

SAFETY AND INJURY PREVENTION



THE NATIONAL CENTER ON
Health

Tips for Families from the Head Start National Center on Health

Safety and Injury Prevention for Young Children Is:

- Making sure children have safe places to grow and learn
- Protecting children from danger
- Teaching children what to do to be safe

Why Is It Important?

Children Like to Explore But Need:

- Safe places to play
- Adults who watch and listen so they can prevent an injury before it happens
- Opportunities to practice new skills safely

When Children Are Safe, They Are More Likely To:

- Be injury-free
- Focus on learning
- Explore new situations with confidence



Things You Can Do to Help Your Child

● At Home:

- Keep all medicine, cleaning and harmful products away from children.
- Use cabinet locks and electrical socket covers.
- Use safety gates on stairs.
- Use cribs with secure sides rather than drop sides.
- Keep cribs away from windows and blind cords.
- Lift blind cords out of reach from children.
- Put babies to sleep on their backs in a crib with no soft blankets, pillows or bumpers.
- Keep children away from hot foods and liquids.
- Turn pot handles to the back of the stove.
- Set your water-heater thermostat to 120 degrees or less.
- Keep children away from heaters or fires.
- Have a smoke alarm on every floor. Replace batteries in the spring and fall.
- Get a carbon monoxide detector, if you do not have one.
- Check with your local fire station to see if they can help you find a smoke alarm or carbon monoxide detector.
- Ask your pediatrician about foods and small objects that can cause choking.
- Make and practice an escape plan.

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