

fact sheet

Antenatal

Now is the time to think about what changes you may need to make to your home and environment to keep your child safe. Visit Kidsafe House or check other information on the website www.kidsafeqld.com.au

- Purchase or hire a current approved Aust Standards child restraint which is less than 10 years of age. The law states babies must travel in an approved child restraint or there is a fine of \$225 and a loss of 3 demerit points.
- Organise to have the restraint fitted or checked to ensure this is done correctly
- Check safety features and standards on nursery furniture before purchasing
- Think about safety issues, purchases and changes you will need to make to your home as your child grows
- Devise a list emergency numbers and keep them by the phone. Include your doctor, help lines and Poisons Information Centre (13 11 26)
- Develop family emergency procedures and organise a fire exit plan
- Install smoke detectors and heater guards
- Consider installing a tempering valve or tap covers to protect your family from hot water scalds. Ideally the delivery temperature should be 50°C. At just 60°C a baby can receive a full thickness burn in less than one second.

Birth to 6 months

Children roll over, reach for objects, grasp, put objects in their mouth and may be sitting up.



- Ensure you adjust your car restraint as your baby grows.
- Where possible purchase nursery furniture that conforms to Australian Standards and always assemble to the manufacturers instructions.
- Choose a firm mattress that fits the cot snugly
- Never leave baby alone on a bed, bench or change table

- Never place a baby on a waterbed or beanbag – small children have smothered.
- Keep hot things out of your child's reach and ensure tap hot water is safe at 50°C
- Supervise your child around water
- Remove ribbons, cords and small objects from your child's reach
- Have emergency numbers by the phone
- Chose age appropriate toys without small parts.

6 months to 12 months

Children sit up, crawl, pull themselves up to stand, take their first steps holding on and are very curious.

- Ensure the use of harnesses on highchairs, strollers and for shopping trolleys
- Always use an Aust Standard child restraint on every trip in the car
- Ensure all poisons are out of sight and out of reach of children
- Children can drown in 5cm of water. (fish ponds, buckets of water and open drains as well as pools and spas can be a danger for children)
- Check power points are covered and sharp corners are cushioned
- Keep cigarettes, matches and lighters out of reach and out of sight
- Install safety barriers on stairs and areas out of bounds





1 to 3 years

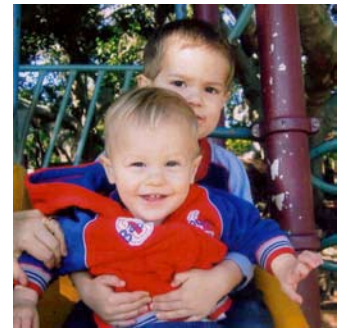
Children are very mobile walking, climbing, can turn knobs, dials and taps and imitative play

- Water is a particular danger at this age so ensure the pool or spa is isolated by a four sided fence with a self closing gate, there are resuscitation instructions by the pool and children are always supervised anywhere near water.
- Empty the wading pool immediately after use. Children can drown in 5cm of water
- Ensure all medications, cleaning products and hazardous substances are locked up out of sight and out of reach including dishwashing liquid or powder which can cause serious burns to the mouth and throat of a child.
- Teach children to sit quietly to eat. Avoid foods such as peanuts or hard chunks of food that may cause choking.
- Guards for heaters and fires should be attached to the wall and choose low fire danger nightwear
- Install guards on stoves with saucepans handles turned to the rear.
- Ensure that children use child restraints at all times and the harness is adjusted to fit securely and is at the right height for the child.
- Get children out of the car on the kerb side
- Use harnesses in highchairs, prams and strollers
- Learn basic first aid and have a list of emergency numbers
- Ensure hot water is safe - install a tempering valve to 50 degrees or use tap covers.



3 to 5 years

Children are highly active: running, jumping and climbing. They are adventurous and imitate adults and other siblings.



- Outdoor areas should be safe from tripping or slipping hazards. If play equipment is at a greater height than 500mm soft under-surfacing should be installed to a depth of 250mm.
- Provide a safe shady play area free from low branches and that is separate from the driveway.
- Always supervise anywhere near the road and start to teach road safety, (stop look, listen and think before crossing a road) hold hands near traffic, always wear a helmet when using a bike.
- Use colourful stickers down low on glassed areas and use shatter resistant film or safety glass
- Always supervise anywhere near water (pool or bath)
- Avoid direct sun exposure between 11am-4pm
- Ensure all medications, cleaning products and hazardous substances are locked up out of sight and out of reach including dishwashing liquid or powder which can cause serious burns to the mouth and throat of a child.



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