

Your 3 to 5
year old



Keeping Your Child Safe
From Injury



In Atlantic Canada, preventable injuries are the #1 cause of death for children.

Your preschooler is busy exploring her world and learning about what her body can do. She'll tell you that she's a "big kid now," but will still have trouble remembering safety rules when there actually is a danger. Your child is most likely to be injured at home. Watching closely is still the best way to keep your child safe.



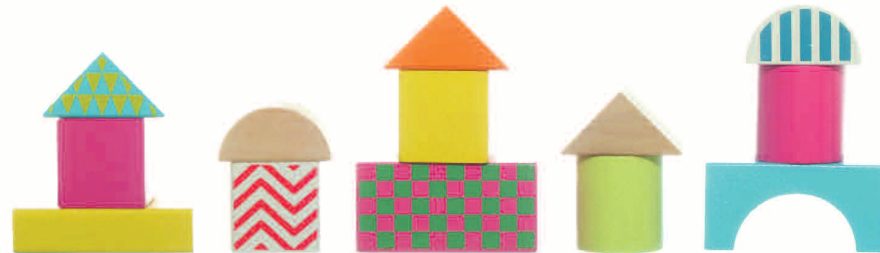
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Your preschooler enjoys make believe and pretending.

Your preschooler may play with things that are not toys--for example, pots and pans and dress-up clothes. Be sure whatever your child plays with is clean and safe. Make sure that there are no drawstrings in her clothing. Keep window cords tied and out of reach. Watching closely is the best way to protect your child from injury.

Your preschooler can climb higher, jump further, run faster and balance longer. These new skills make her more likely to try new things.

Serious injuries due to falls at home are the most common cause of hospitalization for preschoolers. Falls are most common from chairs, beds and stairs. Your child should be at least six before she sleeps in a bunk bed. Until then, she is more likely to fall out and be seriously injured.



Your preschooler believes that drivers can see her and will stop for her.

In Atlantic Canada, pedestrian injuries are the number one cause of injury and death for children age one to 14. Stay close when your preschooler is playing anywhere there could be cars. At this age, your preschooler can't tell how fast a car is coming, or if a driver can see her.

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Your preschooler is adventurous. She may want to explore the water.

Preschoolers are attracted to the water and do not fear it. This is a dangerous combination! Always be within sight and reach when your child is near water. It only takes seconds for a child to quietly drown. Be sure your child always uses a life jacket. Even if your child is learning to swim, she is not able to keep herself safe in the water.

Your preschooler wants to be like the adults around him.

She wants to do the things you do--for example, help with the cooking. Stay within sight and reach of your child at all times when she is in the kitchen. There are many ways your child can be hurt in the kitchen, like burns from hot liquids or bumps from pulling appliances off counters. Make sure hot liquids and appliance cords are well back from the edges of counters and tables.

Your preschooler is very good at opening bottles and jars.

Preschoolers are most likely to be poisoned by medicine. Keep all medicine and household cleaning products out of reach, locked up and in the original child-resistant package. And remember: just because a bottle is child resistant does not mean it is childproof. With enough time, your child can figure out how to open these containers!

Your preschooler is self-centred. She is not old enough to think things through.

Your preschooler may be able to repeat or recite a safety rule. This does not mean that she understands it or will be able to follow it. She needs you to watch closely and remind her of the rules over and over.

You are your preschooler's best defence against injury.

Your preschool-age child is **becoming more independent** in many ways, but she still needs you to **be close by** to keep her safe. It only takes a second for your child to get into something that can hurt her. To learn more, call 1-866-288-1388 or visit our website at

www.childsafetylink.ca

