

Safety Never Hurts



Beamer the Safety Bug's Safety Never Hurts Bulletin
for parents and caregivers of young children

WINTER EDITION

Burns: Children are among those most at risk

Tips to help reduce the risks of burns:

- Turn off, unplug and empty hot substances from appliances when they are not in use and keep cords away from the edge of the counter.
- Turn pot handles inward, toward the back of the stove. Whenever possible, cook on the rear burners. Use caution when moving heavy pots or appliances containing hot liquids or foods.
- In the microwave use only containers that are designed for microwave use. Use caution when removing lids from microwaved foods. Stir foods to distribute the heat. Test all heated liquids and food before giving it to a child. Put a lid on hot drinks to help prevent spills.
- Be aware of potential contact burns from appliances and other items like fireplaces, irons, heaters, radiators and curling irons.
- For a bath, run the cold water first and then gradually add hot until you reach the appropriate temperature. Turn water heater down to 49°C or 120°F.

Treating a Burn or Scald

Immediately remove the injured individual from the source of the heat. Cool the burn by running cool water over the affected area. Do not apply ice or ice water. Cooling the burn is very important as damage caused by burns continues even after the heat source has been removed.

For more information visit www.parachutecanada.org



Winter Car Seat Safety

Car seats when used and installed properly can dramatically reduce the chance of serious injuries to children in a crash. In winter months especially, bulky clothing can interfere with proper harness fit which may increase your child's risk of injury and or ejection in a crash. To ensure the harness fits properly, bulky clothing should be removed to allow for the harness to be in the right position and tightened properly. In winter months blankets can be used over the harness to keep children warm, another option is or put the child's jacket on backwards after the harness is secured properly. For more car seat installation tips visit the [Ministry of Transportation](http://www.transportation.gc.ca) website.

This seasonal bulletin is supported by Child Safety Middlesex London.
For more information about child safety, contact Child Safety Middlesex London at 519-663-5317 ext. 3755 or www.healthunit.com/childsafety

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Canadian 24-Hour Movement Guidelines for the Early Years (0-4 Years): An integration of Physical Activity, Sedentary Behaviour and Sleep

Did you know that there are New Canadian 24-Hour Movement Guidelines for the Early Years (0-4 Years)? These new Canadian 24-Hour Movement Guidelines recommend a balance of moving, sitting and sleeping for children age 4 and under to encourage healthy growth and development – the whole day matters.

Some highlights included in the Canadian 24-Hour Movement Guidelines for the Early Years (0-4 Years):

- For infants, supervised activities can include tummy time, reaching and grasping, and crawling spread throughout the day while awake.
- 3-4 years old should get at least three hours of physical activity spread throughout the day and this daily physical activity should include at least 1 hour of energetic play. Some suggestions for energetic play can include running, dancing, and playing outside.
- Sedentary behaviors are those behaviors that involve little movement while children are awake. Toddlers and preschoolers should not be allowed to sit for extended periods, or be restrained for more than one hour at a time, for example in a stroller, highchair or car seat.
- For toddlers and preschoolers, having a calming bedtime routine, going to bed and waking up at the same time each day is good for sleep.

Visit ParticipACTION to learn more about the [24-Hour Movement Guidelines for the Early Years \(0-4 Years\)](#)

For more information on Tummy Time, visit [Middlesex-London Health Unit website](#).



Remember winter safety!

Go to [Parachute Canada](#) to learn ways to stay safe this winter using the correct helmet and clothing.

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