



Give Your Child a

# Safe Start

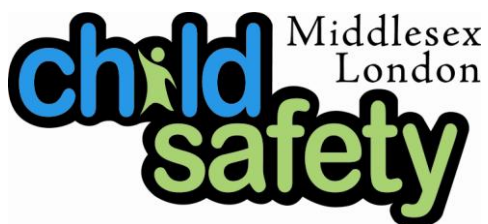
Facilitators Guide



Give Your Child a

# Safe Start

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# Section: Introduction

## The Issue

Injuries are the leading cause of death for Canadian children. In Southwestern Ontario we are no different.

Within our region we see 130 deaths due to injury, as well as approximately 1,300 hospitalizations and 60,000 visits to the emergency department each year. Most of these injuries are due to falls and burns from both fire and scalding. For young children, most injuries happen in the home.

The good news is that the majority of these injuries are both predictable and preventable. There are many different ways for parents to reduce the risk of injury to their child in the home and this resource will share some strategies on how this can be done.

## Why are children at risk?

Causes of injury for children are linked to their developmental stage. The capabilities and skills of children are constantly changing and parents may underestimate or overestimate their child's ability. What a child can do one day may be very different the next. Parents or caregivers may not anticipate this change.

## Key Messages

Parents can keep their children safe by providing appropriate supervision, making changes to their child's environment by making modifications and using home safety equipment, and anticipating their child's next developmental stage, skills and abilities.



## Using this Facilitation Guide

This guide is divided into **8** different sections based on the most common causes of injury to young children.

Each section contains quick discussion points, injury risks, safety tips, discussion questions and a quiz. Some sections, for example safe sleep and falls, have prenatal specific discussion questions.

The great thing about this resource is its flexibility which you can adapt to suit your audience's needs. Choose one or all of the sections to view with your audience depending on the age and stage of their child.

## Questions or Comments

We welcome your feedback! Please be in touch with the Child Safety Middlesex London coalition at [Childsafety@mlhu.on.ca](mailto:Childsafety@mlhu.on.ca)

# Section: Falls

## Discussion Points

- Falls are the most common cause of injury to babies and children.
- **Supervision** is the best way to keep your child safe from falls.
- Children are naturally curious which puts them at risk for injury.
- Anticipate their next developmental stage. Parents and caregivers need to stay one step ahead. What a child can do one day may be different the next.

## Why do Young Children Fall?

- Infants like to kick and wiggle which can put them at risk from falling from high places such as change tables or highchairs
- Infant's heads are larger than the rest of their body which can affect their balance
- Babies explore by crawling or pulling on items to stand upright
- Toddlers like to climb furniture which puts them at risk for injury
- Preschoolers often fall from structures such as playgrounds or stairs



## Where do Children often Fall?

- Falls from furniture
- Falls down stairs
- Falls from windows
- Falls on level surfaces

## Safety Tips for Infants

Supervise your child - stay close to your baby and within arm's reach. When you can't be within arm's reach, put your baby in a safe place like a crib or playpen

- Change diapers on the floor or keep one hand on baby when on a change table
- Place items like car seats, rockers, and carriers on the floor

- Use the harness strap when baby is in a stroller or swing, car seat, stroller or high chair
- Install sturdy wall-mounted gates at the top and bottom of stairs
- Put cribs and other furniture away from balconies and windows
- As your baby is able to sit up, move your crib mattress to the lowest position

## Safety Tips for Toddlers

- Supervise your child- stay close and within arm's reach
- Attach furniture to the wall using anchor guards or safety straps
- Install window guards and stops
- Keep furniture away from windows
- Install locking devices on drawers
- Install sturdy-wall mounted gates at the top and bottom of stairs



## Safety Tips for Preschoolers

- Supervise your child- stay close and within arm's reach
- Use safety products to secure TV's and furniture to the wall, so they don't fall on your child
- Lock windows at 10 centimeters or less using window safety devices
- Stay close at the playground and make sure they are using equipment no higher than 1.5 metres
- Keep furniture away from windows
- When biking, make sure children wear a helmet. Follow the 2-V-1 rule

## Discussion Questions

### Prenatal

1. *Was there anything new you learned from this video?*
2. *What can you do to keep your child safe from falls?*
3. *Why do you think Infants are at risk for falling?*
4. *What are current hazards in your home that could put your baby at risk for falls?*
5. *What changes in your home can you make ahead of time to keep your child safe from falls?*
6. *If buying baby products second-hand, what should you be looking for?*

You can purchase home safety devices from your local children's product, hardware or department store!



## Infant & Toddler

1. *Was there anything new you learned from this video?*
2. *What can you do to keep your child safe from falls?*
3. *Why do you think infants and/ or toddlers are at risk for falling?*
4. *If you need to leave your baby for a moment, where is a safe place you can put baby?*
5. *What has surprised you the most about your child's development? How could this impact your child's chance of falling?*
6. *How did life change for you once your child began to crawl?*
7. *Can you think of some hazards in your home that could put your child at risk for falls?*
8. *What changes in your home can you make to reduce the risk of falls?*



## Preschool

1. *Was there anything new you learned from this video?*
2. *Why do you think preschoolers are at risk for falling?*
3. *What can you do to keep your preschooler safe from falls?*
4. *What has surprised you the most about your child's development? How could this impact your child's chance of falling?*
5. *Can you think of some hazards in your home that could put your child at risk for falls?*
6. *What can you do if your child refuses to wear a bicycle helmet?*
7. *How can you make going to the playground safer?*



## ✓ Test Your Knowledge

1. What is the leading cause of injury in young children?
  - ☐ Burns
  - ☐ Falls
  - ☐ Choking
2. What is the most important way to keep your child safe from falls? \_\_\_\_\_
3. Wall-mounted gates only need to be put at the top of the stairs. (True or False)
4. Windows should always be locked at?
  - ☐ 10 cm or less
  - ☐ 12 cm or less
  - ☐ 15 cm or less
5. Screens will protect by child from falling out of windows (True or False)
6. Where is a safe place for baby to sleep? (Check all that apply)
  - ☐ Crib, cradle or bassinet that meets Canadian safety standards
  - ☐ Adult bed
  - ☐ Sofa
  - ☐ Car seat
7. How can you keep large furniture from tipping over? \_\_\_\_\_
8. At what age can a baby start riding in a bike trailer or carrier?
  - ☐ 6 months
  - ☐ 9 months
  - ☐ 1 year

## ✓ Test Your Knowledge *ANSWER SHEET*

1. What is the leading cause of injury in young children?
  - ☐ Burns
  - ☒ **Falls**
  - ☐ Choking
2. What is the most important way to keep your child safe from falls? **Providing appropriate supervision.**
3. Wall-mounted gates only need to be put at the top of the stairs. (True or **False**)
4. Windows should always be locked at?
  - ☒ **10 cm or less**
  - ☐ 12 cm or less
  - ☐ 15 cm or less
5. Screens will protect by child from falling out of windows (True or **False**)
6. Where is a safe place for baby to sleep? (Check all that apply)
  - ☒ **Crib, cradle or bassinet that meets Canadian safety standards**
  - ☐ Adult bed
  - ☐ Sofa
  - ☐ Car seat
7. How can you keep large furniture from tipping over? **You can keep large furniture from tipping over by using safety devices to anchor them.**
8. At what age can a baby start riding in a bike trailer or carrier?
  - ☐ 6 months
  - ☐ 9 months
  - ☒ **1 year**

# Section: Burns & Scalds

## Discussion Points

- 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.
- Children are naturally curious which puts them at risk for injury.
- Children have thinner skin than adults which puts them at more risk for burns.

### Infant Risks

- A baby's skin burns more deeply and quickly than an adult's thicker skin
- Once babies start to pull themselves up or start to stand, they can reach and touch hot objects or surfaces

### Toddler Risks

- Toddlers are becoming more mobile and curious which makes them susceptible to burns
- Burns often occur from preparing or eating food, spilling hot beverages, flame burns or from bathtub scalds

### Preschooler Risks

- Preschoolers like to model parent behaviour such as using a stove in the kitchen or starting a cigarette lighter



## Safety Tips

- Supervise your child at all times
- Always check the bath water temperature with your arm or elbow before putting your child in the bath tub
- Keep hot drinks and hot food away from your child. Use a mug with a tight fitting lid
- Lower the temperature of your hot tap water to 49 °C
- Make sure electrical outlets are fully covered
- Install a secured gate or screen that bolts around your fireplace
- Install a smoke alarm on every storey of your home and outside all sleeping areas
- Make sure matches and lighters are locked up and out of reach and sight
- Use the backburners when you cook and turn pot handles towards the back of the stove
- Keep all appliances and cords away from the edge of the counter
- Maintain a kid free zone which is 3 feet away from the stove when preparing hot foods and hot liquids

## Discussion Questions

1. *Why do you think children are at risk for burns?*
2. *What changes in your home can you make to reduce the risk of burns and scalds to your child?*
3. *What changes to your parental practices can you make to keep your child safe from burns and scalds?*
4. *What has surprised you the most about your child's development?  
How do these changes put your child at risk for burns and scalds?*
5. *How can you tell if a water temperature is safe for your child?*



## How can I lower my water temperature?

Check out <http://www.parachutecanada.org/injury-topics/item/lowering-hot-water-temperature>

## ✓ Test Your Knowledge

1. At what temperature should you set your hot water temperature to?
  - ☐ 49°C
  - ☐ 55°C
  - ☐ 60°C
2. What is the most important way to keep your child safe from burns and scalds?  

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3. Smoke alarms should be installed
  - ☐ In the kitchen
  - ☐ On every storey of your home and outside all sleeping areas
  - ☐ Outside any sleeping areas
4. What is the kid free zone?  

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5. When cooking, always use the \_\_\_\_\_ burners and turn pot handles towards the \_\_\_\_\_ of the stove.
6. How often should you change the batteries in your smoke alarm?

## ✓ Test Your Knowledge *ANSWER SHEET*

1. At what temperature should you set your hot water temperature to?
  - ☐ 49°C
  - ☐ 55°C
  - ☐ 60°C
2. What is the most important way to keep your child safe from burns and scalds? **Providing appropriate supervision.**
3. Smoke alarms should be installed
  - ☐ In the kitchen
  - ☐ **On every storey of your home and outside all sleeping areas**
  - ☐ Outside any sleeping areas
4. What is the kid free zone?  
**Keeping your child safely out of the way in the kitchen by creating a space that is 3 feet away from the stove.**
5. When cooking, always use the **back** burners and turn pot handles  
towards the **back** of the stove.
6. How often should you change the batteries in your smoke alarm? **At least twice a year.**

# Section: Poisoning

## Discussion Points

- Nearly half of all poisonings occur in children younger than six years of age.
- **Supervision** is the best way to keep your child safe from poisoning.
- Children are naturally curious which puts them at risk for injury.
- Children cannot tell the difference between products that are harmful and ones that are not. Many medications look like candy.
- Anticipate their next developmental stage. Parents and caregivers need to stay one step ahead. What a child can do one day may be different the next.

### Infant Risks

- Babies have a natural tendency to put things in their mouths which puts them at risk for poisoning.

### Toddler Risks

- Toddlers still continue to mouth objects which puts them at risk for poisoning.
- They also are increasing their ability to open drawers and bottles, even bottles with medicine-resistant packaging.
- Toddlers do not understand poison prevention labels and education

### Preschooler Risks

- Preschoolers like to explore their surroundings and are continuing their exploratory play.





## Safety Tips

- Supervise your child at all times
- Put poisonous products locked up and out of sight and reach of young children
- Keep poisonous products in their original containers
- Install a carbon monoxide alarm according to manufacturer's instructions
- Put bottles with safety caps in a locked cupboard. These bottles are not childproof
- Keep plants away from babies and young children
- There are some products you may not realize are poisonous. Check hazard symbols and warnings or cautions



In case of  
poisoning, call  
The **Ontario**  
**Poison Centre** at  
**1-800-268-  
9017**

## Discussion Questions

1. *Was there anything new you learned from this video?*
2. *Why do you think children are attracted to poisons?*
3. *What can you do to keep your child safe from poisons in the home?*
4. *What should you tell family or friends to do when you are coming to visit?*
5. *Why do you think it is important to keep products in their original containers?*
6. *How can you tell if a product is poisonous?*
7. *Who should you call in the event of a poisoning?*
8. *Why do you think carbon monoxide dangerous?*

## ✓ Test Your Knowledge

1. Where do most poisonings happen to young children?
  - ☐ Daycare
  - ☐ Outside
  - ☐ The Home
  
2. Which products can be poisonous for children? (Check all that apply).
  - ☐ Medicine
  - ☐ Plants
  - ☐ Herbal Products
  - ☐ Cleaners
  - ☐ Vitamins
  
3. Where should poisonous products be stored?

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4. What can protect you from carbon monoxide poisoning? *Check all that apply.*
  - ☐ Carbon monoxide alarm
  - ☐ Smoke detector
  - ☐ Your sense of smell
  
5. My child is safe if the medicine has a child-resistant cap on it (True or False)
  
6. If your child was poisoned, who should you call?
  - ☐ 911
  - ☐ Ontario Poison Centre
  - ☐ Family Members

## ✓ Test Your Knowledge *ANSWER SHEET*

1. Where do most poisonings happen to young children?

- ☐ Daycare
- ☐ Outside
- ☐ **The Home**

2. Which products can be poisonous for children? (Check all that apply).

- ☐ **Medicine**
- ☐ **Plants**
- ☐ **Herbal Products**
- ☐ **Cleaners**
- ☐ **Vitamins**

3. Where should poisonous products be stored?

**Locked up and out of sight and reach.**

4. What can protect you from carbon monoxide poisoning? *Check all that apply.*

- ☐ **Carbon monoxide alarm**
- ☐ Smoke detector
- ☐ Your sense of smell

5. My child is safe if the medicine has a child-resistant cap on it (True or **False**)

6. If your child was poisoned, who should you call?

- ☐ 911
- ☐ **Ontario Poison Centre**
- ☐ Family Members

# Section: Choking

## Discussion Points

- Babies, toddlers and young children like to put things in their mouths.
- **Supervision** is the best way to keep your child safe from choking.
- Food accounts for the majority of choking injuries but other hard or small items put the child at risk too.
- Children choke more easily because they have a physical inability to eat large items of food.

## Common Food Choking Hazards

- Grapes
- Hot Dogs
- Raw Carrots, Apples
- Peanut Butter
- Hard Candies
- Gum and Gummy Candies
- Peanuts
- Sunflower Seeds
- Popcorn
- Fish with Bones
- Snacks on Toothpicks or Skewers



## Safety Tips

- Actively supervise young children
- Keep choking and strangulation hazards away and out of reach of young children
- Avoid foods that cause choking and know what foods need special preparation
- Purchase age appropriate toys and examine all toys before use
- Teach older children to not leave small toys or other items lying around
- Keep coins, all batteries, balloons, magnets and other small items away from babies and young children

## Discussion Questions

1. *Was there anything new you learned from this video?*
2. *Why do you think children choke more easily?*
3. *Are there non-food items that can cause choking in children? How can you keep children safe from these products?*
4. *How can you tell if a product is safe for your child to have?*
5. *How can older children play a part in keep children safe from choking?*
6. *What information should you tell your babysitter?*
7. *What can you do as a parent to be prepared in the case of an emergency?*

### Take a First Aid or CPR course in your area!

- Contact St. John Ambulance by visiting [www.sja.ca](http://www.sja.ca) or call (519)- 432-8586
- Contact LMAC CPR by visiting <http://www.lmac-cpr.ca/> or call (519)- 453-1483



## ✓ Test Your Knowledge

1. Why do babies, toddlers, and young children choke?

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2. List some food items that can cause choking in young children.

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3. What can you do to avoid choking in young children? (Check all that apply)

- ☐ Cut food into small pieces
- ☐ Sit with and pay attention to your child when they are eating
- ☐ Tell your child not to eat certain foods

4. Which non-food items can cause choking in children? (check all that apply)

- ☐ Corner of Milk Bags
- ☐ Rare earth magnets
- ☐ Disc Batteries
- ☐ Balloons

5. True or False. The toys that my older child plays with are safe from my toddler or baby to play with.

6. What can a parent do to provide an extra layer of protection against choking?

## ✓ Test Your Knowledge *ANSWER SHEET*

1. Why do babies, toddlers, and young children choke?

**Babies and young children like to put things in their mouths. Children also choke more easily because they have a physical inability to eat large items of food**

2. List some food items that can cause choking in young children.

**Hard Candies**

**Peanuts**

**Popcorn**

**Hot Dogs**

**Gum and Gummy Candies**

**Sunflower Seeds**

**Fish with Bones**

**Grapes**

3. What can you do to avoid choking in young children? (Check all that apply)

- ☐ **Cut food into small pieces**
- ☐ **Sit with and pay attention to your child when they are eating**
- ☐ **Tell your child not to eat certain foods**

4. Which non-food items can cause choking in children? (check all that apply)

- ☐ **Corner of Milk Bags**
- ☐ **Rare earth magnets**
- ☐ **Disc Batteries**
- ☐ **Balloons**

5. True or **False**. The toys that my older child plays with are safe from my toddler or baby to play with.

6. What can a parent do to provide an extra layer of protection against choking?

**Get CPR Trained.**



# Section: Safety in the Car

## Discussion Points

- Car crashes are the leading cause of death and serious injury to children in Canada.
- A correctly installed car seat can reduce the risk of injury by up to 75%.
- Most research states that car seats are often installed **incorrectly**.

## Safety Tips

- 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
- 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.



## Discussion Questions

### Prenatal

1. *How many of you have purchased a car seat already?*
2. *How do you know if a car seat is safe to use?*
3. *Where can you get more information about how to install a car seat?*
4. *What can you do if you are not sure if your car seat is installed correctly?*
5. *How will you know if a car seat has been recalled?*

## Babies, Toddlers and Preschoolers

- 1. Why is it safest for your child to stay rear-facing as long as possible?*
- 2. How do you know when it is safe to move to the next car seat stage?*
- 3. Where can you get more information on car seat safety?*
- 4. How do you know if a car seat is safe to use?*
- 5. How will you know if a car seat has been recalled?*
- 6. Can you purchase car seats across the border?*

### **Did you know? Car seats have an expiry date!**

This is because frequent use and exposure to sunlight can damage and weaken plastic

## ✓ Test Your Knowledge

1. Car crashes are the leading cause of death and serious injury to children in Canada.  
☐ True  
☐ False
2. A child harnessed correctly in a properly installed car seat can reduce injury to a child by:  
☐ 50%  
☐ 60%  
☐ 75%
3. Children should always be placed in the \_\_\_\_\_ seat of the car. Wherever possible, use the \_\_\_\_\_ seat.
4. Only car seats with the Canadian Motor Vehicle Safety Standards sticker are approved for use in Canada.  
☐ True  
☐ False

## ✓ Test Your Knowledge *ANSWER SHEET*

1. Car crashes are the leading cause of death and serious injury to children in Canada.  
☐ True  
☐ False
2. A child harnessed correctly in a properly installed car seat can reduce injury to a child by:  
☐ 50%  
☐ 60%  
☐ 75%
3. Children should always be placed in the **rear** seat of the car. Wherever possible, use the **middle** seat.
4. Only car seats with the Canadian Motor Vehicle Safety Standards sticker are approved for use in Canada.  
☐ True  
☐ False

# Section: Product Safety

## Discussion Points

- Every day products for children are recalled due to safety concerns
- Injuries from children's products happen often and can sometimes be fatal
- Some safety products are covered under the Consumer Product Safety Act and the Hazardous Products Act
- Some products are banned in Canada. It is important for you to know which ones.

## How are young children injured from products?

- The parent or caregiver may not follow manufacturer's instructions for the product
- Some products are recalled by Health Canada for hazards present for injury
- Second-hand products may be damaged and may not meet Canadian regulations

## Safety Tips

- Always follow all manufacturer's instructions
- When buying or receiving second-hand products for your child, be aware. Some of these products may not meet current regulatory requirements.
- If you are purchasing products outside of the country, make sure that they are approved for use in Canada
- 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; relight 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)

## Discussion Questions

1. *Why do you think children are injured from products?*
2. *Can you think of any children's products in your home that could be dangerous to children?*
3. *Can you tell me some products you should be careful of purchasing second-hand? What types of questions should you ask the seller, family or friend?*
4. *Can you tell me some products that are banned in Canada? Why do you think they are banned? What should you do if you have or know someone who has a banned product?*
5. *How can you tell if a product is safe? How would you find out if a product has been recalled?*
6. *Can you give me an example of a product that you would not be able to purchase in the US? Why can't you bring these products into Canada?*
7. *Where can you get more information about general product safety?*
8. *If you have a concern about a product, who can you contact?*



### Need Resources?

Check out [Information for Shopper of Second-Hand Products](#) or [Bringing Consumer Products into Canada.](#)

## ✓ Test Your Knowledge

1. Baby walkers are banned in Canada. True or False.

☐ True

☐ False

2. You can bring back any children's product you want from outside of the country. (True or False)

3. How can you stay up to date on product safety recalls: (check all that apply)

☐ Fill out and mail the product registration card

☐ Subscribe to recall lists

☐ Check recall lists on the Healthy Canadians website

4. Some children's jewelry may contain lead. True or False.

☐ True

☐ False

5. Why should you be careful when buying or receiving second-hand products?

☐ Your child may not like it

☐ Some products may not meet regulatory requirements

☐ Parts could be missing or broken

☐ Products may be recalled

6. Name three products you should be extra careful of if purchasing second-hand.

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## ✓ Test Your Knowledge *ANSWER SHEET*

1. Baby walkers are banned in Canada. True or False.

☐ **True**

☐ **False**

2. You can bring back any children's product you want from outside of the country. True or **False**.

3. How can you stay up to date on product safety recalls: (check all that apply)

☐ **Fill out and mail the product registration card**

☐ **Subscribe to recall lists**

☐ **Check recall lists on the Healthy Canadians website**

4. Some children's jewelry may contain lead. True or False.

☐ **True**

☐ **False**

5. Why should you be careful when buying or receiving second-hand products?

☐ Your child may not like it

☐ **Some products may not meet regulatory requirements**

☐ **Parts could be missing or broken**

☐ **Products may be recalled**

6. Name three products you should be extra careful of if purchasing second-hand.

**Cribs, Cradles or Bassinets**

**Strollers**

**Playpens**

# Section: Water Safety

## Discussion Points

- Drowning is the second-leading cause of death to children aged 1-14 years in Canada.
- Young children are naturally attracted to water but cannot foresee the danger
- A child's lungs are smaller than adults and can fill quickly with water
- Young children can drown in as little as 2.5 centimetres of water

### Infant Risks

- Infants lack the motor skills to keep their head above water
- Drowning often occurs in bathtubs

### Toddler Risks

- Toddlers are attracted to water but don't have the skills to lift their body above water
- Drowning often occurs in backyard pools, bathtubs, and in large bodies of water

### Preschooler Risks

- Preschoolers do not understand the risk for injury because they do not intend for injuries to occur



## Safety Tips

- 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
- 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
- Make sure young children, weak swimmers and children who cannot swim wear a lifejacket or personal flotation device when in, on, or around water



## Discussion Questions

1. *Can you think of some reasons why children are at risk of drowning?*
2. *What are some ways that you can keep your child safe from drowning?*
3. *What should you do if you have an infant seat or bath ring at home?*
4. *Where can you get information about swimming lessons in Middlesex-London?*
5. *What types of safety equipment should you have around the pool?*
6. *What changes can you make to your home to keep your child safe from drowning?*
7. *Do water wings work the same way as PFD's or lifejackets?*

## ✓ Test Your Knowledge

1. A child can drown in as little as one inch of water. True or False.

☐ True

☐ False

2. Infant bath seats and bath rings are not safe. True or False.

☐ **True**

☐ False

3. You can keep your child safe around water by: (check all that apply)

☐ Staying within arm's reach and sight at all times

☐ Enrolling your child in swimming lessons

☐ Having their older sibling watch them

☐ Having them wear a Personal Flotation Device or Lifejacket

4. Water wings are safety devices. True or False.

☐ True

☐ False

5. You are bathing your toddler and the doorbell rings. What should you do?

☐ Put the child in an infant bath seat

☐ Leave the child with a sibling

☐ Take the child with you

6. A backyard pool should have a surrounding fence with \_\_\_\_\_ sides with self-locking and self-latching gates.

# Test Your Knowledge *ANSWER SHEET*

1. A child can drown in as little as one inch of water. True or False.

☐ **True**

☐ False

2. Infant bath seats and bath rings are not safe. True or False.

☐ **True**

☐ False

3. You can keep your child safe around water by: (check all that apply)

☐ **Staying within arm's reach and sight at all times**

☐ **Enrolling your child in swimming lessons**

☐ Having their older sibling watch them

☐ **Having them wear a Personal Flotation Device or Lifejacket**

4. Water wings are safety devices. True or False.

☐ True

☐ **False**

5. You are bathing your toddler and the doorbell rings. What should you do?

☐ Put the child in an infant bath seat

☐ Leave the child with a sibling

☐ **Take the child with you**

6. A backyard pool should have a surrounding fence with **4** sides with self-locking and self-latching gates.

# Section: Safe Sleep

## Discussion Points

- Creating a safe sleep environment for your baby will help him or her sleep safely and reduce the risk of Sudden Infant Death Syndrome.
- Sudden Infant Death Syndrome is the #1 cause of death for healthy infants under the age of 1 in Canada.

### What is SIDS?

The term **Sudden Infant Death Syndrome** refers to the sudden and unexpected death of an apparently healthy infant, one whose death remains unexplained even after a complete post mortem investigation that includes a full autopsy, an examination of the circumstances of the death, and a review of the case history (The Canadian Foundation for the Study of Infant Deaths, 2013).

## Safety Tips

- Always put baby on his or her back to sleep
- The safest place for your baby to sleep is alone in a crib, cradle or bassinet
- It is safest if baby sleeps next to your bed for the first 6 months
- Your baby's crib, cradle or bassinet should meet current Canadian safety standards
- Check that your baby's crib mattress is firm and fits tightly
- Bumper pads, pillows, comforters, heavy blankets and toys should not be put in your baby's crib
- A car seat, stroller, baby swing or bouncer seat are not safe places for your baby to sleep
- Keep blind cords up high and out of reach, so that your child's neck cannot get caught in them

**Safety Tip!** *Move the crib mattress support to its lowest level as soon as your baby is able to sit upright.*

# Discussion Questions

## Prenatal

- 1. How many of you have bought your crib, cradle or bassinet?*
- 2. Can you tell me where safe places for baby to sleep are?*
- 3. How can you tell if your crib, cradle or bassinet is safe to use?*
- 4. Do you plan on having your baby sleep in the same room as you? Why do you think this is important to help prevent SIDS?*
- 5. Breastfeeding provides some protection against SIDS. Why do you think breastfeeding is important?*
- 6. Can you tell me what items are not safe to place in your crib, cradle or bassinet? Why do you think these items are not safe for your baby to sleep with?*

## Infant

- 1. When you are at home or away, how do you create a safe sleep environment for your baby?*
- 2. What information should you know about your crib, cradle or bassinet?*
- 3. Can you tell me what items are not safe to place in your crib, cradle or bassinet? Why do you think these items are not safe for your baby to sleep with?*





## ✓ Test Your Knowledge

1. Your child's crib should not have any pillows, comforters, or plush toys.  
☐ True ☐ False
2. Infant sleep positioners in the crib keep your child safe.  
☐ True ☐ False
3. When at home, a safe place for your baby to sleep is: (Check all that apply)  
☐ Car seat  
☐ Baby swing  
☐ Parents bed  
☐ Crib, Cradle or Bassinet that meets current Safety regulations  
☐ Sofa
4. In Canada, it is illegal to sell a crib that is made before what year?  
☐ 1975  
☐ 1980  
☐ 1986
5. Babies should be placed on their back to sleep. True or False.  
☐ True ☐ False
6. What contributes to having a safe environment for your baby to sleep? (Check all that apply)  
☐ Smoke free home  
☐ Breastfeeding your baby  
☐ Room at a comfortable temperature

## ✓ Test Your Knowledge *ANSWER SHEET*

7. Your child's crib should not have any pillows, comforters, or plush toys.

☐ **True**

☐ False

8. Infant sleep positioners in the crib keep your child safe.

☐ True

☐ **False**

1. When at home, a safe place for your baby to sleep is: (Check all that apply)

☐ Car seat

☐ Baby swing

☐ Parents bed

☐ **Crib, Cradle or Bassinet that meets current Safety regulations**

☐ Sofa

2. In Canada, it is illegal to sell a crib that is made before what year?

☐ 1975

☐ 1980

☐ **1986**

3. Babies should be placed on their back to sleep. True or False.

☐ **True**

☐ False

4. What contributes to having a safe environment for your baby to sleep? (Check all that apply)

☐ **Smoke free home**

☐ **Breastfeeding your baby**

☐ **Room at a comfortable temperature**

# Resources

Buckle up Baby

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

Canadian Institute of Child Health

[www.cihi.ca](http://www.cihi.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

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

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)