



A Safe Home for Your Child

Creating a safe home will help ensure that your child grows up healthy and ready to learn in school. As your child grows, check all areas of your home for any way your child could get hurt or injured.

POISON CONTROL

- Keep all medicines, prescriptions, cleaning supplies, pesticides, perfumes, alcohol locked away.
- Post the number of your local poison control center near your phone.

PREVENT BURNS & SCALDS

- Always keep your child away from the stove and oven while hot. Keep pots and pans on the back burners and turn handles in toward the stove.
- Keep hot liquids like coffee, tea or soup out of your child's reach; never carry these liquids while holding your child.
- Check the temperature of the bath water with the inside of your wrist before you put your child in it.
- Keep matches, lighters and lit candles out of your child's reach.
- Have at least one working smoke detector on every level of your home and in all sleeping areas. Test it monthly. Change the battery at least once a year.

AVOID INJURIES

- Look at your home from your child's point of view. Get on the floor and look up for anything that could be dangerous to your child.
- Anticipate your child's new skills. Put child-resistant locks on cupboards and drawers before your child can open them. Put approved safety gates at the top and bottom of the stairs before she is able to crawl. Use safety plugs in unused electrical outlets that your child can reach.
- Never take your eyes off your child—even for a few seconds—when she is on any high place, such as a bed or changing table.
- Keep knives and other dangerous and sharp objects out of your child's reach.
- Never leave a window fully open, even with screens in it, to prevent your child from falling out.
- Keep guns and drugs out of the home or locked securely away.

PREVENT LEAD POISONING.

- Get your child tested for lead. Test your child yearly from ages 1-6.
- Wash your child's hands often. Before eating or sleeping, wash your child's hands to reduce the chance of lead dust entering her mouth. Clean your child's toys regularly, especially those used on the floor.
- Have a lead free home. Remove lead hazards from your home. Be sure there is no chipping paint on doors, windows and baseboards. Replace older windows. Clean your home after any renovation.

STAY SAFE AROUND WATER

- Children age four and under can drown in just one inch of water. Never leave your child alone in or around water, including bathtubs, sinks, toilets, even for a minute.
- Do not rely on bath support rings to keep your child safe in the tub. Use lid locks on toilets.
- Empty buckets and basins immediately after use and store them out of your child's reach.

PREVENT CHOKING & SUFFOCATION

- Keep all plastic bags and plastic wraps out of reach—they can cause suffocation.
- Keep cords for window blinds and curtains short and out of reach; babies and children can get tangled in them and strangle.
- Keep toys with small parts (anything that will fit through a paper towel tube) away from a child under three.

KEEP THE INSIDE AIR CLEAN

- If you smoke, try to stop. But never smoke in your home. Children who breathe in second-hand smoke have more asthma, ear infections, bronchitis, pneumonia and other illnesses.