

# Safety

**S**

**SECURE** and keep out of your children's reach the following:

Cords on blinds or curtains	Toilets
Cleaning products	Batteries
Hot Stoves	Scissors and Knives
Medications	Mop Buckets
Stairs	Electrical outlet and cords

**A**

**ALWAYS** watch children carefully. Don't leave small children alone or in the care of other kids. Never leave children alone in the car.

**F**

**FOLLOW** universal precautions for any blood spills, cuts, or nose bleeds. Use gloves, paper towels or tissue between you and the blood or wound.

**E**

**EQUIPMENT** Check all toys furniture and car seats for broken parts. Make sure your child's car seat is installed and buckled in properly and use it every time you take the child in the car. Use lead free paint on all furniture and walls that children use or touch. Check the space between crib slates. They should not be wider than 2 3/8 inch (or the width of a soda can). Check the height of the end posts where they meet the crib rails. The end posts should not be higher than 1/4 inch over the rail. Watch for spaces a child's clothing or a head could get trapped and they could strangle.

**T**

**TOYS** Check age guidelines on all toys with which your child plays. Watch for small parts on which a child could choke.

**Y**

**YOU** should be prepared for all emergencies. Take a CPR and first aid class. Keep a fully stocked first aid kit close at all times (especially on playgrounds and for sporting events). Post the number for poison control near the phone. Teach older children how to use 911. If you use a babysitter make sure they know where the first aid supplies are kept and where emergency numbers are posted.

## ADULT RESOURCES:

- *A Sign of Relief* by Maria Green
- *The Crisis Manual* by Karen Naller
- *Caring for our Children* by APHA/AAP