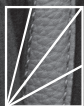




A Parent's Guide to Child Safety



Atlantic
Health System
Morristown Medical Center



For more information, go to www.preventionworks-nj.org

Safe Kids Worldwide® is a nonprofit organization dedicated to protecting kids from preventable injuries. In the United States, injuries are the number one cause of death to children and around the world, a child dies every minute from

an injury that could have been prevented. This guide has proven advice and top tips from safety experts to help families reduce risks, prevent injuries and keep kids safe at home, at play and on the road.





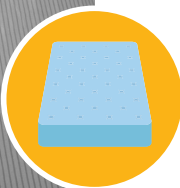
Safety at Home



Safe Infant Sleep



Place babies on their backs for naps and at night until they are 1 year old. Make sure babies sleep on a firm, flat surface in their own crib, bassinet or play yard.



Choose a firm mattress and fitted sheet for baby's crib. Remove toys, blankets, pillows, bumper pads and other accessories.



Dress baby in a wearable blanket or onesie. A loose blanket could cover baby's airway or make their body temperature too high while they sleep.



Share your room, not your bed. Place baby's crib, bassinet or play yard in your bedroom instead of letting baby sleep in the same bed with you.





Water Safety



Watch children when they are in or near water. Keep infants and toddlers within arm's reach of an adult during bath time.

Make sure you have everything you need for bath time before placing your child in the tub.

Gather towels, clothes, soap and toys before bath time begins so that you don't have to leave your child alone.

Before placing your child in the bath, check the water temperature with the inside of your wrist. The water should feel warm to the touch, not hot.

Empty tubs, buckets, containers and kids' pools immediately after use. Store them upside down so they don't collect water.

Close lids and doors. Keep toilet lids and doors to bathrooms and laundry rooms closed when not in use.

Poison Prevention

Store household products out of children's reach and sight. Young kids are often eye-level with items on counters and under kitchen and bathroom sinks, so keep cleaning supplies, laundry packets, hand sanitizers and personal care products where children can't reach them.

Keep household products in their original containers and read product labels.

Use and store products according to the product label.

Save the Poison Help number in your phone and post it visibly at home: 1-800-222-1222. Specialists at poison control centers provide free, confidential, expert medical advice 24 hours a day. They can answer questions and help with poison emergencies.

CLEANING PRODUCTS



PERSONAL CARE PRODUCTS

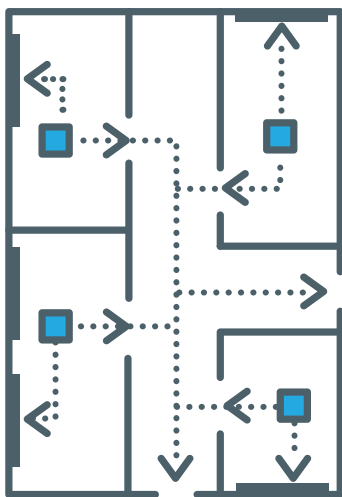


MEDICINE & VITAMINS



KEEP THESE UP & AWAY







Preventing Burns

Teach young children to stay at least 3 feet away from your cooking space by creating a kid-free zone. If you need to watch infants or toddlers while cooking, place them in a play yard or highchair outside of the kid-free zone where you can see them.

Avoid holding a child while cooking, eating or drinking hot foods and beverages. Keep items that may cause burns and scalds away from the edges of counters and tables.

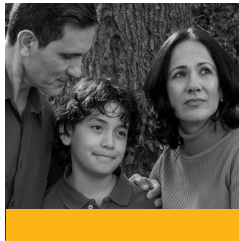
Teach older kids how to cook safely. Make sure they don't leave the kitchen while cooking and remind them to use oven mitts or potholders to carry hot pots and pans.

Watch children around fireplaces. When a gas fireplace is turned on, the glass on the front is extremely hot and can take more than an hour to cool down after it is turned off. Install a safety screen or safety gate to prevent burns from the hot glass.

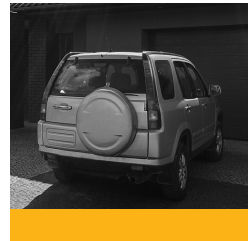
Carbon Monoxide Safety



Install carbon monoxide (CO) alarms and test alarms every month. Make sure there is a working CO alarm on every level of your home, especially near bedrooms and sleeping areas.



In a CO emergency, leave your home immediately. Move to a safe location outside where you can breathe in fresh air before you call for help.



If you need to warm up your vehicle, move it outside. It is not safe to leave your vehicle engine running inside the garage, even if the garage door is open.

Safety Around Button Batteries

Keep small electronics or devices that use button batteries out of children's reach. This includes small remote controls, key fobs, flameless candles, toys, musical greeting cards or books. Store loose button batteries where children can't reach them.

If a child swallows a button battery, go to the emergency room immediately. When a child swallows a button battery, their saliva triggers an electrical current, causing a

chemical burn in their esophagus. Do not let the child eat or drink and do not induce vomiting.



Save the National Battery Ingestion Hotline in your phone: 1-800-498-8666. If you think your child has swallowed a button battery, call the hotline for free, expert, confidential advice 24 hours a day.

Preventing Falls and TV/Furniture Tip-overs



Watch children around balconies and windows. Window screens are not strong enough to hold a child's weight, so install window guards or stops to prevent falls. Know how to open the window in case of emergency.

Anchor unstable furniture to the wall. Use anti-tip brackets or wall straps to secure unstable or top-heavy furniture to the wall.



Secure TVs. Mount flat-panel TVs to the wall and put large, box-style TVs on a low, stable piece of furniture.

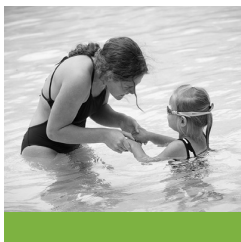
Use safety gates at the tops and bottoms of stairs. Read the manufacturer's instructions and warning labels to make sure you have the right gates for your needs.



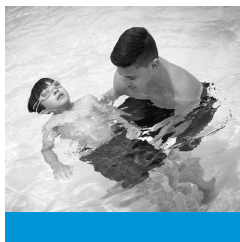


Safety at Play

Water Safety



Watch children when they are in or near water. Keep young children and inexperienced swimmers within arm's reach of an adult. Make sure more experienced swimmers are with a partner every time.



Enroll children in swim lessons. Every child is different, so teach children how to swim when they are ready. Consider their age, development and how often they are around water.



Teach children that swimming in open water is different from swimming in a pool. Potential hazards such as limited visibility, depth, uneven surfaces, currents and undertow can make swimming in open water more challenging than swimming in a pool.



Install fences around home pools. Pool fences should surround all sides of the pool and be at least 4 feet tall with a self-closing and self-latching gate. Remember to empty kids' pools after use and store them upside down.



Know what to do in an emergency. Learn CPR and basic water rescue skills – it may help you save a child's life.



Be a Water Watcher. When there is more than one adult present, choose one to be responsible for watching children in and near the water for a certain period of time, such as 15 minutes. After 15 minutes, select another adult to be the Water Watcher.





Water Survival Skills

Teach children the 5 water survival skills. Make sure kids know how to swim and develop these skills:



1 Step or jump into water over his/her head and return to the surface.



2 Float or tread water for one minute.



3 Turn around in a full circle and find an exit from the water.



4 Swim 25 yards to the exit.



5 Exit from the water without using the ladder.

Life Jackets

Choose a U.S. Coast Guard-approved life jacket that is right for your child's weight and water activity. Teach children to wear life jackets when boating or participating in water activities. Inexperienced swimmers and children who cannot swim should wear life jackets when they are in or near water.

8 to 30 pounds

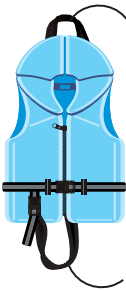
Infant

30 to 50 pounds

Child

50 to 90 pounds

Youth



Grab straps to help you pull a child out of the water.

Neck collars provide extra head support for the child.

Straps between the legs help keep the life jacket from riding up.



All buckles and straps should be fastened and pulled tight.

Safe Spaces to Play

Create a safe place for kids to play. When it's time to play, look at the rooms in your home from your child's eye-level. Remove small objects and keep them out of children's reach and sight. Move cords and strings, including those attached to window blinds, where your young child can't reach them.





Toy Safety



Consider your child's age and development when purchasing a toy or game. Read the instructions and warning labels to make sure it's just right for your child.



Separate toys by age and keep small parts and game pieces away from young children.

Toys intended for older children may pose a risk to younger, curious siblings.

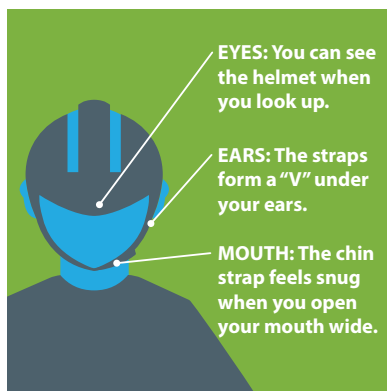


Stay up-to-date on toy recalls.

Visit www.SafeKids.org/recalls for more information about recalls related to children's toys and products.

Wheeled Sports Safety

Remind your kids to wear a properly-fitted helmet when biking, skateboarding, riding a scooter or in-line skating. If you're riding bikes with your kids, remember to be a good role model and wear your helmet as well.



Check equipment. Make sure your child's bike is the appropriate size and has fully operational brakes, chains and reflectors before riding.

Teach your kids the rules of the road. Make sure they know proper hand signals, understand traffic signs and signals and ride in the same direction as traffic as far to the right-hand side as possible.

Be sure your kids are seen while riding. Wearing bright colors, using lights, and wearing reflectors on their clothes and bike or scooter when riding in the morning and at night will help them be seen.

Bike with your child. Stick together until you are comfortable that your kids know the rules of the road and are ready to ride on their own.





Safety on the Road



Child Passenger Safety



Choose the right car seat for your child. The car seat label will help you make sure it is the right seat for your child's age, weight, height and level of development.



Keep children rear-facing until they are age 2 or older before moving to a forward-facing seat. Keep all children in a harnessed seat and then booster seat until they have reached the upper height or weight limits of each seat.



Teach your kids from a young age to buckle up every ride, every car, every time. All kids under age 13 should ride in a back seat.



Use and install your car seat according to the directions. Follow the labels on the car seat and read the car seat manual carefully. Visit safekids.org to find a Safe Kids coalition for additional help or use our online Ultimate Car Seat Guide (www.safekids.org/guide) to get help based on your child's age and weight.





Teens in Cars

Set a good example and teach when you drive.

Show your kids that you always buckle up, put your phone away and observe speed limits. Your kids will drive like you do.

Establish family safety rules of the road when you're not there to supervise.

Let your teen know what you expect from them as a passenger and as a driver.

Encourage your teens to speak up when any driver is driving unsafely.

Teach them to take charge of their own safety by finding a safe way home if the driver is impaired, speeding or taking risks.



Safety In and Around Cars

Before you drive, walk all the way around your parked car to check for children.

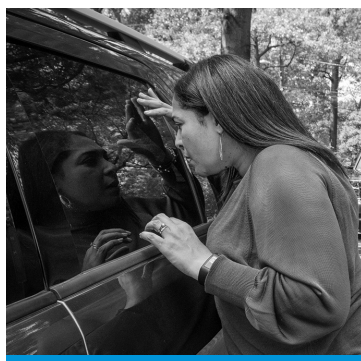
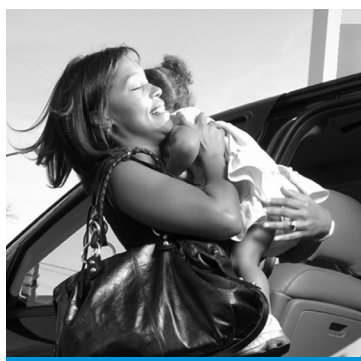
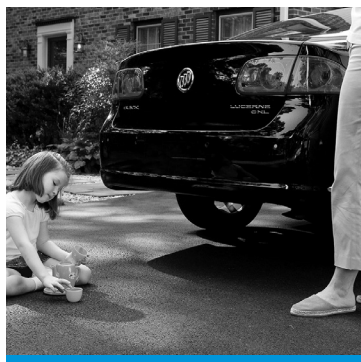
Remember kids play everywhere, including behind cars.

Help prevent heatstroke deaths by never leaving your child alone in a car, not even for a minute. Cars can heat up to dangerous levels in just a short amount of time, even on mild, sunny days – and cracking a window doesn't help.

Keep car doors and trunks locked and keep key fobs out of reach. Kids as young as 2-3 years old are known to climb into unlocked cars and trunks to play, but they can't always get out.

Create reminders when driving with a child in the back seat so you don't forget they are there. Place something like a purse or phone near your child that is needed at your final destination. This is especially important if your routine changes.

Take action. If you see a child alone in a car, call 911. One call could save a life.



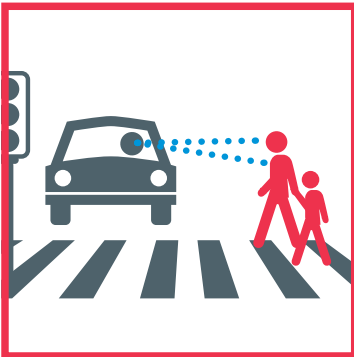


Pedestrian Safety



Teach kids to look left, right and left again before crossing the street. Remind them to continue to pay attention until they have crossed safely and to be aware of all the different ways cars can cross their path.

Be sure kids make eye contact with drivers before crossing the street. Teach kids the importance of ensuring drivers see them.



Remind kids to keep their heads up and devices down. Be sure to remind them to avoid distractions when crossing streets or railroad tracks.

Walk with your kids. Make sure they know to use sidewalks, walking paths and crosswalks while walking. Teach them to cross streets at marked crosswalks or intersections and follow traffic signals. If there are no sidewalks, remind them to walk facing traffic and as far to the left-hand side as possible.



Be sure kids are seen while walking. Wearing bright/light-colored clothing and reflective materials when walking in the morning and at night will help them be seen.

Emergency Contact Information

Police, Fire Department or Ambulance: **9-1-1**

Poison Help Number: **1-800-222-1222**

Doctor: _____

Family Member: _____

Family Member: _____

Friend/Neighbor: _____

Helpful Resources

Safe Kids Worldwide

For tips on how to keep kids safe and to find a local coalition near you, visit **www.SafeKids.org**.

Safe Kids Ultimate Car Seat Guide

Visit **www.SafeKids.org/guide** for tips and videos on how to install car seats and booster seats.

Safe Kids Law Tracker

To find child safety laws in each state, visit **www.SafeKids.org/state-law-tracker**.

American Red Cross

Visit **www.RedCross.org** to sign up for first aid and CPR classes.

Over-the-Counter Medicine Safety

Visit **scholastic.com/OTCMedSafety** for resources on how to teach older kids about medicine safety.





SAFE
KIDS
WORLDWIDE®

Donate today at www.SafeKids.org
to help us prevent injuries and save lives.