ACCIDENT ALERT
how to protect your growing baby

In the first five years a parent’s role shifts from PROTECTION TO EDUCATION.

At birth we have to afford 100% protection to our children. But over the next five years we have to slowly educate and protect less so that by the age of six years we are giving 10% protection and 90% education.

Because of your baby’s various developmental stages - he is more prone to certain accidents at certain times of his life.

UNDERSTANDING RISK
Why do children have more accidents than adults?
- they are still learning and don’t always do things correctly
- they get excited and are adventurous
- they are easily distracted
- they want to impress their friends
- they believe accidents only happen to other people

Which children are most at risk?
- boys - they have more accidents than girls at every age, perhaps because boys are expected to “go out into the world” while girls tend to be more protected
- children in poor housing conditions - they cannot run about and explore safely in their environment
- children without sufficient supervision - it is hard to supervise children twenty four hours a day. Children whose parents do not have enough support themselves are at high risk

When are children at risk?
MOST ACCIDENTS HAPPEN WHEN PARENTS MAY FEEL TIRED AND STRESSED:
- on weekends
- in the evenings
- during the summer

<table>
<thead>
<tr>
<th>KNOW YOUR EMERGENCY PHONE NUMBERS</th>
</tr>
</thead>
<tbody>
<tr>
<td>DOCTOR</td>
</tr>
<tr>
<td>AMBULANCE</td>
</tr>
</tbody>
</table>

Johnson & Johnson
How to Keep Your Family Safe

GENERAL
- Keep children away from hot water heaters.
- Keep breakable objects out of reach of children.
- Keep electrical cords and outlets out of reach of children.
- Keep sharp objects and dangerous chemicals out of reach of children.

FOOD SAFETY
- Keep food cool or frozen in the refrigerator.
- Keep food warm in the oven.
- Keep food away from flies and other pests.
- Keep food away from the sink.

POISONING
- Keep household cleaners and pesticides out of reach of children.
- Keep medicine out of reach of children.
- Keep poisons out of reach of children.
- Keep poisons that contain alcohol out of reach of children.

CHOKE & PRACTITIONER
- Keep choking hazards away from children.
- Keep choking hazards away from pets.
- Keep choking hazards away from infants.
- Keep choking hazards away from toddlers.

DROWNING
- Keep children away from bodies of water.
- Keep children away from swimming pools.
- Keep children away from fountains.
- Keep children away from hot tubs.

DEVELOPMENT
- Keep children away from sharp objects.
- Keep children away from small objects.
- Keep children away from hazardous materials.
- Keep children away from loud noises.

DEVELOPMENTAL
- 2 - 3 YEARS
- 1 - 2 YEARS
- 6 - 12 MONTHS
- 0 - 6 MONTHS
3 - 6 YEARS

**DEVELOPMENTALLY**
Children are learning to ride bikes and play rough games. They are beginning to understand what danger means. Make sure you know where your children are.

Five year olds can understand that things are dangerous but may not remember, so they still need adult supervision.

**SO POTENTIAL ACCIDENTS ARE:**

- **FALLS, CUTS & BRUISES**
  - allow children to climb - it improves co-ordination and strength
  - never allow rough behaviour on playground equipment
  - keep dangerous tools and equipment in safe places.

- keep pot handles on stove turned in
- keep matches/lighters/candles out of children’s reach
- use pyjamas instead of nighties and avoid flimsy dressing gowns
- remember to extinguish outside fires with water or sand.

- **BURNS**
  - teach children the great dangers of flammable liquids such as paraffin, petrol and thinners
  - matches should be used only under supervision.

- **DROWNING**
  - children should not swim/boat alone
  - use life jackets when one boats
  - teach children how to assist someone in difficulty and how to give mouth-to-mouth resuscitation/CPR.

- **ROAD SAFETY**
  - always strap a child into a car seat or booster seat
  - keep teaching the rules and dangers of traffic.

- **GENERAL**
  - teach children not to touch strange animals and not to tease or torment any animals
  - children should not play on rubbish dumps or building sites
  - never discard a refrigerator without removing the door first
  - set the good example by obeying safety rules yourself.

For more information contact:
CHILD ACCIDENT PREVENTION FOUNDATION

OVER 6 YEARS

**DEVELOPMENTALLY**
Children are away from home more often - so a sense of responsibility and knowledge of safety rules are essential.

Your child can be quite responsible now, but will still be liable to forget things, get carried away if friends are around and will need adults to turn to for help at all times.

**SO POTENTIAL ACCIDENTS ARE:**

- **BURNS**
  - teach children the great dangers of flammable liquids such as paraffin, petrol and thinners
  - matches should be used only under supervision.

- **DROWNING**
  - children should not swim/boat alone
  - use life jackets when one boats
  - teach children how to assist someone in difficulty and how to give mouth-to-mouth resuscitation/CPR.

- **ROAD SAFETY**
  - teach by good example
  - children should ride correctly sized bicycles that are roadworthy
  - they should use lights at night and always wear bright reflective clothing.

- **GENERAL**
  - airguns are not toys
  - chemistry sets, dart games, bows and arrows should be used only under parental supervision
  - practice safety rules yourself and set an example to your child.