

Understanding  
**Infant & Child Safety**  
PowerPoint® Class



**Welcome!**



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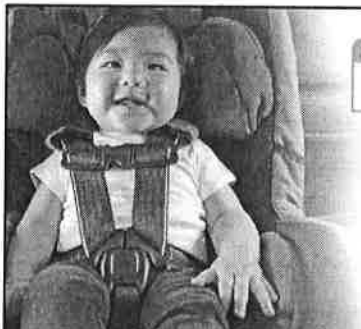
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Understanding  
**Car Safety**



*"Safety doesn't happen  
by accident."  
—Anonymous*



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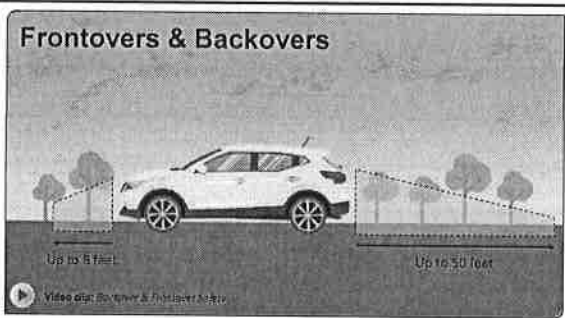
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**Frontovers & Backovers**



Up to 8 feet      Up to 50 feet

Video about Frontovers & Backovers

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### Car Seats Save Lives

- Use a car seat on every trip—it's the law
- Know a car seat's history or buy new if possible
- Install before your due date
- Practice putting it in,
- Check [Recalls.gov](http://Recalls.gov)



*More than 90% of all infant car seats are installed incorrectly. Have yours checked by a pro!*



▶ Video clip: Infant Car Seats

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### As Your Child Grows

Rear-Facing "Infant Only" or Convertible Seat	Convertible Seat or Forward-Facing Seat with Harness	Booster
		
<ul style="list-style-type: none"> <li>• Stay rear-facing as long as possible to protect Baby's neck</li> <li>• Until child meets height or weight limit of car seat (could be age 2+)</li> </ul>	<ul style="list-style-type: none"> <li>• Use seat with harness as long as possible</li> <li>• Until child meets height or weight limit of car seat (could be age 7+)</li> </ul>	<ul style="list-style-type: none"> <li>• Use a booster as long as possible</li> <li>• Until seat belt fits properly (ages 8-12)</li> </ul>

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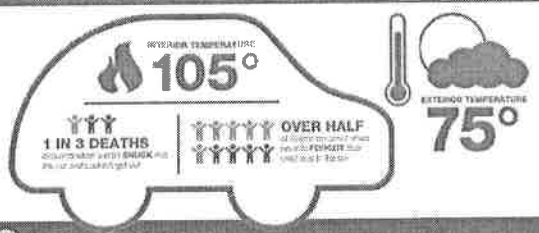
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### Hot Car Safety



**1 IN 3 DEATHS** occur in hot cars

**OVER HALF** of children under 12 who are in hot cars die or are hospitalized

▶ Video clip: Hot Cars & Child Mortality

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**Safety Talk**

Infants should be rear-facing until they meet the height and weight recommendations for specific car seat.

True

False

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**Understanding Safe Baby Care**

*"It is better to be safe than sorry."*  
—American Proverb

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**Sleep Safety**

**Back Sleeping**  
• Always put to sleep on back

**Safe Sleep Environment**  
• Use a crib with a firm mattress and a fitted sheet

**Empty Crib**  
• Empty the crib of everything except baby

**Sleep Sacks**  
• Use sleep sacks instead of blankets

Video clip: Safe Sleep

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**All of these are ways to reduce your baby's risk of SIDS, except:**

- a. Keeping baby away from cigarette smoke
- b. Putting baby to sleep on their back in safe crib
- c. Putting nothing in the crib but your bab
- d. using a positioner in the crib

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**Choking & Food Safety**

**Bottle Feeding**

- Never prop a bottle
- Don't add food or rice cereal

**Solid Foods (Starting about 6 Months of age)**

- Cut food into pea-sized pieces
- No hard, round food
- No sticky, thick food
- Sit down to eat meals together



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**Common Foods Kids Choke On**

 Grapes	 Cherry tomatoes	 Carrot coins	 Hard candy
 Popcorn	 Nuts	 Hot dogs	 Chips

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### Prepare Food Correctly

- Serve food no larger than ½ inch
- Cut food in long strips
- Remove skin from fruit
- Shred cheese or cut into small pieces
- Cook raw vegetables



*Teach children to wash their hands before every meal.*



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Which of the following foods are common choking risk ?  
Choose all correct answers

- a. grapes
- b. Peas
- c. Blueberries
- d. Hot dogs
- e. Popcorn

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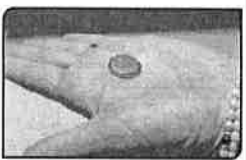
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### Choking Prevention

Choking hazards to be aware of:

- Button-size batteries
  - Can cause throat burns
- Small magnets
  - Swallowing 2 can cause death
- Small toys/round objects
- Dog food
- Certain foods



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### Avoid Chocking Hazards

- Choking—being unable to breathe because of an obstruction in the throat
- Get down to child's level to check for small objects using a toilet paper roll
  - A small parts tester—2.25 Inches long by 1.25 Inches wide – about the size of a 3 year-old's throat
  - A toilet paper roll is a practical alternative, but be aware that toilet paper rolls can vary in size (longer and wider)
- Hard round objects like coins, thumbtacks, stones, and button batteries can cause choking
- A button battery's electrical current can cause serious burns after a couple of hours, even when they are not being charged

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Understanding  
**Safety Products**

*"Safety is not a gadget but a state of mind."  
—Eleanor Everet*

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### Baby Equipment Safety



Baby carriers



Cribs



Strollers



White noise machines



*Don't leave your baby unattended in any equipment not designed for safe sleep.*



Video clip: Safe Baby Gear

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### Make Sure It's Safe

- Look for Juvenile Product Manufacturers Association (JPMA) seal.
- Read instruction manuals when assembling.
- Check for missing, broken, or torn parts.
- Send in registration cards.
- Look up safety record at [Recalls.gov](http://Recalls.gov).
- Submit safety issue or questions at [SaferProducts.gov](http://SaferProducts.gov).
- Expensive doesn't mean safer!



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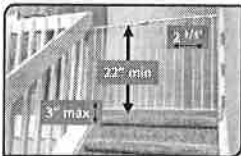
### Baby Gates

**Pressure-Mounted Gate**

- Use between rooms to keep child in approved areas or to keep pets out

**Hardware-Mounted Gate**

- Mount to wall or banister to prevent child from falling down stairs or going up them



Hardware-mounted gate

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What type of gate should be used at the top and bottom of stairs/

- a. Pressure-mounted gates
- b. Hardware-mounted gate
- c. Neither
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### Childproofing Products

 Cabinet locks	 Outlet covers	 Anchors
 Wall mounts	<i>Safety products don't replace a parent's close attention.</i>	

Video clip: Childproofing Products



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### TV Tip-Overs

 <b>EVERY DAY</b> 10 children go to the ER because of a TV tip-over.	 From 2008 to 2015, there was a 20% increase in TV tip-over related injuries.	 A childless home is a TV tip-over. <b>EVERY 3 WEEKS</b>
 7 of which are ages 5 and under.		

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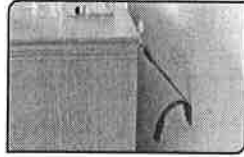
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### Avoiding Tip-Overs

- Mount TVs to the wall
  - Use manufacturer's instructions
- Secure furniture
- Keep heavy items on low shelves and drawers
- Install stops on dresser drawers
- Keep remote controls, food, and toys away from where children may want to climb or reach for them



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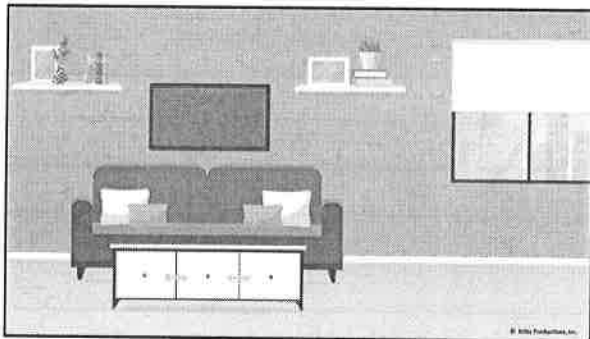
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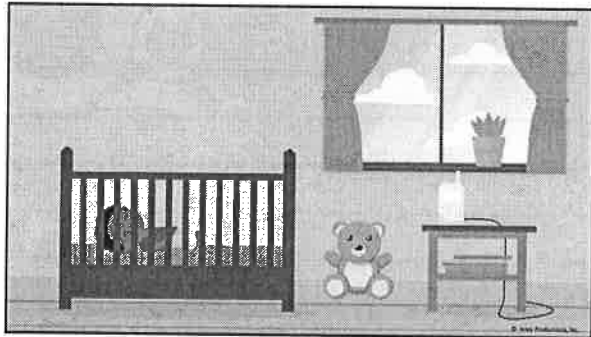
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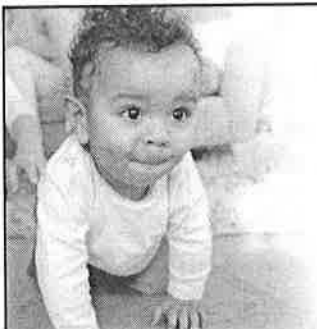
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**Understanding Home Safety**

*"An ounce of prevention is worth a pound of cure."*  
—Benjamin Franklin

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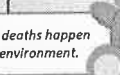
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**Suffocation Prevention**

<b>Unsafe sleeping environments</b> 	<b>Plastic bags</b> 
<b>Balloons</b> 	<b>Storage containers</b> 

*Most infant suffocation deaths happen in an unsafe sleeping environment.*



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**Avoid Suffocation and Entrapment**

- Suffocation and entrapment—being deprived of air
  - Suffocation caused by soft bedding, pillows
  - Entrapment caused by a baby's head getting caught in something, such as the gap between a bed and a wall, baby equipment, and even a recliner

Causes of suffocation and entrapment:

- Balloons—never let a child under 8 blow up their own balloon—they can inhale it and get it lodged in their airway
- Plastic bags placed over the head or against the mouth (e.g., if an infant rolls onto a plastic dry cleaning bag)
- Storage containers, toy chests, dryers, ice boxes/coolers, old fridges—a child can be trapped and unable to breathe
  - Remove lids and doors, create air holes
- Most suffocation deaths happen in unsafe sleeping environments, such as cribs with toys, adult beds with bedding, or couches

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### Strangulation Prevention

Strangulation can be caused by things around a child's neck or items that trap a child's head.

<b>No strings around neck</b>	<b>Secure electrical cords</b>	<b>Cut or secure window cords</b>
		

Video clip: Choking, Suffocation, & Strangulation Prevention

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### Strangulation Causes:

- A child's head getting caught in something, such as the gap between a bed and the wall, unsafe baby equipment, or even the folding device of a reclining chair
- Drawstrings in clothing, bibs, and necklaces
  - Use Velcro bibs
  - The AAP says that young children should not wear necklaces
- Electrical cords
  - Secure and put out of reach
- Window-covering cords
- Things around neck get caught on cribs, play yards, playground equipment
  - Use cordless window coverings
  - Replace coverings made before 2001
  - Tie or cut cords
- Use safety locks and straps on children's' equipment and make sure they are in working order

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### What should you do to reduce the risk of strangulation for your baby?

- a. Use Velcro bibs
- b. Put electrical cords out of reach
- c. Do not use clothing with drawstrings
- d. Avoid using teething necklaces
- e. All of above

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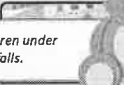
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**Fall Prevention**

<b>High surfaces</b>	<b>Play areas</b>
	
<b>Windows</b>	<b>Stairs</b>
	

*Most injuries for children under age 4 are from falls.*



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**Fall Prevention**

- Always supervise baby on high surface; bouncy seats, car seats, diaper changing tables, shopping carts, and couches
  - Keep one hand on child (don't leave unattended)
  - Use safety straps
  - Safest place for bouncy seat, car seat, changing diaper is on the floor
- Anchor furniture in every room
  - Anchor unstable or top heavy furniture (freestanding TVs, bookshelves, dressers) to walls with brackets, braces, or wall straps
  - Mount flat screen TVs to the wall if possible
- Stairs—install gates at top and bottom, attach to wall if possible, read manual (not all gates are for top of stairs)
  - Supervise toddlers on stairs

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**Fall prevention**

- Windows—prevent opening more than 4 inches
  - Install guards and stops
  - Open window from the top
  - Keep furniture away from windows
  - Screens won't prevent a fall
  - Keep locked when not open
- Slipping and falling
  - Falls are the leading cause of hospitalization and ER visits
  - Most occur on stairs, climbing on unstable furniture, or slipping on rugs

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### Drowning Prevention

Drowning is the leading cause of death in the home for children ages 1 to 4.

Bathbubs	Toilets	Pools
 <i>Never leave your child alone in or around water.</i>	 <i>Control all access to water around the home.</i>	 <i>Empty pools immediately after use.</i>

 Video clip: Drowning Prevention

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### Drowning Prevention

Drowning is a leading cause of death among preventable injuries in 1- to 4-year-olds. Never leave your baby or child alone in or around water. Give your child full attention without distractions such as cell phones. Learn cardiopulmonary resuscitation (CPR) in case of an accident. Infants are more likely to drown at home.

- Toilets (use toilet locks to prevent children from falling into and drowning in toilet water).
- Never leave your baby alone in a bath (not even for a second).
- Empty tubs, buckets, and containers after every use.

1- to 4-year-olds are more likely to drown in a pool.

- Keep swimming pool, spas/hot tubs fenced in and covered and locked when not in use.
- Empty kiddie pools.
- Don't rely on air-filled or foam toys, such as water wings, noodles, or inner tubes.

AAP recommends "touch supervision" (one arm's length). Don't get distracted by your phone or anything else. Give your child all of your attention around water.

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### Identify the risk of drowning.

- a. Pools
- b. Toilets
- c. Buckets with water in them
- d. Bathbubs
- e. All of the above

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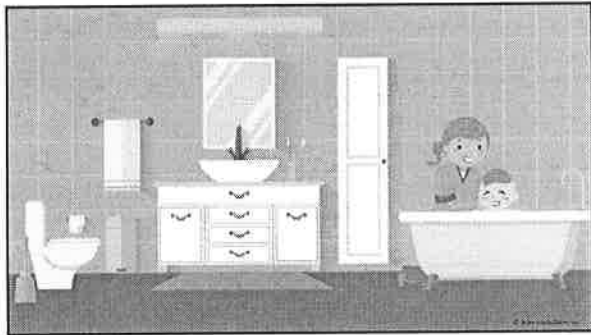
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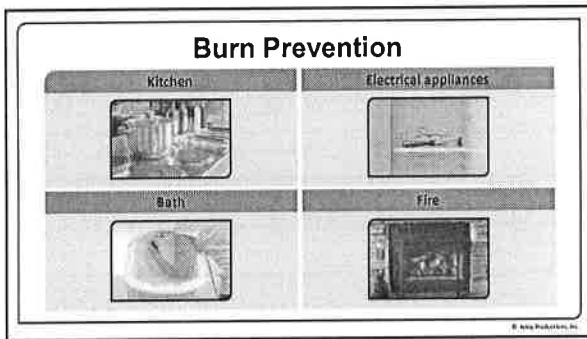
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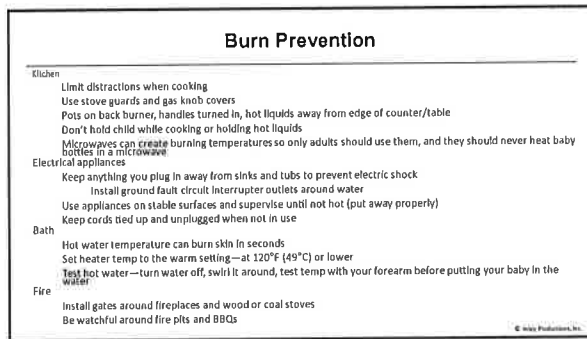
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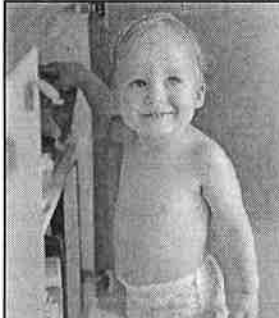
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**Understanding Poisons**

*"What is food to one is bitter poison to another."*  
—Lucretius



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**Poisonous Look-Alikes**

<b>Cleaning pods &amp; packets</b> 	<b>Vitamins &amp; medicine</b> 
<b>E-Cigarette cartridges</b> 	<b>Marijuana edibles</b> 

*Every hour a call is made to poison centers about detergent pods. 1 and 2 year olds are most at risk!*

Video clip: Poisons

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**Household Poisons**

 <b>Medication/vitamins</b>	 <b>Personal products</b>	 <b>Plants</b>
 <b>Outdoor chemicals</b>	 <b>Cleaning products</b>	 <b>Chipping paint</b>

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### Poison Prevention

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**Medication/Vitamins**

- Keep medication out of sight and reach
- Don't take medication in front of children
- Keep pumps—yours and your guests—up and out of reach

**Child's products**

- Use non-toxic whenever possible
- Keep locked up and out of reach
- As you are cleaning, don't leave products open or unattended

**Outdoor chemicals**

- Store weed killers, pest poisons, antifreeze, and other toxins in garage or basement
- Keep garage floor cleaner out of reach; put floor oil containers in garage floor
- Never put pest poisons on the floor of your home

**Personal products**

- Mouthwash—some contain alcohol
- Sunscreens—eye de-irritants when too much is consumed (irritates the stomach)
- Head soakers—contain SLS/alcohol

**Plants**

- Know which common household plants, like geraniums, are poisonous and remove from your home
- Garden plants—know what grows in your area and what it looks like (e.g., poison ivy)

**Chipping paint**

- Paint from before 1978 may contain lead
- Old toys may have lead paint or PbAc

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### Poisonous Look-Alikes

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Children can be fooled by things that look, smell, or taste like candy, juice, or chew toys.

**Cleaning pods & packets**

- Look like chew toys/candy
- Filled with highly concentrated, toxic chemicals
- Don't use pods—use traditional powders or liquid detergents

**Vitamins & medicine**

- Can look like candy

**E-cigarette cartridges**

- Can come in different candy flavors—nicotine is highly toxic
- Don't use or refill an e-cigarette in front of children

**Edible medications**

- Sold as cookies and candy
- Keep locked up and out of reach
- Don't let your child see you consuming (they like to mimic your behavior)

**Video clip: Poisons**  
<https://www.safekids.org/infographic/keeping-kids-safe-around-liquid-laundry-packets>

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### Poison Safety

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- Look everywhere for poisons
- Keep all poisons locked up and out of reach
- Post poison control number and store in your phone
- Visit and bookmark [Poison.org](http://Poison.org), an online poison control tool



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**Pets**

- Take your pet to the vet for a checkup and vaccinations
- Train pet to behave
- Don't force a relationship
- Never leave pet alone with child
- Don't let pet sleep with child



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**DOGS**

- When you bring baby home, it's important to greet your dog without baby in room.
- After you've been home a few hours, have a helper bring the dog in on a leash while you hold the baby.
- Talk in a calm and happy voice.
- If your dog is not stressed, let him briefly sniff the baby's foot.
- Reward your dog for good behavior and repeat.

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**Cats**

- Keep cat away from sleeping area to prevent accidental suffocation.
- Cats like to curl up to warm bodies, but that closeness could make it hard for your baby to breath.
- When you bring baby home, go to a quiet room and sit with the baby on your lap.
- Let your cat come close when its ready.

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### Insects

Insects

- Avoid high-insect areas and times
  - Avoid being out at dawn and dusk when mosquitos are most active
  - Areas that attract insects include garbage cans, stagnant pools of water, and flowerbeds or orchards
- If you live in an area that has ticks, check your baby's skin at the end of the day
  - If you notice a rash (bull's eye around bite, or red spots on wrists and ankles) that could be from a tick bite, let your healthcare provider know
- No DEET on children younger than 2 months
- 10-30% DEET on children older than 2 months

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**Understanding  
Emergency  
Preparedness**

*"Prepare for the worst, but  
hope for the best."  
—Benjamin Disraeli*

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### Smoke Alarms & CO Detectors

- Combined smoke alarm and carbon monoxide (CO) detectors are available
- Install CO detector on every level in your home and outside every bedroom
- Install smoke alarms inside all bedrooms, outside sleep areas, and on every level of the home
- Test every month, even if hard-wired
- Replace batteries every year
- Change unit after 10 years



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**How often should you replace the batteries in your smoke alarms?**

- a. Every month
- b. Every 6 months
- c. Every year
- d. Every 10 years

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**Fire Safety**

- Install smoke alarms on every level and in bedrooms
- Keep a fire extinguisher in your home and garage
- Keep space heaters and lamps away from burnable items (such as curtains) and 2 feet from walls
- Have a fire escape plan—fires can spread quickly



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**Fire Safety**

*Home fires spread in minutes. Be prepared!*

- Smoke alarms
  - Install on every level of your home and outside of every bedroom. For best protection also install in every bedroom.
- Fire extinguisher in home (the kitchen is a good place).
  - Know how to use it.
  - Don't leave hot oven/stove unattended.
  - Keep cloths and wooden spoons (things that can catch fire) away from stoves.
- Space heaters and lamps away from anything that can burn easily.
- Escape routes and meetup plan.
  - Fires can spread in as little as 2 minutes.
  - 2 routes out of every room.
    - Windows above the first floor have an emergency release for guards and stops, and consider purchasing an emergency escape ladder.
  - Teach children how to get down low to avoid smoke.
  - Show children pictures of firemen in uniform so they aren't frightened.
  - Call 911 after safely outside.

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### Preparing for Emergencies

- Post emergency contact information and put in phone
  - 911 takes care of police, ambulance, and fire
  - Other numbers to post and store: poison control, doctor, and your contact information
- Have a plan
  - Fire escape routes (2 routes out of every room) and meeting place—more detail on fire safety slide
  - Natural disaster plan that fits high-risk of where you live (earthquake, tornado, winter storm, and/or wild fire)
  - Medical plan (24 hour nurse line, which ER or urgent care is closest, and become trained in CPR and first aid)
- Practice the plan
  - Walk through with family
  - Have emergency kits

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### Gun-Related Emergencies

**1 in 3** homes with guns also have children in the home

**43%** of those homes have the firearm unloaded

**3 in 4** kids ages 5 to 14 know where the firearms are kept at home

Gun-related injuries led to **5,790** hospitalizations

**& 1,300** deaths of children in the US each year, or about 10 deaths daily

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### Helping Your Child After Disasters

- Be aware of signs of traumatic stress
- Maintain a routine if possible, give extra love, be patient, and stay calm
- Take care of yourself

Video clip: Preparing for Emergencies

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**Being prepared for a disaster can make a big difference with how well you and your family cope with the trauma and stress**

- Being prepared for a disaster can make a big difference with how well you and your family cope with the trauma and stress
  - Scary events affect the entire family, including infants and toddlers
- You may notice some differences in your child's behavior after a disaster
- Disasters can lead to traumatic stress in your infants and toddlers
- Signs of traumatic stress in children:
  - Being extremely clingy, whiny, or weepy
  - Having violent outbursts (hits, kicks, bites)
  - Wanting to be alone or refusing to play
  - Acting out scary events
  - Having sleep issues
  - Changing eating habits or not eating
  - Getting upset easily and becoming hard to comfort
  - Resisting to all behaviors (thumb sucking, wetting the bed)

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**Infant CPR**

<http://3A92F%2Fwww.cincinnatichildrens.org%2FCpr-Infant>



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**Credits & Acknowledgements**

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