

Safety for your baby

CHECKLIST: UNDER 1 YEAR

Sleep, pushchairs and taking care of your baby

- Place the baby on its back to sleep.
- 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.
- Lower the base of the cot as the child begins to learn to stand up.
- Make sure that the cot or pram has nothing that can cause the child to choke or get strangled when turning (for example, soft toys, pillows, cords).
- Use safety harnesses and belts in pushchairs. Never place the carry-cot, bag or safety carrier anywhere other than on the floor.
- When putting the baby to sleep outside, place the pram in a sheltered spot in the shade and make sure that the pram cannot fall over or roll away.
- Keep an eye on your child when sleeping outside.

- Cover the pram with muslin or safety net to protect against insects and other animals.
- Never leave the child alone on a changing table, couch or anywhere else with a risk of falling.
- Never leave the child in front of the television. Unfiltered stimulation can damage the neurological development of the child.
- Handle the baby with care, never shake a baby.

Kitchen

- Check the temperature of food and drink before feeding your child. Use a separate spoon for tasting.
- Cut food into sufficiently small pieces.
- 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.
- Never have the baby in your lap, in a baby carrier or a sling carrier when handling hot drink or food.



- Keep hot, sharp, and heavy objects and toxic detergents on kitchen surfaces 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.
- Make sure that your child cannot climb onto kitchen tables and surfaces.

Bathroom and sauna

- Always check the temperature of the bathwater before the child goes in.
- Only use thermostat and safety taps.
- Never leave the child unattended in a bathtub or whirlpool bath.

- Always empty the bathtub or whirlpool bath after bathing.
- Equip the floor and the tub with anti-slip guards.
- The sauna heater must have a safety railing around it.
- Do not dry clothes near a hot sauna heater.

Toys

- Check that the toys are suitable for children under 1 years of age.
- 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

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.

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

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

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.
- 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.

- 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.

Yard

- Never leave your child unattended in the yard.
- Empty all water containers and pools in the yard. Keep the hot tub covered. Children can drown in only a few centimetres of water.

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.
- Check restrictions caused by airbags.
- If you have a second-hand child seat, confirm its safety and history with the seller (for example, accidents, bumps, time of purchase).

- Never leave a sleeping child alone in the car.
- Children always travel in a safety seat on a bicycle.
- Both children and adults wear bike helmets when cycling.
- A bike light is used in low light conditions.
- The pram or pushchair as well as the adults' and children's clothes are equipped with safety reflectors. If needed, visibility can be increased with a reflective vest.
- Children and accompanying adults must always wear life jackets when travelling on water.

Other

- The child must stay in the safety carrier or seat of a shopping trolley. Fasten the seat belt.
- Never leave your child unattended. Know where your child is and what they are doing.
- Make sure that your child gets to enjoy regular cuddles, closeness and time together.
- Your inner circle offers help and support as needed.
- Encourage your child to move in order to strengthen their motor skills and enjoy their development.

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



Ihmisellä on vain yksi henki

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