

Safe and Sound: Keeping Our Children from Harm

Rona Renner, RN & Marisol Muñoz-Kiehne, PhD

“Better safe than sorry.” We all want our children to live safe and sound. Since they’ll be exposed to dangers as they grow, let’s learn first aid. Some accidents are inevitable, but let’s remember: **observation and precaution, for prevention.** Some guidelines for child safety follow...

General Precautions:

- Supervise children constantly.
- Keep first aid materials at hand.
- Learn first aid and CPR.
- Never shake babies.
- Have children wear helmets when skating and riding bicycle.
- Always use car seats and safety belts when traveling by car.
- Make sure that playgrounds are safe.
- Supervise contact with pets.
- Keep sharp objects and firearms away from children.

Asphyxiation and Strangulation Prevention:

- Always put babies to bed on their backs.
- Keep small objects, plastic bags and deflated balloons away from children.
- Cut children’s food in small pieces.
- Don’t give peanut butter to young children.
- Never leave children alone in the car.
- Use security clips or other safety measures on Venetian blind cords.

Drowning Prevention:

- Always supervise children when in a bathtub, wading pool or swimming pool.
- Have fence and locked gate around swimming pool.
- Keep buckets and wading pools empty.

Falls Prevention:

- Have sufficient lighting throughout the home.
- Keep floors dry.
- Use rubber mats to avoid falls in bathtubs and showers.
- Have handrails on stairwells.
- Use gates at the top and bottom of stairwells.
- Never leave babies alone on changing tables.
- Keep cribs, beds and chairs away from windows.
- Put locks or bars on windows.

Burns Prevention:

- Use UV protection when going outdoors.
- Keep matches, lighters, and cigarettes away from children.
- Have smoke alarms and fire extinguishers at home.
- Teach children to stop, drop and roll if their clothing catches fire.
- Use covers on electric outlets.
- Keep electric appliances away from water.
- Keep hot liquids and appliances away from children.
- Put protective barriers in front of fireplaces, heaters, and ovens.

Poisoning Prevention:

- Avoid contact with lead paint.
- Use childproof bottles.
- Keep poisonous plants, medicines, paints, make-up, pesticides, toiletries, and cleaning and gardening products out of the reach of children.