-start) to view the *Give Your Child a Safe Start DVD*.

# Every year...

the Children's Hospital at London Health Sciences Centre treats thousands of injured children. *Give Your Child a Safe Start* wants to help you keep your children healthy and safe.

For young children, most injuries happen in the home.

You can prevent injuries by taking a few simple steps.

● Falls.....	6
● Burns and Scalds .....	8
● Poisoning.....	10
● Choking .....	12
● Safety in the Car .....	14
● Product Safety.....	16
● Water Safety .....	18
● Safe Sleeping.....	20
● Resources .....	22

# Falls

## Did you know...?

Falls are the most common cause of injury to babies and children. They can easily fall from stairs, a bed, sofa, table or even an open window.

Falls can cause broken bones and serious head injuries.

Supervision is the best way to keep your child safe from falls.



Put a wall-mounted safety gate at the top and bottom of stairs.



Keep cribs and other furniture away from windows to prevent your child from climbing and falling out.



Stay close at the playground and make sure they are using equipment no higher than 1.5 metres.



Always keep one hand on your child while he or she is on the change table.

# How can I prevent falls?



Always properly use the straps provided in your child's equipment according to manufacturer's instructions.



Use safety products to secure TVs and furniture to the wall, so they don't fall on your child.



Place bouncer chairs and car seats on the floor rather than on a table or counter.

Your child could wiggle and cause the bouncer chair or car seat to fall to the floor.



Lock windows at 10 centimeters (4 inches) or less using window safety devices. Your child could fall out of an open window.

Screens will not protect your child from falling out of windows.

# Burns & Scalds

## Did you know...?

Burns are the second leading cause of injury to children under 5 years of age.

Supervision is the best way to keep your child safe from burns and scalds.



Install a smoke alarm on every level of your home and outside any sleeping areas.



Lower the temperature of your hot tap water to 49°C.



Make sure electrical outlets are fully covered.



Make sure matches and lighters are locked up and out of sight and reach.

# How can I prevent burns?



Keep hot drinks and hot food away from your child. Use a mug with a tight fitting lid.



Use the back burners when you cook and turn pot handles towards the back of the stove.



Always check the bath water temperature with your arm or elbow, before putting your child in the bathtub.



Install a secured gate or screen that bolts around your fireplace.



Keep all appliances and cords away from the edge of the counter.

# Poisoning

## Did you know...?

Nearly half of all poisonings occur in children younger than 6 years of age. Most of these poisonings happen in the home.

Supervision is the best way to keep your child safe from poisoning.



Keep poisonous products in their original containers.

Install a carbon monoxide alarm according to manufacturer's instructions.



# How can I prevent poisoning?



Put poisonous products locked up and out of sight and reach of young children.



Put bottles with safety caps in a locked cupboard as well. These bottles are not child proof. Young children can easily take the caps off.



Children often can't tell the difference between products that are harmful and ones that are safe. Some products that are poisonous can look the same as ones that are safe.



Keep plants away from babies and young children. Many plants are poisonous. It's important for you to find out which ones are poisonous.

# Choking

## Did you know...?

Babies, toddlers and young children like to put things in their mouths. They can choke if food or small things get stuck in their throat and block their breathing.

Supervision is the best way to keep your child safe from choking.

Choking



# How can I prevent choking?



Always sit with and pay attention to your child when he or she is eating.



Keep coins, all batteries, balloons, magnets, hard candies and other small items away from babies and young children.



Cut whole hot dogs, whole grapes and other food into small pieces before giving them to your child, to prevent choking.



Teach older children to not leave small toys or other items lying around.

# Safety in the Car

## Did you know...?

Car crashes are the leading cause of death and serious injury to children in Canada.

On each and every trip, your child must be harnessed in a properly installed child safety seat that is appropriate for their age, height and weight.



# How can I keep my child safe in the car?



Make sure you have an approved Canadian car seat and know how to install and use it properly.



Use the car seat instructions and your car owner's manual as guides. Instruction videos to assist you are available at [www.mto.gov.on.ca](http://www.mto.gov.on.ca)



Children should always be placed in the rear seat of the car. Whenever possible use the middle rear seat.



As your child grows, ensure you make the necessary changes to the seat and/or move to the next stage as needed.

# Product Safety

## Did you know...?

Every day, products for children are recalled due to safety concerns.



When buying or receiving second-hand products for your child, be aware. Some of these products may not meet current regulatory requirements.



Always follow all manufacturers' instructions.



If you are purchasing products outside of the country, make sure that they are approved for use in Canada.

# What do I need to know?



Check your child's toys for small magnets and keep those out of reach of young children. If two or more magnets are swallowed, serious damage can happen inside of the body.



Check your child's toys for lead. Lead can be very harmful to babies and children.



Do not use baby walkers, relicht candles, or infant self-feeding devices. These products are banned in Canada as they have caused a large number of injuries.



Fill out and mail in the product registration card on all new products for your child and subscribe to or check recall lists on the Healthy Canadians website at [www.healthycanadians.gc.ca](http://www.healthycanadians.gc.ca)

# Water Safety

## Did you know...?

Drowning is the second leading cause of death to children aged 1-14 years in Canada.

Supervision is the best way to keep your child safe from drowning.



Always be within arm's reach and sight of your child at all times when in or around water.



Backyard pools should have a surrounding fence on all four sides with self-locking and self-latching gates.

# How can I prevent drowning?



Always stay right beside your child when he or she is in the bathtub. If you have to leave, take your child with you.



Infant bath rings and bath seats are not safe. Your child could slip into the water. Stay with your child at all times.



Make sure young children, weak swimmers and children who cannot swim, wear a life jacket or personal flotation device when in or around water.



Any body of water, no matter how shallow or small can be a drowning danger to your child.

# Safe Sleeping

## Did you know...?

Creating a safe environment for baby to sleep can reduce the risk of Sudden Infant Death Syndrome.

Your baby's crib, cradle or bassinet should meet current Canadian safety standards.

The Middlesex-London Health Unit recommends room sharing for the first six months of your baby's life.



# What do I need to know?



Always put your baby on his or her back to sleep. The safest place for your baby to sleep is alone in a crib, cradle or bassinet close to your bed.



Keep the crib, cradle or bassinet free of any bumper pads, pillows, comforters, heavy blankets, toys or sleep positioners.



Keep blind cords up high and out of reach, so that your child's neck cannot get caught in them.



Check that your baby's crib mattress is firm and fits tightly. If there is a gap, your baby's head could get stuck and they could stop breathing.

# Resources

## **Buckle Up Baby**

[www.buckleupbaby.ca](http://www.buckleupbaby.ca)

## **Canadian Institute of Child Health**

[www.cich.ca](http://www.cich.ca)

## **Canadian Paediatric Society**

[www.cps.ca](http://www.cps.ca)

## **Canadian Red Cross**

[www.redcross.ca](http://www.redcross.ca)

## **Children's Hospital at London Health Sciences Centre**

[www.lhsc.on.ca/About\\_Us/Childrens\\_Hospital](http://www.lhsc.on.ca/About_Us/Childrens_Hospital)

## **Health Canada**

[www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

## **Healthy Canadians**

[www.healthycanadians.gc.ca](http://www.healthycanadians.gc.ca)

## **Infant Toddler Safety Association**

[www.InfantandToddlerSafety.ca](http://www.InfantandToddlerSafety.ca)

## **London Fire Department**

[www.london.ca/fire](http://www.london.ca/fire)

# Resources

**Middlesex-London Health Unit**

[www.healthunit.com](http://www.healthunit.com)

**Ministry of Transportation**

[www.mto.gov.on.ca](http://www.mto.gov.on.ca)

**Ontario Early Years Centre**

[www.ontarioearlyyears.ca](http://www.ontarioearlyyears.ca)

**Ontario Poison Centre**

[www.ontariopoisoncentre.ca](http://www.ontariopoisoncentre.ca)

**Parachute Canada**

[www.parachutecanada.org](http://www.parachutecanada.org)

**Public Health Agency of Canada**

[www.phac-aspc.gc.ca](http://www.phac-aspc.gc.ca)

**St. John Ambulance**

[www.sja.ca](http://www.sja.ca)

**Transport Canada**

[www.tc.gc.ca](http://www.tc.gc.ca)

# Give your Child a Safe Start

by learning how to keep your  
child safe and injury free.

Knowing what to do in an emergency  
can save your child's life.



## ***Remember to...***

- *Take a First Aid and CPR course.*
- *Sign up for a learn to swim program for you and your child.*

*For more information visit  
[www.healthunit.com/safe-start](http://www.healthunit.com/safe-start)*