



Six Critical Areas for Child Safety

1. Safe Sleep
2. Home Safety
3. Avoiding Child Injury
4. Safe Supervision
5. Water Safety
6. Ways to Parent

What Does a Safe Sleep Environment Look Like?

Reduce the Risk of Sudden Infant Death Syndrome (SIDS) and Other Sleep-Related Causes of Infant Death



Use a firm sleep surface, such as a mattress in a safety-approved* crib, covered by a fitted sheet.

Do not use pillows, blankets, sheepskins, or crib bumpers anywhere in your baby's sleep area.

Keep soft objects, toys, and loose bedding out of your baby's sleep area.

Do not smoke or let anyone smoke around your baby.

Make sure nothing covers the baby's head.

Always place your baby on his or her back to sleep, for naps and at night.

Dress your baby in sleep clothing, such as a one-piece sleeper, and do not use a blanket.

Baby's sleep area is next to where parents sleep.

Baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.



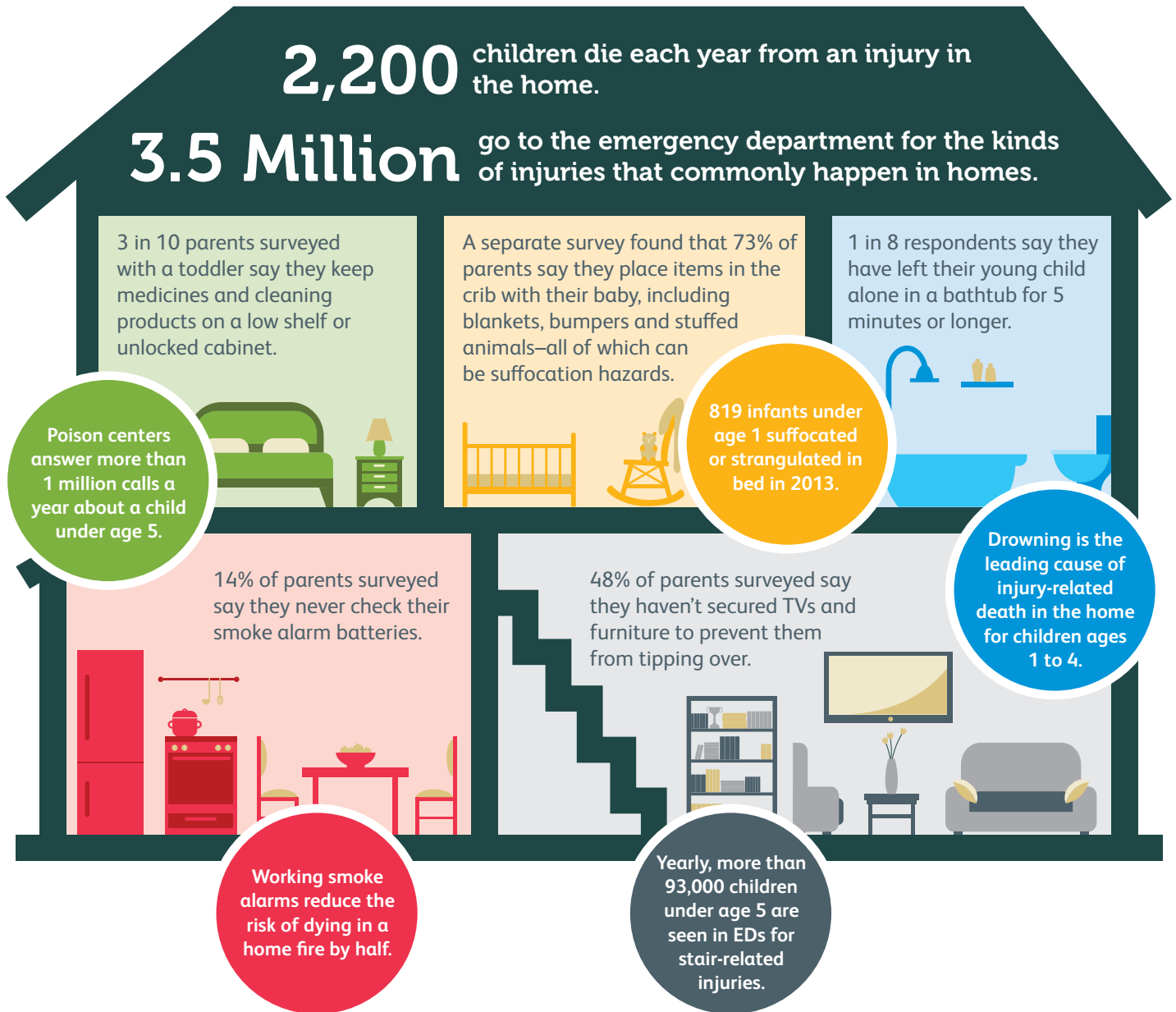
*For more information on crib safety guidelines, contact the Consumer Product Safety Commission at 1-800-638-2772 or <http://www.cpsc.gov>.



Eunice Kennedy Shriver National Institute
of Child Health and Human Development



Protecting Children in Your Home: The Facts



Top Tips for a Safe Home

- Give young children your full and undivided attention when they are in the bathtub or around water.
- Check smoke alarm batteries every six months to make sure they are working.
- Keep cribs clear of objects, and make sure babies sleep alone, on their backs, and in a crib every time they sleep.
- Install safety gates to keep children from falling down staircases and window guards or stops to prevent falls from windows.
- Keep all medicine up and away, even medicine you take every day. Be alert to medicine stored in other locations, like pills in purses, vitamins on counters, and medicine on nightstands.



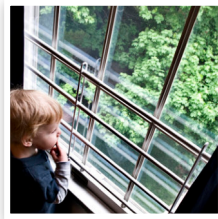
Home Safety Tips

Everything you need to know to keep your kids safe in your home.

Every parent wants their children to grow up healthy and strong in the place where they deserve to feel safest: at home. The good news is that there are simple and easy steps that families can take to protect their children.

Preventing Falls

- Use approved safety gates at the tops and bottoms of stairs and attach them to the wall, if possible. Remember to read the manufacturer's instructions to make sure you have the right gate for your needs. Not all gates are safe for use at the top of stairs.
- Keep babies and young kids strapped in when using high chairs, swings or strollers. When placing your baby into a carrier, remember to place the carrier on the floor, not on top of tables or other furniture.
- Properly install window guards and stops to prevent window falls. Windows above the first floor should have an emergency release device in case of fire.



Water Safety

- Actively supervise children in and around water. Avoid distractions of any kind, such as reading or talking on the phone.
- Once bath time is over, immediately drain the tub. Keep toilet lids closed and keep doors to bathrooms and laundry rooms closed to prevent drowning.
- Make sure home pools have four-sided fencing that's at least 4 feet high with self-closing, self-latching gates to prevent a child from wandering into the pool area unsupervised.
- Every child is different, so enroll children in swimming lessons when you feel they are ready. Teach young children from an early age not to go near or in water without an adult. Older children should swim with a partner, every time.



Poison Prevention

- Store all household products and cleaning solutions out of children's sight and reach. Young kids are often eye-level with items under the kitchen and bathroom sinks.
- Keep cleaning products in their original containers. Don't put a potentially poisonous product in something other than its original container (such as a plastic soda bottle) where it could be mistaken for something else.
- Put the toll-free Poison Help Number into your phone in case of emergency: 1-800-222-1222.

Safety from Fire

- For the best protection, install smoke alarms on every level of your home, especially near sleeping areas. Test batteries every six months.
- Create and practice a home fire escape plan with two ways out of every room. In the event of a fire, leave your home immediately. Once you're out of the house, stay out.
- Keep anything that can catch fire, such as dish towels or wooden spoons, away from your stovetop. Have a fire extinguisher in the kitchen in case of emergency, and make sure you know how it works.
- Blow candles out when you leave the room or before you go to sleep.



Every year, more than 2,200 children die from injuries that happen at home.



**SAFE
KIDS
WORLDWIDE™**



Gun Safety Tips

Everything you need to know about keeping kids safe around guns.

We need to take extra precautions when kids are in an environment where guns are present.

Store Guns and Ammunition Safely

- Store guns in a locked location, unloaded, out of the reach and sight of children.
- Store ammunition in a separate locked location, out of the reach and sight of children.
- Keep the keys and combinations hidden.
- When a gun is not in its lock box, keep it in your line of sight.
- Make sure all guns are equipped with effective, child-resistant gun locks.
- If a visitor has a gun in a backpack, briefcase, handbag or an unlocked car, provide them with a locked place to hold it while they are in your home.
- Leaving guns on a nightstand, table or other place where a child can gain access may lead to injuries and fatalities.

Talk to Your Kids and Their Caregivers

- Explain how a gun your kids might see on television or a video game is different from a gun in real life.
- Teach kids never to touch a gun and to immediately tell an adult if they see one.
- Talk to grandparents and the parents of friends your children visit about safe gun storage practices.

Dispose of Guns You Don't Need

- If you decide that you no longer need to have a gun in your home, dispose of it in a safe way. Consult with law enforcement in your community on how to do so.

It is estimated that about one third of households with children ages 17 and under have a gun in the home.





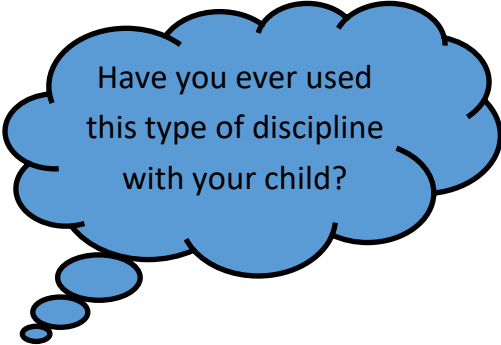
Pool Safety Checklist

TIPS FOR PARENTS

- ❑ **Watch kids when they are in or around water, without being distracted.** Keep young children within arm's reach of an adult. Make sure older children swim with a partner every time.
- ❑ **Teach children how to swim.** Every child is different, so enroll children in swim lessons when they are ready. Consider their age, development and how often they are around water.
- ❑ **Make sure kids know how to swim and learn these five water survival skills:**
 1. Step or jump into water over their head and return to the surface.
 2. Float or tread water for one minute.
 3. Turn around in a full circle and find an exit.
 4. Swim 25 yards to exit the water.
 5. Exit the water. If in a pool, be able to exit without using the ladder.
- ❑ **Install fences around home pools.** A pool fence should surround all sides of the pool and be at least four feet tall with self-closing and self-latching gates.
- ❑ **Empty kids' pools after each use.** Store them upside down so they do not collect water.
- ❑ **Know what to do in an emergency.** Learning CPR and basic water rescue skills may help you save a child's life.

Discipline Strategies That Work


- **Natural Consequence:** Allow your child to learn on their own. Your child will start to see what will take place if he/she does not behave. When using this plan, do not give in and save your child.
- **Time-Out:** A discipline strategy that involves putting children in a boring place for a few minutes after bad behaviors. Time-out means time away from any attention.
- **Logical Consequence:** With this process you will need to step in and create a consequence. For example, Tell your child that if he/she does not pick up his/her toys, you will put them away for the rest of the day. It is essential to mean what you say and follow through right away. Be strong and reply in a calm way.
- **Taking Away Privileges:** A child will have to give up something he or she likes if that are not being good. A few hints; do not take away things your child needs. Rather, take away something your child likes. Make sure to take away privileges right away rather than waiting to take it away.



Have you ever used this type of discipline with your child?

Helpful Reminders!

- **Remember the Purpose of Discipline.** Discipline guides your child into adulthood.
- **Successful discipline is geared towards the child's developmental stage.** Do not expect a child of any age to perform something he or she is not ready for.
- **Children need positive reinforcement.** Reward your child for doing right with smiles, hugs, attention, and praise.
- **Never hit or shake a child.** This is not a useful technique and may cause physical harm to a child.
- **Discipline is best taught by example.** The lessons you teach your child come from what your child sees you do.
- **If what you are doing is not working, change it.** Your best efforts, even those that worked in the past, may stop working. Establish a new plan which will work for your child.



What is an appropriate privilege to take away?

Car Seat Recommendations: Choosing the Right Seat

AGE (YEARS)													
Birth	1	2	3	4	5	6	7	8	9	10	11	12	13+
REAR-FACING CAR SEAT													
	FORWARD-FACING CAR SEAT												
				BOOSTER SEAT									
								SEAT BELT					

REAR-FACING CAR SEAT

Your child under age 1 should always ride in a rear-facing car seat in the back seat. There are different types of rear-facing car seats: Infant-only seats can only be used rear-facing. Convertible and 3-in-1 car seats typically have higher height and weight limits for the rear-facing position, allowing you to keep your child rear-facing for a longer period of time.

A **rear-facing car seat** is the best seat for your young child to use. It has a harness and in a crash, cradles and moves with your child to reduce the stress to the child's fragile neck and spinal cord.

FORWARD-FACING CAR SEAT

Keep your child rear-facing as long as possible. It's the best way to keep him or her safe. Your child should remain in a rear-facing car seat until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the rear-facing car seat, your child is ready to travel in a forward-facing car seat with a harness in the back seat.

A **forward-facing car seat** has a harness and tether that limits your child's forward movement during a crash.

BOOSTER SEAT

Keep your child in a forward-facing car seat with a harness until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the forward-facing car seat with a harness, it's time to travel in a booster seat, but still in the back seat.

A **booster seat** positions the seat belt so that it fits properly over the stronger parts of your child's body.

SEAT BELT

Keep your child in a booster seat until he or she is big enough to fit in a seat belt properly. For a seat belt to fit properly the lap belt must lie snugly across the upper thighs, not the stomach. The shoulder belt should lie snug across the shoulder and chest and not cross the neck or face. Remember: your child should still ride in the back seat because it's safer there.

A **seat belt** should lie across the upper thighs and be snug across the shoulder and chest to restrain the child safely in a crash. It should not rest on the stomach area or across the neck.

Car crashes are a **leading killer of children** ages 1 to 13.

In crashes from 2007-2011, **3,661 children** (under 13 in cars, SUVs, vans, and pick-ups) were killed. An estimated **634,000 children** under 13 were injured.



In 2011, **655 children** (under 13 in cars, SUVs, vans, and pick-ups) were killed in crashes.



Car seats reduce the risk of infants (under 1 year old) being killed in cars by



Car seats reduce the risk of toddlers (1 to 4 years old) being killed in cars by



Reduce the risk of death and injury by properly securing your child. To maximize safety, keep your child in the car seat for as long as possible.

Shaken Infant Syndrome happens when a person caring for a baby or young child becomes frustrated and shakes the baby forcefully. Even mild shaking can cause serious injury. Usually the damage that occurs cannot be seen. Severe injury is most common in very young children, but even four- and five-year-old children can be injured or killed.

Of all the children who are shaken, approximately:

1/3 die

1/3 are severely injured

1/3 recover, with health, development, or learning problems in the future

Shaken Infant Syndrome can cause:

Death

Dislocated joints

Brain damage

Blindness or other eye trauma

Spinal injury or paralysis

Mental retardation

Seizures

Delay in normal development

Broken bones

Studies show that babies are shaken when a caregiver becomes frustrated by the baby's crying. Here are some ideas on how to handle frustration with a crying baby.

To calm the baby:

See if the baby is hungry or needs a diaper change

See if the baby is ill—call the doctor if necessary

Take the baby for a walk in a stroller or a ride in a car

Walk with the baby held upright against your shoulder

Help the baby suck a pacifier or thumb

Gently rock the baby in your arms

Talk softly or sing to the baby

Play soothing music

Wrap your baby in a blanket, or place in a cloth carrier,
so the baby is close to your chest—this closeness
can be very comforting to babies



Six Critical Areas for Parenting

For more information on this topic, or for other information about services Iris Family Support Center provides our communities, contact our office:

500 West Main Street
Fort Wayne, IN 46802
260-421-5000
800-752-7116

To report suspected child abuse or neglect, contact the Indiana Department of Child Services:

800-800-5556

My Iris Family Support Center worker's Name: _____

Contact Information: _____

This document is an abbreviated version of a full document on six critical areas of child safety