

Safety for your child

CHECKLIST: 1 TO 3 YEARS



Bedroom and pushchairs

- The gaps between the cot bed bars should be narrow enough so children cannot get their head stuck between them or climb out of the bed.
- The infant bed should have sides. Use safety harnesses and belts in pushchairs.

Kitchen

- Check the temperature of food and drink before feeding your child. Use a separate spoon for tasting.
- The high chair should be sturdy and prevent the child from standing up in it.
- Keep an eye on your child when they are sitting in the high chair.
- Keep hot, sharp, and heavy objects and toxic detergents in the kitchen out of reach of children.
- Have childproof latches on drawers containing sharp objects.
- Cover cooker knobs and prevent children from reaching out to the cooker, for instance, with a cooker guard.

Bathroom and sauna

- Always check the temperature of the bathwater before the child goes in.
- Only use thermostat and safety taps.
- Never leave your child unattended in the bathtub or whirlpool bath.
- Always empty the tub after bathing.
- Equip the floor and the tub with anti-slip guards.
- Ensure that the locks on the toilet and bathroom doors can be opened from outside.
- The sauna heater must have a safety railing around it.
- Do not dry clothes near a hot sauna heater.

Yard

- Playground equipment, such as swings and climbing frames, should be safe and checked regularly.
- The play area for children should be safe from traffic.
- Children should wear clothes that cannot get stuck on the playground equipment (for instance, no cords in hoods).

- Children should not wear bike helmets when playing on the equipment.
- Empty all water containers and pools in the yard. Children can drown in only a few centimetres of water.
- Cover the hot tub immediately after use.
- Have only non-toxic plants in the yard.

- Protect children from the sun.
- Keep an eye on your child while playing outside.

Toys

- Check that toys are age-appropriate.
- Toys must not have
 - small detachable parts
 - cords or straps
 - small beads, balls or magnets.
- Check the toys regularly and remove broken ones.
- Check that the toys are clean and wash them regularly.

Around the house

- Keep out of reach of children
 - small objects that can obstruct the airways
 - plastic bags
 - medication and vitamins
 - chemicals and detergents
 - tobacco, snuff and nicotine replacement products
 - matches and lighters
 - alcohol and other drugs.



Review your home through the eyes of a small child. Get down to the child's level and see what intriguing things are within their reach.

- Do not take your medicine in front of your child, as children tend to mimic adults.
- Store detergents and cleaning agents in their original packaging.
- Check that your indoor plants are non-toxic.
- Inside stairs must have
 - sufficiently high safety gates both at the top and at the bottom
 - anti-slip guards
 - handrails with vertical bars that have sufficiently narrow gaps between them.
- Practise walking on the stairs together. Children must not run or play on the stairs.
- Have a smoke alarm on each floor. Check the functionality of the batteries monthly.
- Windows should be equipped with brackets that prevent children falling out, and doors should be kept shut whenever possible.
- Tie up the strings of roller blinds and blinds so that children cannot become entangled.

Children imitate your examples! Remember that children acquire attitudes early.

- The balcony door and front door should have childproof safety locks.
- Sockets should be safety protected or covered.
- Electrical cords are fastened in place and out of reach of children.
- Check the condition of electric equipment, for instance lamps, and only use safe products (CE marking).
- Cover sharp edges of furniture.
- Place anti-slip guards under rugs and carpets.
- Save the following in your phone:
 - the emergency number 112
 - the number of the Poison Information Centre: 09 471 977
- Make sure you have sufficient first aid supplies in the house. Ask for instructions at the pharmacy or the maternity and child health clinic.

Road safety

- Children always travel wearing seat belts in a child safety seat that is:
 - suitable for the size and weight of the child
 - rear-facing and fitted correctly.

Learn emergency first aid! It is important to be able to act immediately in an emergency.

- Check restrictions caused by airbags.
- If you have a second-hand child seat, confirm its history with the seller (for example, accidents and bumps).
- Both children and adults wear bike helmets when cycling.
- A bike light is used in low light conditions.
- Children's clothes are equipped with safety reflectors. If needed, visibility can be increased with a reflective vest.

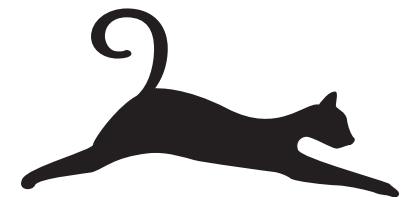
Water safety

- Children and accompanying adults must always wear life jackets when travelling on water.
- Never leave your child unattended near water.

ANY QUESTIONS?
Discuss safety issues at the maternity and child health clinic.

Other

- Encourage your child to move in order to strengthen their motor skills.
- Note new safety risks as the child learns new skills (for instance, climbing, running).
- Know where your child is and what they are doing. Never leave your child unattended.
- Make sure that your child gets to enjoy regular cuddles, closeness and time together.
- Listen to them and be present. Pay attention to their emotions and thoughts.
- Accept your child as they are, give positive feedback, and enjoy their company.



Ihmisellä on vain yksi henki

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