

Is Your Child Safe?

Children are naturally curious and do not easily recognize and avoid hazards. They need extra protection and care. Many injuries can be avoided by supervising children carefully and by making their surroundings safer. This newsletter is full of hints to help keep your child safe.

DANGER! DO NOT TOUCH!



Household chemical products, such as bleaches, paint thinners, ammonia, and abrasive cleaners are among the top causes of injuries and deaths in children under the age of 5. Even a small amount of a chemical product can be harmful to a child. Chemical products can be poisonous, flammable, corrosive, or the containers can be explosive.

- Teach children that the hazard symbols on the containers mean **DANGER! DO NOT TOUCH!**
- Keep all chemical products in a locked cupboard out of children's reach.
- Keep household chemical products in original containers. Keep all safety information.
- Make sure that child-resistant closures are working properly. **Child-resistant closures are not child-proof.**
- Close the cap on the container tightly even if you set it down for a moment.
- Keep the phone number for the poison control centre by your telephone.

For more information, visit <http://www.hc-sc.gc.ca/cps-spc/pubs/cons/child-enfant/index-eng.php>

About Car Seats



Rear-facing seats are placed at a 45-degree angle so that your baby's head is supported. This makes it easier for them to breathe. A snug harness will keep your baby safe in a sudden stop or crash. Keep your child in the rear-facing seat for as long as they are still in the weight/height range of the seat itself, usually from birth to 10 kg (22 lbs) and at least until 1 year old.



Forward-facing seats have harness straps that are narrower than a vehicle seat belt and fits children's small shoulders. As long your child is still in the weight/height range of the seat, usually from 10 kg (22 lbs) to 30 kg (65 lbs), and at least 4 years old, you can still safely use the child seat



Booster seats are designed to allow children to use seat belts who no longer need forward-facing seats. The booster seat positions a child properly so that the seat belt is correctly located on the lap and shoulder. Booster seats are usually used for children 20 kg (45 lbs) to 36 kg (80 lbs) and up to 145 cm (4' 9") tall or 9 years old.

For more information on car seats, visit Transport Canada at www.tc.gc.ca

Some Tips to Keep Your Child Safe

Safe Sleep

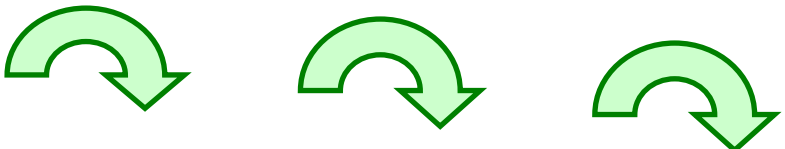
- Cribs made before September 1986 do not meet current safety regulations and should not be used. It is a criminal offence to advertise, sell, or give away these cribs. There should be a label on the crib that shows the date it was made and the name of the manufacturer.
- Children under 6 years of age should never use the upper bunk of bunk beds.
- Check that the mattress support system is secure.
- Check that the mattress is firm.
- Avoid the use of soft pillows, comforters, stuffed toys, and bumper pads in the baby's crib as they can pose a suffocation hazard.
- Do not harness or tie a baby in a crib and do not leave a baby in a crib with a necklace, elastic band, scarf, or a pacifier on a long cord. These items could cause strangulation.

For more information on safe sleep and cribs, visit Health Canada at <http://www.hc-sc.gc.ca/cps-spc/pubs/cons/child-enfant/index-eng.php>

General Bath Safety

- When finished filling the tub, turn off the hot water first and then the cold water.
- Test the water before placing your child in the tub. To avoid scalds, the temperature of the hot water from the tap should be a maximum of 49°C (120°F). If possible, set your hot water heater thermostat at 49°C (120°F)
- Supervise children in the bath tub at all times. Keep them in sight and within reach.
- Do not rely on a bath seat to ensure the safety of a baby in a bath tub.

Visit our web site
www.communitiesforkids.ca
for more great information

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- Scan your home from a child's point of view on your hands and knees looking for hazards then remove the hazard.
 - Use plastic safety covers over electrical outlets so children cannot poke fingers or objects into them. Ensure these covers are secure to prevent choking.
 - Install and maintain smoke and carbon monoxide detectors.
 - Keep cords from electrical appliances, blinds, and curtains out of children's reach.
 - Keep plastic bags out of children's reach to prevent suffocation.
 - Turn pot handles toward the centre of the stove.
 - Put a barrier around fireplaces and wood burning stoves.
 - Keep children away from the barbecue when in use.
 - Check with the manufacturer or Health Canada for recalls on children's products.
 - Baby walkers are banned in Canada. It is a criminal offence to sell, advertise, give away, or import new or used baby walkers, even for your own use.
 - Keep lighters and matches out children's sight and reach.
 - Never tie or hang any object, including a pacifier, around a baby or a child's neck. Replace pacifiers every two months.
 - Make sure hot tubs, pools, ponds, spas and other water sources are not accessible to children.
 - Keep small children away from buckets, diaper pails, toilets, and other large liquid filled household containers. Toddlers have been known to drown in such containers.
 - Firmly secure furniture such as a wall unit, bookcase, or china cabinet to the wall. Children may climb them, causing the furniture to fall on the child, resulting in serious injury or death. Televisions should be placed on lower furniture as far back as possible.
 - Always supervise children in a stroller.
 - Children should stay seated and belted at all times when in a grocery shopping cart.
 - When using a change table, remember that in the moment it takes you to reach for something, the baby can roll and fall off.
 - Always supervise children at the playground and teach them to use the equipment safely.
 - A playpen should be a safe place for a baby. Make sure the playpen is a newer model with small mesh holes.
 - Always supervise a baby while they are in a baby jumper. If you have to leave the room, take the baby with you.
 - Only select toys suited to the child's age, and follow all warnings, safety messages, and instructions that come with the toy. Always supervise children at play and teach them how to use toys safely.
 - Latex balloons are best used for decoration, not for play.
 - Do not allow children under 6 years of age to use a trampoline, even when supervised.

For many more safety tips, visit Health Canada at
<http://www.hc-sc.gc.ca/cps-spc/pubs/cons/child-enfant/index-eng.php>