

This lesson identified areas where you will need to be most vigilant to prevent injuries while allowing a safe place for your toddler to explore and learn. The first step in safety is being prepared.

## First Aid<sup>1</sup>

*First aid* will allow you to properly care for fevers, cuts, scrapes, bruises, bites, and more. **First Aid courses are available online at [firstaidforfree.com](https://www.firstaidforfree.com), [redcross.org](https://www.redcross.org) and many more.**

## CPR<sup>2</sup>

CPR (cardiopulmonary resuscitation) is a different type of first aid. Becoming certified in *CPR* can save your child's life if he is choking or stops breathing. Contact your local American Red Cross or American Heart Association for classes near you.

## Choking<sup>3,4,5</sup>

Younger children have a higher risk of choking because they are still learning how to properly eat, chew and swallow, and their airways are narrow. Always watch children when they are eating. Cut food into small oblong shapes. Avoid feeding your toddler foods that are *small* and *hard* like popcorn, nuts, corn chips, gummies, and hard candy. These foods increase the chance of choking in children.

Non-edible household choking hazards include coins, button batteries, buttons, small toys or figurines, marbles, balloons, dog food, beans from bean bags, and many other small objects. A quick rule of thumb is any object smaller than a ping pong ball should be kept out of reach. Make it a priority to do a "sweep" of your house and pick up any choking hazards like change under the couch, crumbs under the dining table or hair ties in the bathroom.

## Poison<sup>6</sup>

Prepare for your toddler to be curious. Toddlers explore their world through their mouths. Keep medicines and cleaning supplies securely closed and out of reach.

- Install drawer and cabinet locks.
- Keep medicines and cleaning supplies in their original packaging.
- Dispose of unneeded medications and supplements.
- Keep the number to poison control **1-800-222-1222** where you can find it if needed.

## Water Safety<sup>7,8,9</sup>

Watch your children around water. Kids love water and have little fear of it. Make sure you ALWAYS supervise ALL *baths*, and *never* leave the room while the bath is filled or when your child is in the tub. Always keep your child within an arm's reach. Install safety latches on toilet seats. Look around your home for things like filled mop buckets, coolers filled with melted ice, and even pet water bowls. A child can drown in as little as two inches of water.

## Burns/Scalds<sup>10,11</sup>

Kitchens can be a dangerous place for a curious toddler. Keep pan handles turned inward. Cook on back burners as much as possible. Stir, and then check food from the microwave before giving it to your child.

Keep water heater's maximum temperature no more than 120 degrees Fahrenheit.

Always fill a bath with *cold* water first, then add enough *hot* to warm it up. Run the cold water before your child climbs in so the faucet won't cause a burn.

Fire is a danger that you should prepare for. ALWAYS use smoke detectors and check or replace batteries often. Use a fireguard for wall heaters, radiators, or open fires. Always have a fire extinguisher in the home and ready to use. Don't smoke in your home.

If your toddler does get a small scald or burn, then run cool water over the affected area for around 20 minutes, do not use ice on a burn.<sup>11</sup> After cooling with water, if the burn is considerable in size or looks concerning, get it examined by your medical provider right away. Call 911 for anything more serious.

### Falls<sup>12,13</sup>

Protect your little explorer by making sure

- All bookshelves, desks, TVs, or heavy furniture are anchored to the wall.
- Play equipment is on soft surfaces.
- Baby gates block the top and bottom of stairways. Ottomans, or large barricades will not work.
- Chairs are removed from next to the kitchen counters or windows.

If your child does have a serious fall, or is acting oddly after a fall, call your doctor immediately or call 911, especially if you notice your child has *symptoms of a concussion* such as<sup>13</sup>

- Slurred speech
- Trouble keeping awake
- Difficulty with balance or walking
- Nausea or vomiting
- Trouble tasting, smelling, or hears a ringing in his ears

### Car Seat Safety<sup>14,15,16</sup>

- Always buckle children into their car seats correctly. Even if you're just going around the corner.
- **Experts recommend that children until at least age two (or as long as possible) sit rear-facing or until they reach max height and weight of car seat manufacturer recommendations.**
- When your child is big enough to face forward, keep them in a 5-point harness for as long as possible.
- Keep up with installation regulations.
- Have your car seat inspected by a certified technician. Check with your local police or fire department or go to [www.NHTSA.gov](http://www.NHTSA.gov) for a car seat inspection station near you. They will teach you how to install your car seat correctly.
- Lastly, know your state's laws or check with your medical provider for your state's laws on car seats.

### Other Precautions

- Use a helmet whenever your child is on wheels.<sup>17,18</sup>

Resources include:

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8. "Safety for Your Child: 1 to 2 Years." HealthyChildren.org, American Academy of Pediatrics, 30 Aug. 2018, [www.healthychildren.org/English/ages-stages/toddler/Pages/Safety-for-Your-Child-1-to-2-Years.aspx](http://www.healthychildren.org/English/ages-stages/toddler/Pages/Safety-for-Your-Child-1-to-2-Years.aspx). Accessed 12/3/2018
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10. "Safety for Your Child: 2 to 4 Years." HealthyChildren.org, American Academy of Pediatrics, 27 May 2015, [www.healthychildren.org/English/ages-stages/toddler/Pages/Safety-for-Your-Child-2-to-4-Years.aspx](http://www.healthychildren.org/English/ages-stages/toddler/Pages/Safety-for-Your-Child-2-to-4-Years.aspx). Accessed 12/3/2018
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