

Guidelines for Protecting Children in their Home Each room in the home has potential dangers for children that can be eliminated.



Bathroom Safety

- Purchase all medications with childproof caps to prevent poisoning.
- Store all poisons and medications in the original containers, locked to prevent poisonings.
- Set the hot water to 120 degrees Fahrenheit to prevent scalds and burns.
- Fill the tub with cold water first and then add hot water to prevent scalds and burns.
- Install protective covers on all electrical outlets.
- Install toilet lid locks to prevent drowning.
- Do not let children climb on the toilet, sink, counters, or tub to prevent falls.
- Do not use infant bath seats to prevent drowning.
- Always stay with your child when bathing them to prevent falls, burns, or drowning.
- If you need to leave the bathroom, take your child with you. Drain the tub to prevent falls, burns, or drowning. Never leave your child in the tub with an older child if you need to leave the bathroom.
- Have all bathing products handy so you do not have to leave the child alone in the bathroom to prevent falls, burns, or drowning.
- Place your child facing the faucet while bathing to prevent their head from hitting the faucet.
- Always keep one hand on your child while bathing them to prevent slipping and falls.
- Install non-slip decals or mats on the bottom of the tub to prevent slips or falls.
- Keep all electrical appliances away from water to prevent electrocution.

Kitchen Safety

The kitchen can be the most dangerous room in the home.

- Do not let your children in the kitchen without your supervision.
- Store all poisons and cleaning supplies in the original containers, locked and up high to prevent poisonings. Pine sol looks like apple juice. Keep a fire extinguisher in the kitchen in case of fire. Remove the stove knob covers and store one in a locked drawer for your use. This will prevent a children form turning on the stove and burning themselves. Use back burners for heating liquid and food and keep pan handles turned inward toward the back of the stove to prevent scalds and burns.
- Do not put your child in a walker that has wheels to prevent falls.
- Remove ice chests, coolers, buckets, pet water dishes when not in use to prevent drowning. Cover all electrical outlets with covers and keep appliance cords out of your child's reach to prevent electrocution. Box outlet covers and sliding outlet covers are more secure. If a child pulls out a plug cover it can be a choking hazard.
- Use the safety strap on highchairs to prevent falls.
- Keep lids on garbage cans to prevent poisoning.
- Keep emergency numbers near the phone for fast calling of help in case of an emergency
- Secure throw rugs to prevent falls.
- Remove tablecloths and keep hot food and drinks away from the edge of tables to prevent burns.
- Keep plastic bags locked in a drawer or cabinet to prevent suffocation.
- Keep sharp objects locked in a drawer to prevent wounds.
- Keep matches and lighters in a locked drawer to prevent burns.

Kids Safe
& Secure!



By Mary Frances Marlin, MSN, RN, PHN

FAMILY ROOM



- Place all breakable and heavy objects up high and out of reach to prevent injury.
- Secure television and entertainment center to the wall to prevent injury from it tipping over on the child.
- Check to be sure plants in the room are not poisonous to prevent poisoning.

- Store all alcoholic beverages locked and up high to prevent poisoning.
- Keep matches and lighters out of the child's reach to prevent burns.
- Install alarms and locks on all doors leading out to a pool or spa to prevent drowning. Always keep alarms on alert.
- Keep a fireplace screen in front of the fireplace to prevent burns.
- Put corner protective covers on furniture with sharp corners to prevent injuries.
- Secure lamp cords to prevent falls.
- Keep balcony doors locked to prevent falls.
- Put covers on the electrical outlets to prevent electrocution. Box outlet covers and sliding outlet covers are more secure. If a child pulls out a plug cover it can be a choking hazard.

CHILD'S BEDROOM

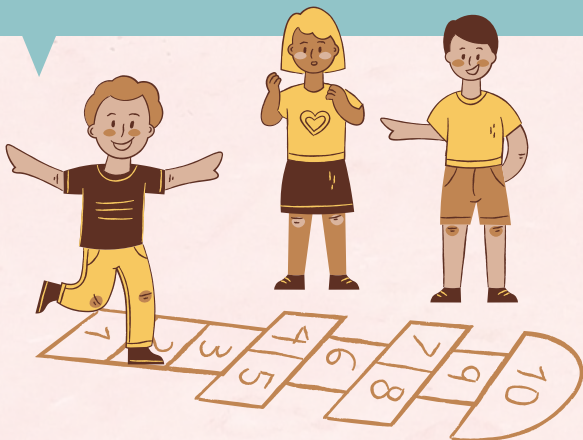
- Be sure slats on the crib are less than 2 3/8 inches apart to prevent strangulation.
- Look for Juvenile Product Manufacture Association (JPMA) sticker is on your crib to ensure it has been tested for safety.
- Be sure the mattress and bumper guards are firm and fit tightly in the crib to help prevent a child from getting caught between them to prevent suffocation.
- Dress baby in a sleeper instead of using blankets to prevent suffocation.
- Do not buy cribs with cut-out designs or posts on the corners to prevent strangulation.
- Put babies on their backs to sleep to prevent Sudden Infant Death Syndrome (SIDS).
- Lower the crib mattress when babies can stand in their crib to prevent falls.
- Remove hanging mobiles from the crib once your child can touch them to prevent strangulation.
- Have all baby products on or near the changing table to avoid having to leave your child alone to get them.
- Use the safety strap on the changing table to secure your child and prevent falls.
- Make sure all toys are safe for the age of your child to prevent choking and injury.
- Cut or secure all curtain or shade cords high enough so the child cannot reach them to prevent strangulation.
- Install a smoke detector in the child's room and a carbon monoxide detector in the hallway outside the child's room to be alerted to fire or carbon monoxide suffocation.
- Secure tall and heavy furniture to the wall to prevent injury from having it tip over.
- Move furniture away from windows to prevent falls.
- Put covers on the electrical outlets to prevent electrocution. Box outlet covers and sliding outlet covers are more secure. If a child pulls out a plug cover it can be a choking hazard.
- Hide and tape lamp cords behind furniture to prevent falls.
- Secure rugs to prevent falls.
- Be sure plants are not poisonous and are out of the child's reach to prevent poisoning and injury.



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GARAGE SAFETY



- Keep a lock on all garage doors locked to prevent the child from entering the garage.
- Keep all tools out of the child's reach to prevent injuries.
- Keep all poisons and chemicals locked and out of the child's reach to prevent poisoning.
- Secure heavy furniture attached to the wall to prevent injury from tipping over.
- Keep all buckets and barrels covered to prevent poisoning or drowning.
- Do not leave standing water or other liquids to prevent drowning

Hi! Boys and girls!

**I'M THE CUTEST LITTLE FROG THAT EVER COULD BE.
I'M SAFE AND SMART! MY NAME IS GRONWEE!**

Does your family have a special code?

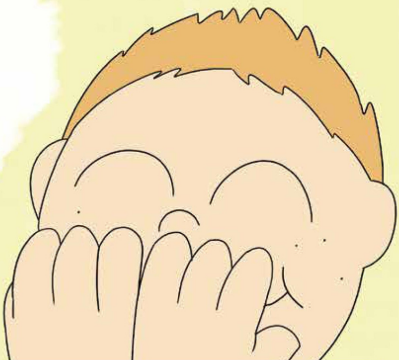
No, Gronwee. What is that?

Well every family should pick a special code word. Only they know what it is for their family. So, I can't tell you mine. Code words are secrets only your family knows.



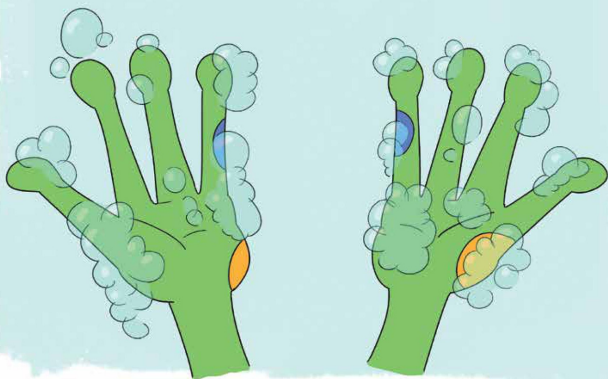
If someone came up to you and said that your mama told them to pick you up and bring you home, you would ask them for the special code word. If they did not know it, then you would know that your mama did not ask the person to pick you up and you would not go with them. You would run and get a grownup for help.

Bojangles
Cabbage
Gobblieguk



Think, Think, Think! Tuck it away. Then you will have it ready to use someday! Got it! GOOD! You can be safe and smart too!

1,2,3,4,5,6,7,8,9,10



Hi! Boys and girls!

**I'M THE CUTEST LITTLE FROG THAT EVER COULD BE.
I'M SAFE AND SMART! MY NAME IS GRONWEE!**

Do you know how important it is to wash your hands? It is so important! It is fun too!

First put soap on your hands. All over them. Then here is the fun part! Rub them and scrub them together. Be sure to rub in between your fingers. All of them. Say 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, three times.

Now they are really clean. Rinse off all the soap! Dry them well! Be sure to dry between your fingers. Wash your hands if you see dirt on them, and before you eat, and after you go to the bathroom.

Think, Think, Think! Tuck it away. Then you will have it ready to use someday! Got it! GOOD! You can be safe and smart too!