



# Give Your Child a Safe Start





The injury prevention program  
of BC Children's Hospital



An agency of the Provincial  
Health Services Authority





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and the DVD, *Give Your Child a Safe Start*





## **Did you know...?**

More children in Canada die from injuries  
than from any other kind of sickness!

## **Injuries don't just happen....**

In fact, up to 90% of injuries can be prevented!

## **To learn more...**

about preventing injuries to your child,  
watch the DVD, *Give Your Child a Safe Start*

and visit Safe Start

[www.bcchildrens.ca/safestart](http://www.bcchildrens.ca/safestart)














Every year, BC Children's Hospital treats thousands of injured children. Safe Start wants to help you keep your children healthy and safe.

Many things in your home can hurt your child.

By taking a few simple steps, you can prevent injuries and give your child... a safe start.

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# Falls

## Did you know...?

Falls are the most common cause of injury to babies and children. They can easily fall from stairs, a bed, sofa, table or even an open window.

Falls can cause broken bones and serious head injuries.



Put a safety gate at the top and bottom of stairs. Make sure your gate at the top of the stairs is bolted into the wall.

## How can I prevent falls?



Always use the safety straps on your child's stroller, high chair and in a shopping cart.



Secure TVs and furniture to the wall, so they don't fall on your child.



Place bouncer chairs and car seats on the floor rather than on a table or counter.

Your child could wiggle and cause the bouncer chair or car seat to fall to the floor.



Lock windows at 10 centimeters (4 inches) or less. Your child could fall out of an open window.

Screens will not protect your child from falling out of windows.

# Burns and Scalds

## Did you know....?

Burns are the second leading cause of injury to children under 5 years old.



Hot tap water, hot drinks, soup, the glass of a gas fireplace, the oven door and a stove element can cause serious scald and burn injuries.

To protect your children from fire...

- install a smoke detector
- keep matches and lighters away from children

And remember:

- to make sure your electrical outlets are fully covered



## How can I prevent burns?



Keep hot drinks and hot food away from your child. Use a mug with a tight fitting lid.



Use the back burners when you cook and turn pot handles towards the back of the stove.



Always check the bath water temperature with your arm or elbow, before putting your child in the bath tub.



Install a bolted gate around your fireplace or a screen that bolts into your fireplace.



Keep all appliances and cords away from the edge of the counter.

# Poisoning

## Did you know...?

Over half of all poisonings occur in children younger than 6 years of age. Most of these poisonings happen in the home.

Many things in your home can poison children. Just a little bit of poison can make your child very sick.



## How can I prevent poisoning?



Put poisonous products up high in a locked cupboard. Keep all poisonous products in their original labeled containers.



Put bottles with safety caps in the locked cupboard as well. These bottles are not child proof. Young children can easily take the caps off.



Children often can't tell the difference between products that are harmful and ones that are safe. Some products that are poisonous can look the same as ones that are safe.



Keep plants away from babies and young children. Many plants are poisonous. It's important for you to find out which ones are poisonous.

# Choking

## Did you know..?

Coins are dangerous and can cause choking in children.

Babies, toddlers and young children like to put things in their mouths. They can choke if food or small things get stuck in their throat and block their breathing.



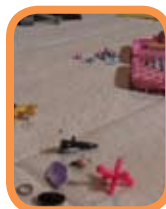
## How can I prevent choking?



Always stay with your child when they are eating.



Cut whole hot dogs, whole grapes and other food into small pieces before giving them to your child, to prevent choking.



Keep coins, all batteries, balloons and other small things away from babies and young children.



Keep gel candies away from children. Gel candies can block your child's airway and cause them to stop breathing.

# Safety in the Car

## Did you know...?

Car crashes are the leading cause of death and serious injury to children in Canada.

All children need to ride in a car seat that is right for their age, weight and size.



(Photo courtesy of Kingston Whig Standard)

# How can I keep my child safe in the car?



Make sure you have an approved child car seat.



Read the car seat instructions to show you how to put your car seat in the car the right way.



The safest place for your baby to ride is in the back seat.



Make sure your child is riding safely in their car seat, each and every time you go in the car.



# Product Safety

## Did you know...?

Every day, products for children are recalled due to safety concerns.





## What do I need to know?



Check your child's toys for small magnets and keep these out of reach of young children. If two or more magnets are swallowed, this can cause serious damage inside the body.



Check your child's toys for lead. Lead can be very harmful to babies and children.



Do not use baby walkers. Baby walkers are banned in Canada. These products have caused a lot of injuries and deaths to babies.



Fill out and mail in the product registration card on all new products for your child.

# Water Safety

## Did you know...?

Drowning is the second leading cause of death to children aged 1-14 years in Canada.



Be within arms' reach of your child at all times when in, on or around the water.

## How can I prevent drowning?



Always stay right beside your child when they are in the bathtub. If you have to leave, take your child with you.



Know that infant bath rings and bath seats are not safe. Your child could slip into the water. Stay with your child at all times.



Make sure young children, weak swimmers and children who cannot swim, wear a life jacket or personal floatation device.



Any amount of water, no matter how small or shallow, can be a drowning danger for your child. Empty wading pools and buckets when not being used.

# Safe Sleeping



## Did you know...?

Your baby's crib should be made after September 1986 and meet Canadian safety standards.

Bumper pads, pillows, comforters, heavy blankets and toys should not be put in your baby's crib.



## What do I need to know?



Check that your baby's crib mattress is firm and fits tightly. If there is a gap, your baby's head could get stuck and they could stop breathing.



Always put your baby on their back to sleep. The safest place for your baby to sleep is alone in a crib, close to your bed.



A car seat, stroller, baby swing, or bouncer seat are not safe places for your baby to sleep.



Keep blind cords up high and out of reach, so that your child's neck cannot get caught in them.



# Resources

BrainTrust Canada

[www.braintrustcanada.com](http://www.braintrustcanada.com)

BCAA Road Safety Foundation

[www.childseatinfo.ca](http://www.childseatinfo.ca)

BC Drug and Poison Information Centre

[www.dpic.org](http://www.dpic.org)

BC Professional Fire Fighters' Burn Fund

[www.burnfund.org](http://www.burnfund.org)

BC Injury Research and Prevention Unit

[www.injuryresearch.bc.ca](http://www.injuryresearch.bc.ca)

Canadian Academy of Sport and Exercise Medicine

[www.casm-acms.org](http://www.casm-acms.org)

Canadian Institute of Child Health

[www.cich.ca](http://www.cich.ca)

Canadian Paediatric Society

[www.cps.ca](http://www.cps.ca)

Canadian Red Cross

[www.redcross.ca](http://www.redcross.ca)



# Resources

The Community Against Preventable Injuries

[www.preventable.ca](http://www.preventable.ca)

Health Canada

[www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

Healthy Canadians

[www.healthycanadians.gc.ca](http://www.healthycanadians.gc.ca)

HealthLink BC

[www.healthlinkbc.ca](http://www.healthlinkbc.ca)

Public Health Agency of Canada

[www.phac-aspc.gc.ca](http://www.phac-aspc.gc.ca)

Safe Kids Canada

[www.safekidscanada.ca](http://www.safekidscanada.ca)

St. John Ambulance

[www.sja.ca](http://www.sja.ca)

ThinkFirst Canada

[www.thinkfirst.ca](http://www.thinkfirst.ca)

Transport Canada

[www.tc.gc.ca](http://www.tc.gc.ca)



**Give your Child a Safe Start**  
by learning how to keep your child safe and injury  
free.

**Knowing what to do in an emergency**  
can save your child's life.

**Remember to....**

- Take a First Aid and CPR course.
- Sign up for a learn to swim program  
for you and your child.



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[www.bcchildrens.ca/safestart](http://www.bcchildrens.ca/safestart)

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