

SAFETY

Car Seats

All children under five years of age are required by law to be in a full car seat (not a booster seat or seat belt). Children should always ride in the back seat if possible and never be placed in the front seat if the car has air bags. The back middle seat is the safest for your child with the seat behind the driver being the second safest.

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| Infants: | Under one year of age the rear facing infant carrier seat is recommended. If your baby is twenty pounds, you should purchase a larger car seat which can be placed rear facing until your baby is one year old. |
| 1 to 5 years: | After one year of age the car seat can be turned around and your baby placed in a forward facing position if your baby weighs 20 pounds. A five-point restraint car seat is recommended through five years of age. |
| 5 to 8 years: | If your child is small you may want to continue using your five-point restraint car seat, as long as the tops of their shoulders are below the shoulder straps. For larger children a booster seat with seat belt is recommended in order for your child to be high enough for the seat belt to protect them. |
| 8 to adult: | Always make your older child wear his or her seat belt and set a good example by wearing yours. |

Burns

Make sure your hot water heater is turned down to less than 120 degrees. We recommend this to families to prevent serious burns, which could occur if your child turned the bath water on himself.

Never leave a hot cup of coffee or tea on the counter where your toddler could reach and pull it down on herself.

Always use the back burners when cooking to eliminate the risk of injury to your child. Turn handles of pots to the side to prevent your toddler from pulling down hot food on himself.

Use a fireplace screen and watch your child closely around fire.

Keep lighters and matches up and out of reach.

Use caution when ironing or using your curling iron. After use place these items out of reach.

Treatment of Burns: If your child is burned, immediately run cold water over the burn. Wrap the area loosely with a clean cloth and call your physician. Do not use ointment or salves until advised by a physician.

Drowning

Arizona ranks second in the nation for drowning. Some of the drownings result in death and some leave the children in a vegetative state. If you have a pool, please place a fence around it and keep it closed and locked. If you own a hot tub, we advise a locked cover and or a locked gate around it. Remember to always watch your children around the water. Also, keep in mind that a child can drown in two inches of water-so keep toilet seats down and locked, dump out plastic pools after use, empty mop buckets after use, and keep children away from dog water bowls.

Poisonings

Keep all medications locked and out of reach. Keep all household cleaners out of reach such as bleach, dish soap, paints, etc. Again, never put non-food items in food containers. Keep the poison control number (602-253-3334) on hand and call if your child ingests a non-food item.

Dog Bites

Studies show that 90 to 95% of dog bites are caused by the family or neighborhood dog. Please watch your children closely around animals. Many times the active toddler unknowingly provokes the dog to bite. This may be preventable with close supervision.

Treatment of Animal Bites: If your child is bitten by a dog or cat, wash the area with soap and water. Studies show that if the area is rinsed with water for 15 to 20 minutes it is less likely to become infected. Signs of infection include redness and swelling around the bite, red streaks, a yellow, brown fluid and fever. Please call your doctor if your child is bitten by an animal. Make sure the animal biting your child has had all their shots. If your child is bitten by a wild animal, please call our office to see if rabies treatment for your child is needed.

Your Home

There are many hidden dangers in the home. By six months of age you should have the majority of your house baby proofed, including the following:

- cover all unused outlets
- use cabinet locks for cabinets with breakables and sharp objects
- tie drapery cords securely out of reach
- keep medications and cleaners out of reach
- keep bathrooms closed and use a toilet seat lock

Refer to the recommended book, *Caring for Your Baby and Young Child*, for more tips on baby-proofing your home.