

1-3 years

## How to keep your child safe from injury at home, on the road and at play



### Top safety concerns for your 1-3 year old:

- Falling from beds, stairs and windows
- Choking on small pieces
- Swallowing poisons like medicine and cleaning products
- Being burned by hot bath water or spilled hot liquids
- Being hurt in a car crash
- Drowning

### Safety at home

- Move your child to a bed or mattress on the floor once they have tried to climb out of the crib.
- Attach heavy furniture to the wall. Keep furniture away from windows. Tie up blind cords.
- Use a baby gate that screws into the wall at the top of the stairs. A pressure-mounted gate is fine at the bottom of the stairs.
- Stay within sight and reach of your child when they are in the bathtub.
- Keep all medicines, vitamins and cleaning products up high or in a locked cupboard.
- Add your local poison control numbers to your phone contact list: **In NB, call 811 or 911.**
  - **In NS or PEI, call 1-800-565-8161.**
  - **In NL call 1-844-POISONX**



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



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### Safety on the road

- Always use a car seat on every ride in a car, truck or van, even when travelling in a taxi.
- Keep your child in a rear-facing seat for as long as they fit within the limits of that seat.
- Buckle all parts of the harness and tighten.
- Install the seat securely. Tug firmly where the belt attaches the seat to the car; it should move less than 1 inch (2.5 cm).
- Always use the top tether for your child's forward-facing car seat.
- Carry your child or hold your child's hand around traffic or when in a parking lot.

### Safety at play

- Follow age recommendations on toys. If it fits in a toilet paper roll, it is too small.
- Keep the battery door closed tight on toys and other items that use batteries.
- Choose the right helmet for your child's sport or activity.
- Stay close enough to reach your child in or around water, including bath tubs, pools and open water. Your child should always wear a life jacket when in or near water outdoors.
- Help your child learn and grow by enjoying playtime together.



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