

5-9 years old

How to keep your child safe from injury

at home, on the road, and at play.



Top safety concerns for your 5-9 year old:

- Falling at home or when playing
- Swallowing poisons like medicine and cleaning products
- Being hit by a car when walking or crossing the street
- Being hurt in a car crash
- Hurting their head when playing sports
- Drowning

Safety at Home

- Wait until your child is at least 6 years old before you let them sleep in a bunk bed.
- Keep floors and stairs clean, dry and tidy. Clean up drips and spills in the bathroom right away.
- Attach heavy furniture and televisions to the wall with safety straps.
- Keep furniture away from windows.
- Keep all poisons, including medicines, vitamins and cleaning products, in a locked cupboard.
- Know your local poison control number:
 - In NS and PEI, call 1-800-565-8161.
 - In NB, call 911.



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Safety on the Road

- Use a booster seat with the seat belt until your child is at least 4 feet 9 inches (145 cm) tall and the seat belt fits correctly.
- Make sure the seat belt fits low on your child's hips and tight across their chest.
- Keep your child in the back seat until they are 13 years old.
- Make sure your child crosses the street with an adult or another child older than 9 years old.
- Teach your child to remove headphones and put away cell phones when crossing the street.



Safety at Play

- Choose the right helmet for your child's sports and activities.
- Be a role model and wear your helmet.
- Watch your child closely when playing in and around water.
- Life jackets should always be used until your child is a strong swimmer.
- Choose playgrounds with gravel, sand, wood chips or rubber on the ground.
- Let your child take healthy risks and be active when they play.



Child Safety Link: a program of the IWK Health Centre. Here for you with helpful information to keep your children safe.

Have questions? Call us at 1-866-288-1388



childsafetylink.ca