

Safety Tips:

Crawlers (6-12 Months)



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Childhood Injury Prevention

Safety In and Around Cars

- Do not ever leave your child alone in the car to avoid heatstroke-related injury and death.
- Choose soft toys for babies to play with in the car. Secure loose objects and toys to protect everyone in the car in case of a crash.
- Only buy a used car seat if you know its full crash history. Once a car seat has been in a crash, it needs to be replaced.
- Look at the label on your car seat to make sure it's appropriate for your child's age, weight and height. Make sure to check the car seat's expiration date.
- Children under age 2 should sit in a **rear-facing car seat**.
- Use either the car's seat belt or LATCH system to lock the car seat in place. Don't use both at the same time.
- Make sure the harness of your car seat is tightly buckled and coming from the correct slots (check your car seat manual). With the chest clip placed at armpit level, pinch the strap at your child's shoulder. If you are unable to pinch any excess webbing, your child is secure.
- Once your car seat is installed, give it a hard tug at the base where the seat belt goes through it. The car seat should not move more than one inch.
- For more car seat guidelines and information, visit <http://www.safercar.gov/parents/CarSeats.htm> or one of Stanford Children's Health's free car seat checks.

Bedtime Precautions

- Lay your baby on his or her back to reduce the risk of Sudden Infant Death Syndrome (SIDS).
- Keep soft bedding and toys out of the crib. Use a firm mattress covered with a tight-fitting crib sheet.
- Make sure there are no gaps wider than 2 fingers between the side of the crib and the mattress.
- The slats of the crib should be narrower than a soda can.

Avoiding Falls

- Install window guards and place chairs, cribs, and other furniture away from windows to prevent unintentional window falls.
- Keep closed windows locked.
- Try using a stationary activity center instead of a baby walker. Look for one that is on a stable, non-moveable base and place it away from stairs, hot appliances or electrical cords.
- If a baby is in a walker at home, the baby must be actively supervised at all times. Walkers can easily fall down stairs, tip over or help your child gain access to hazards in the home.
- Actively supervise your child around stairs.

Bath Time Safety

- Never leave your child unattended around water, even if they are in a baby bath seat or ring. Babies can drown in as little as one inch of water.
- Check the water with your wrist or elbow before giving your baby a bath to prevent burns.
- Empty tubs, buckets, and pools immediately following use.

Preventing Scalds/Burns

- Set your water heater to 120° F or the manufacturer's recommended setting.
- Heat bottles by placing them in warm water rather than using a microwave. Make sure they have cooled to the appropriate temperature before feeding them to your baby.
- Install barriers such as safety gates around fireplaces, ovens and furnaces as well as at the tops and bottoms of stairs.
- Don't carry or hold a child while cooking on the stove.
- Unplug and safely store irons, flat irons and other appliances that might be hot to the touch.
- Limit sun exposure. If your child will be in the sun, use protective clothing and apply sunscreen before going outside and every two hours while outside.

Battery Safety

- Keep small electronics or devices that use button batteries (including remote controls, key fobs, watches, pocket calculators, musical greeting cards and flameless candles) out of reach.
- If you suspect your child has ingested a battery, go to the hospital immediately. Do not induce vomiting or have your child eat or drink anything until assessed by a medical professional.
- Keep the National Battery Ingestion Hotline 202-625-3333 on hand.

Preventing Choking

- Before buying a new toy, check to make sure there are not any small parts or other potential choking hazards. Look out for small game pieces.
- Keep small objects such as buttons, beads, jewelry, pins, nails, marbles, coins, stones and tacks out of reach and sight.
- Children under 5 should not eat small, round or hard foods, including pieces of hot dogs, cheese sticks or chunks, hard candy, nuts, or popcorn.

For Extra Peace of Mind

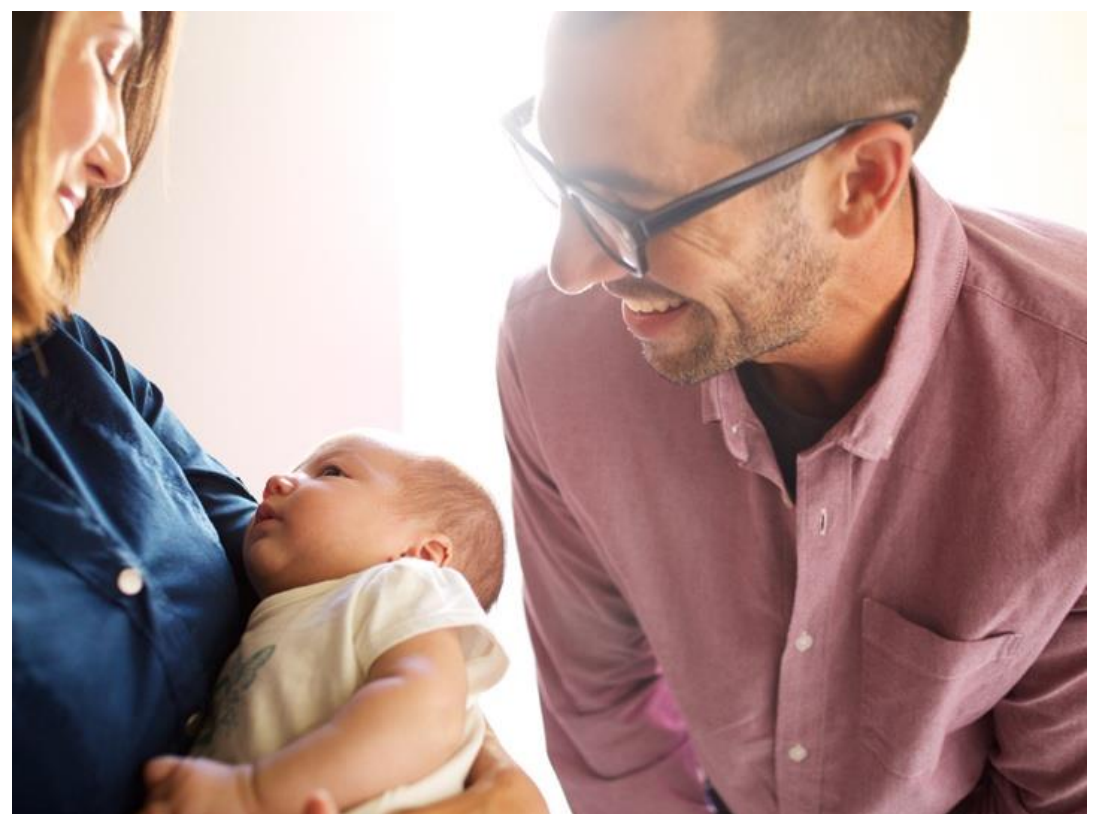
- Take the time to learn CPR/first aid.
- Childproof your home (this includes placing poisonous items, medication, cords, small/sharp objects, and plastic bags out of reach and using outlet covers, furniture straps, and cabinet locks).
- Know signs of illness: fever > 100.4, seizure, rash, unusual irritability, lethargy, failure to eat, vomiting, diarrhea, dehydration, jaundice
- Wash your hands often
- Keep the poison control number handy: 800-222-1222
- Do not leave heavy objects or hot liquids on table cloths.

Calming Your Baby

- Do not ever shake your baby. This could cause serious brain injury.

Bike Safety

- Children younger than 12 months should never sit on a rear bike seat and or be carried on a bicycle, even in a backpack or front carrier.



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