Babies from birth to crawling
Birth - 9 months

Kidsafe

Child Accident Prevention Foundation of Australia   Oct 2011

Skills Your Baby is Learning

Each baby develops at their own pace, usually through similar stages. Your baby will wriggle and roll from birth, start to sit up at about 6 months and crawl at about 9 months. They will also start to reach and grasp for objects and put them into their mouth. Understanding your baby's development as they grow will help you gain a great deal of enjoyment from your child and help to keep them safe.

Common Causes of Injury

- Rolling off the change table, bench or bed.
- Falling out of high chairs, prams, strollers, beds, couches, change tables or bouncers.
- Choking on small items and food as everything goes into their mouths.
- Burns from hot drinks spilt over a child while being held by or close to a carer, or knocked/pulled by the child from a low table or other resting place.
- Burns from touching hot objects such as an oven, a barbecue including hot coals, or a heater.
- Drowning in nappy buckets, small water containers, baths, water features, pools and spas.
- Electric shocks from poking items into power sockets.
- Poisoning from swallowing medicines and drugs left out on shelves or in handbags, or dangerous substances such as detergents, chemicals and alcohol.
- Baby walkers - falling, crashing, pulling things down on themselves such as unfastened television screens.
- Dog bites - especially by family pets due to lack of close supervision of infants with animals.

Bathing

- Have everything you will need within your reach.
- Never leave your baby unattended or take your eyes off them when they are near water.
- Never take your hand off your baby.
- Place a non-slip mat in the bottom of the bath. Always check the water temperature with a thermometer before placing your baby in the bath. The temperature should be no more than 38° C to avoid a scald injury.
- Ensure that your baby does not come in contact with the hot tap.
- When filling the bath, run the cold water first, then hot, then cold again and mix well, to keep the tap cold to touch and the water temperature even.

Dressing

- Never leave your baby alone on the change table, bench or bed.
- Do not dress your baby in clothes with long drawstrings, ribbons or cords that could cause strangulation.
- Choose clothing that has low fire danger. Look for the LOW FIRE DANGER label on children's clothing and nightwear.

Feeding

- If bottle feeding, always check the milk temperature before giving it to your baby.
- Microwave ovens heat milk unevenly so always shake the bottle to mix its contents before feeding your baby.
- Never prop a bottle for your baby to feed alone. When starting solids at 6 months, finely mash foods to avoid choking, then progress to coarsely mashed food.
- Always supervise your baby when feeding.
- If you give your baby medicine, read the label carefully and never give more than the recommended dose.
- Secure baby with a 5 point harness when in a high chair.
- Always put hot drinks down when holding your baby. If spilt on your child, hot drinks can cause severe burns.

First Aid For Burns

- The correct first aid for a burn is cooling immediately with cool running tap water for a minimum of 20 minutes. Do not use iced water, ice, butter or oil.

Sleeping

- Only use a cot that meets the Australian Safety Standards (AS/NZS 2172).
- Position the cot away from windows and curtain cords. Ensure all blind or curtain cords are out of reach and secured safely with safety devices available from curtain and blind retailers (check Consumer Affairs website for advice: www.consumer.vic.gov.au).
- Do not use bumpers or pillows in the cot.
- Always place your baby on their back to sleep with their feet at the bottom of the cot.
- Remove bibs and dummy (pacifier) cords/ ribbon.
- Check SIDS and Kids website for safe sleeping advice www.sidsandkids.org.
- Do not put your baby in a pram to sleep unsupervised because of the risk of smothering.
- Ensure portacots are erected securely if used. Never use any extra padding/mattresses.
- Refer to the Maternal and Child Health/SIDS and KIDS Safe Sleeping Checklist.

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At Play

- Make a safe play area for your child away from heaters, stairs, pets, doors and other dangers.
- Keep your child's play area clear of small items that may be a choking hazard.
- Store all medications, cleaning products and other poisonous substances out of reach of children - preferably in a cupboard with a child-resistant lock located at least 1.5m from the ground.
- Keep handbags containing medicines out of reach of young children.
- Place lids on nappy buckets and store them up high to avoid poisoning and drowning.
- Separate dogs and cats from children, and closely supervise at all times.
- If you use a bouncer, place it on the floor – never on a raised surface.
- Baby walkers are not recommended because of the risk of severe injury.
- Ensure that your pool or spa is properly fenced. Safety barriers are required for all pools and spas with a depth greater than 30cm. Be careful not to place any objects near the fence that can be used to climb over the fence, and ensure the gate is closed correctly and locked at all times. Check your pool safety barrier and gate regularly to ensure they are in proper working order. Your local council can advise you on the regulations that govern pools and spas.
- Empty wading pools/buckets/wheelie bins after every use and store them upright or deflate them to prevent your child from drowning.

Toys

- Toys need to be age appropriate, durable and washable, have smooth edges and no small parts that can be swallowed. Ensure toys meet the Australian Standard AS/NZ 8124.

Out and About

- When travelling by car, use an infant restraint that meets the requirements of the Australian/New Zealand Standard (AS/NZS 1754).
- Children under 6 months of age must use an approved child restraint that is rearward facing, properly fitted to the vehicle and adjusted to fit the child's body correctly.
- As children grow at different rates between the age of 6 months and 4 years, they may use EITHER an approved rearward-facing restraint OR an approved forward-facing child restraint with an inbuilt harness.
- Your baby should remain in a rear-facing restraint until they no longer fit; this should be at least 6 months of age. Ensure that the restraint is installed correctly. An incorrectly fitted car restraint increases the risk of injury to your child.
- Ensure the harness fits snugly before every trip.
- Never leave your baby alone in the car. Take your baby with you even for small errands.
- Use a Australian Standards approved pram and place all bags under the pram to avoid it overbalancing.
- Always use harnesses in prams, strollers and supermarket trolleys; adjust it to fit your baby every time.
- Be aware that little fingers can become trapped in hinges of prams, strollers and doors.
- Protect your baby from the sun by dressing them in light-weight, long sleeved clothing and a hat, finding shade and using baby sunscreen (www.sunsmart.com.au) .

General Tips on Safety

1. Crawl around the house to view hazards from a child's perspective.
2. Be a good role model. Your child will watch everything you do and try to imitate you.
3. Have a professional install or check your child car restraint.
4. Install stairguards, stoveguards, fire and heater guards, power point covers and furniture corner covers.
5. Install a smoke alarm in your child's bedroom as well as the hallway outside other bedrooms. Test alarms monthly and replace the batteries annually.

www.kidsafevic.com.au

<table>
<tr><td colspan="2">For more information</td></tr>
<tr><td>Kidsafe Victoria</td><td>9251 7725</td></tr>
<tr><td>Maternal and Child Health Line 24 hours</td><td>13 22 29</td></tr>
<tr><td>Royal Children's Hospital Safety Centre for safety products</td><td>9345 5085</td></tr>
<tr><td>VicRoads for advice on choosing and using car restraints</td><td>1300 360 745</td></tr>
<tr><td>Consumer Affairs Victoria Toy and Nursery Safety Line</td><td>1300 364 894</td></tr>
<tr><td>Poisons Information Centre</td><td>13 11 26</td></tr>
<tr><td>St John Ambulance for First Aid courses</td><td>1300 360 455</td></tr>
<tr><td>Raising Children Network</td><td>www.raisingchildren.net.au</td></tr>
<tr><td>Parenting Hotline Vic</td><td>132 289</td></tr>
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BY THE WATER

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