

= Prevent = Child Injury

Key Messages for Preventing Child Injuries among Children 0-36 Months of Age

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Easily engage parents and caregivers in a conversation about child safety during a teachable moment. Such as when:

- You notice their child demonstrating a new skill that places them at risk for injury.
- They share with you that their child has a new skill that you know places them at risk for injury.
- They ask you a question about child safety.

During these opportunities, teach them to ask themselves three questions.

What? What can my child do now?

So What? So what can hurt my child?

Now What? Now what can I do to keep my child safe?

By using the key messages in this resource, help them to understand their child's current developmental abilities and how that relates to a potential risk for injury. Then help them to identify strategies to keep their child safe.

Follow-up in a week to explore any questions or new concerns they may have. Continue to guide them by using **"What, So What, Now What"** to form solutions.

General safety concerns for children



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WHAT?	SO WHAT?	NOW WHAT?
What can my child do now?	So what can hurt my child?	Now what can I do to keep my child safe?
Any developmental milestone	Burns/Scalds	Place smoke alarms and carbon monoxide detectors on every level of the home and outside all bedrooms. Change batteries twice a year at daylight saving time so that they are always working. A child can get third degree burns from hot water in seconds. Reduce tap water temperature on the hot water tank to 49°C (120°F). It will still be hot enough to shower and will protect your child's skin.
Any developmental milestone	Falls	Children can use furniture to climb out the window and fall. Make sure that furniture such as cribs, change tables, or dressers are not placed by a window.
Brings things to mouth	Poisonings	Your child can be poisoned by common items found in the home such as prescriptions, over the counter medicines, vitamins, plants, alcohol, makeup and cleaning supplies. Always keep these items locked up and out of reach. Post the Ontario Poison Center number by the phone: 1-800-268-9017. Call right away if you think your child has been poisoned.



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0-2 months

WHAT?	SO WHAT?	NOW WHAT?
What can my child do now?	So what can hurt my child?	Now what can I do to keep my child safe?
Can hold head up and begins to push up when lying on tummy Makes smoother movements with arms and legs (e.g., kicks legs)	Falls	Before your baby can roll over they can wiggle and move their arms and legs. Always keep a hand on your baby when they are on a high surface such as a change table, bed, or couch to keep them from falling off. Infant car seats are unsteady and can easily fall from high places. Place them on the floor (safest place) and not on the counter, table or other high places.
Makes smoother movements with arms and legs (e.g., kicks legs)	Burns/Scalds	A hot drink can badly burn your baby's skin. Avoid holding your baby and a hot drink at the same time, or put the hot drink in a travel mug with a tight lid.

3-4 months



WHAT?

What can my child do now?

Pushes down on legs when feet are on a hard surface

May be able to roll over from tummy to back

When lying on stomach, pushes up to elbows

SO WHAT?

So what can hurt my child?

Falls

Burns/Scalds

NOW WHAT?

Now what can I do to keep my child safe?

Before your baby can roll over they can wiggle and move their arms and legs. Always keep a hand on your baby when they are on a high surface such as a change table, bed, or couch to keep them from falling off.

Car seats are unsteady and can easily fall from high places. Place them on the floor (safest place) and not on the counter, table or other high places.

If using a baby sling or front carrier, make sure it fits your baby properly. It should support their head and shoulders and have small leg openings, so they can't slip out. If you bend over, hold your baby against you with one hand so they won't fall.

A hot drink can badly burn your baby's skin. Avoid holding your baby and a hot drink at the same time, or put the hot drink in a travel mug with a tight lid.

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5-6 months



WHAT?

What can my child do now?

Rolls over in both directions (front to back, back to front)

Begins to sit without support

When standing, supports weight on legs and might bounce

Rocks back and forth, sometimes crawling backward before moving forward

Brings things to mouth

Shows curiosity about things and tries to get things that are out of reach

SO WHAT?

So what can hurt my child?

Falls

Poisonings

NOW WHAT?

Now what can I do to keep my child safe?

Buckle the straps tightly and lock the tray in every time you use a high chair or a kitchen booster seat so your child doesn't fall out

Lower the crib mattress before your baby can push up on their hands and knees to prevent them from falling out of the crib

Clean up anything that could harm your baby, such as ashtrays, left over alcoholic drinks, and poisonous plants right away.

Everyday things like batteries, magnets or makeup can poison your baby. Keep these items out of reach.

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7-9 months



WHAT?

What can my child do now?

Crawls

Pulls up to stand

Stands, holding on

Can get into sitting position

Sits without support

SO WHAT?

So what can hurt my child?

Falls

Poisonings

NOW WHAT?

Now what can I do to keep my child safe?

Once your baby starts to roll, crawl or walk they can easily get to the stairs. Install wall-mounted gates at the top of the stairs and pressure-mounted gates at the bottom of the stairs so they don't fall down.

Before your baby can pull to stand in their crib, lower the crib mattress to the lowest position and keep the rails up to prevent them from falling out of the crib

Window screens will not keep your baby from falling through the window. Put quick release guards on all windows above the first floor and keep balcony doors closed and locked.

Visitors may have prescription medication, tobacco or other items in their purses or bags that could poison your child. Make sure to place them off the floor and out of your child's reach.

When your baby can pull to a stand they can reach things on tables and shelves. Clean up anything that could harm your baby, such as ashtrays, left over alcoholic drinks, and poisonous plants right away.

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10-12 months



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WHAT?

What can my child do now?

May take a few steps without holding on
May stand alone

Pulls up to stand
Walks holding on to furniture ("cruising")

Pulls up to stand
Walks holding on to furniture ("cruising")

SO WHAT?

So what can hurt my child?

Falls

Burns/Scalds

Poisonings

NOW WHAT?

Now what can I do to keep my child safe?

When your baby starts walking they can quickly get to the stairs. Install sturdy wall-mounted gates at the top of the stairs and pressure-mounted gates at the bottom of the stairs so they don't fall.

Let your child play on the floor or secured in their highchair while you prepare meals. Playing with pots, spoons, and plastic bowls lets them safely copy what you do, while keeping them away from hot items.

Once your baby can stand they can reach hot things on the stove. Make sure to turn pot handles in and use the back burners as much as possible.

Throw out any poisonous plant in your house or garden. Use this website to figure out if your plants are poisonous:
www.ontariopoisoncentre.com/ontariopoisoncentre/custom/plantSafety08.pdf

13-15 months



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WHAT?

What can my child do now?

May walk alone
May walk up steps and run
May start to climb

Pulls toys while walking

Explores things in different ways, like shaking, banging, throwing

SO WHAT?

So what can hurt my child?

Falls

Burns/Scalds

Poisonings

NOW WHAT?

Now what can I do to keep my child safe?

Before your child starts to climb, keep drawers closed and locked with latches. This way they cannot use the drawers to climb onto counter tops or furniture.

Place chairs and stools away from counters or other high places where your child can climb. This way your child won't be able to reach dangerous things on the counter or fall and hurt themselves.

Your child can be burned if they touch a hot appliance. Keep cords for electrical appliances such as irons, kettles, and hair straighteners out of reach.

There is no such thing as a child proof container. When determined, children can always find a way to get at what is inside. Keep medicine and vitamins locked up and/or out of reach.

16-18 months



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WHAT?

What can my child do now?

Walks alone
May walk up steps and run
May start to climb

Walks alone (now more things are in reach of the child)

Drinks from a cup
Eats from a spoon
Walks alone (now more things are in reach of the child)

SO WHAT?

So what can hurt my child?

Falls

Burns/Scalds

Poisonings

NOW WHAT?

Now what can I do to keep my child safe?

When your child starts to climb they can pull furniture such as TV's and bookshelves down on top of themselves. Attach TVs and furniture to the wall so they can't tip onto your child.

If your home has a balcony, make sure not to leave any furniture on it that your child could use to climb over the railing and keep the door closed and locked at all times.

Move your child to a toddler bed or mattress on the floor once they can climb out of their crib or become taller than 90 cm (35 inches). Children under the age of 6 years should not sleep or play on the top of a bunk bed.

Always keep lighters and matches locked up and out of reach of children. Teach your child that these are not toys.

Children can be poisoned by both prescription and over the counter medications, even vitamins. Always keep all medicines and vitamins locked up and out of reach.

19-24 months



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WHAT?

What can my child do now?

- Begins to run/jump**
- Climbs onto and down from furniture without help**
- Walks up and down stairs holding on**

Climbs onto and down furniture without help

Stands on tiptoe

SO WHAT?

So what can hurt my child?

Falls

Burns/Scalds/
Poisonings

NOW WHAT?

Now what can I do to keep my child safe?

Once your child can open or climb over the stair gate it no longer keeps your child away from the stairs. Take down your baby gates when your child is approximately two years old and teach them how to go up and down the stairs safely using the handrail.

Jumping on the bed or couch is dangerous if your child falls off. Once your child starts jumping create fun floor games together and teach them to jump on the floor.

When playing outside with your child make sure all personal play sets are on a soft surface such as pea gravel, sand or wood chips. It is dangerous for children under 5 to play on anything higher than 5 feet off the ground.

Now that your child can climb and stand on their tip toes, they can touch things that used to be out of reach. Remove anything that could burn, choke or poison your child or lock them up.

25-36 months



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WHAT?

What can my child do now?

- Climbs well**
- Runs easily**
- Hops and skips**
- Pedals a tricycle (3-wheel bike)**
- Walks up and down stairs, one foot on each step**
- Copies adults and friends**

Screws and unscrews jar lids or turns door handles

SO WHAT?

So what can hurt my child?

Falls

Poisonings

NOW WHAT?

Now what can I do to keep my child safe?

Teach your child to wear a helmet to keep their head safe. Put a fitted helmet on your child every time they ride a tricycle, go sledding or skate.

Your child loves to copy what you do. Show them how to go up and down the stairs safely using the handrail.

Before your child starts to climb, keep drawers closed and locked with latches. This way they cannot use the drawers to climb onto counter tops or furniture.

Calling medicine and vitamins candy can make your child think they can eat them anytime. Instead, use the right name for all medicines and vitamins.