

# CHECKLIST FOR CHILD SAFETY – KEEPING YOUR CHILD SAFE

Household accidents are some of the most frequent and preventable causes for injury to children.

There are also dangers to children while they are in the community that can be prevented.

Children are always curious. Your careful attention to potential hazards can keep them from getting hurt.

This brochure offers some simple ways to help you keep your child safe at home, in the car and in your neighbourhood.

## Infants

Put young babies to sleep on their backs.

Do not put babies to sleep on adult beds or on very soft bedding.

Always raise crib side to the up position when your baby (even a tiny infant) is in it.

Never tie toys to a crib or playpen—your baby could strangle on the string.

Never put a pacifier on a string around your baby's neck.

Consider the use of monitors so you can hear your baby's cry.

## Young Children

Explore your home through your child's eyes. Crawl through it on your hands and knees to find the potential hazards.

Install childproof latches on all cabinets and drawers that contain dangerous items.

Fill empty electrical outlets with plastic plugs designed to keep curious fingers and other objects out.

Remove unused extension cords.

Put a large sofa or chair in front of electrical outlets.

Store small tables or furnishings that have sharp edges, or are unstable, until your child is older.

Tuck the cords to blinds and shades up high, out of children's reach.

Install a proper screen on the fireplace.

Put a gate on the stairway to avoid falls .

Put small, fragile tabletop items out of your child's reach.

Check toys for sharp edges and small, loose or broken pieces.

Check the labels on toys to make sure they are non-toxic and age appropriate.

Put dangerous household substances such as alcohol, detergent, cleaning fluid, razor blades, matches and medicine out of reach or in locked cabinets or drawers.

Keep plastic bags, purses and small objects such as buttons, nuts, hard candy or money out of reach.

Call a medical professional if you suspect your child has swallowed something poisonous or harmful.

Sleep with bedroom doors closed to keep smoke out of the rooms in case of fire.

Stay with your young child when he/she uses the bathroom.

Make sure toys, furniture and walls are finished in lead-free paint.

Teach the word "hot" as early as possible. Keep your child away from the hot oven, iron, vent, fireplace, wood stove, barbecue, cigarettes, cigarette lighter and hot drinks.

Turn pot handles inward when cooking.

Do not let appliance cords hang down over the counter or stove.

Do not drape a tablecloth off the sides of the table if a small child might grab hold and pull.

## In the Car

Never leave a child alone in the car under any circumstances.

Always use an infant or child car seat that is correct for your child's weight. Always follow the manufacturer's recommendations for installing them.

Use a booster seat that is recommended for your older child's weight.

Children under 12 should ride in the back seat. Air bags can harm or kill children when they inflate.

Do not let your child sit on someone's lap or share a seatbelt while traveling in the car.

## Other Helpful Suggestions

Keep a fire extinguisher handy.

Install smoke and carbon monoxide detectors and check their batteries regularly.

Make sure that jacket strings, scarves, and hood ties cannot be caught in playground equipment.

Do not leave children alone near pools, ponds, streams. Empty wading pools when they are not in use and cover spas or hot tubs.

Dogs can be aggressive. Make sure you supervise children when dogs are around.

Make sure babysitters have a list of emergency procedures and contacts. Let them know where you can be reached.

## Be prepared:

Consider taking a CPR course for children.

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