



Keeping Your Child Safe

As a parent, it is your job to be sure that your child is healthy and safe every day.

CAR SAFETY

- Whenever your child rides in a car, she must be correctly buckled into a car seat that is the proper size for her weight and age. The seat must be placed in the back seat of the car.
- Infants up to one year old and 20 pounds must ride in an infant seat facing to the rear. Infants who weigh more than 20 pounds or are longer than 26 inches before one year of age should ride in a rear-facing seat approved for higher weights until they are at least one year old.
- A child older than one year and weighing 20-40 pounds should ride in a child safety seat facing forward.
- Children over age four and weighing more than 40 pounds should ride in a booster seat. Children must use a booster seat until age six. Parents may want to use a booster seat until age 8, when children are big enough for lap and shoulder belts to fit properly.

SLEEP SAFETY

- Always place your child to sleep on her back, even for naps, and make sure others (family members, baby sitters, etc) do as well.
- Place your baby on a firm mattress in a sturdy crib; cribs made before 1986 are not safe.
- Take all fluffy and loose bedding and toys—including pillows, quilts, comforters, bumper pads and stuffed toys—out of the crib while the baby is sleeping.

FOOD SAFETY

- Wash all fruits and vegetables before serving. Be sure all meat and chicken are fully cooked.
- Never give your child milk or juices that are not pasteurized (read the labels).
- Do not give a child younger than four years old food that she could choke on, such as raw carrots or celery, grapes, nuts, popcorn, hot dogs, hard candy.

SUN & WATER SAFETY

- Keep infants in the shade. Always protect children six months and older with sunscreen (35 SPF or higher) on all exposed skin, a hat and lightweight, loose clothing even if it is a cloudy day.
- Be sure your child drinks lots of water.
- Closely watch your child around water. Learn CPR if your child goes swimming and keep a telephone and emergency numbers with you. Empty and turn over wading pools after use.

ROAD & BIKE SAFETY

- Hold your child's hand in parking lots, busy sidewalks, and when crossing the street. Have your child practice stopping and looking to the right and left before crossing the street.
- Be sure your child always wears a proper-fitting helmet when riding a bike or scooter. Look inside for a "CPSC" or "Snell" sticker, which indicates that the helmet meets safety standards.

SAFETY FROM OTHERS

- Get your child's fingerprints taken and keep a recent photograph in your wallet.
- Talk to you child calmly about safety. Tell her there will always be someone to help her and that she has the right to be safe. Help her to recognize police and fire officials.
- Teach your child her name, address and telephone number, and how to dial 911. Tell your child never to take a ride from or open the door for someone she does not know. Also explain that she should tell you if anyone, even someone she knows, makes her feel scared, uncomfortable or confused. Children are at greater danger from someone they know than from a stranger.