

3-5 years

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



### Top safety concerns for your 3-5 year old:

- Falling from chairs, beds and stairs
- Choking or strangulation
- Swallowing poisons like medicine or cleaning products
- Being burned by hot water or from touching something hot
- Being hurt in a car crash
- Being hit by a car when walking or crossing the street
- Drowning

### Safety at home

- Attach heavy furniture and televisions to the wall with safety straps.
- Turn pot handles in toward the back of the stove. Keep hot liquids and appliance cords out of reach.
- Keep furniture away from windows.
- Keep cords from windows coverings and blinds tied up and out of reach.
- Keep all poisons, including alcohol, cannabis, 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 or booster seat on every ride, even when travelling in a taxi.
- Use a car seat with a 5-point harness seat until your child is at least 40 pounds (18 kg) and 4 years old. Some car seats can hold a child up to 65 pounds (30 kg).
- Wait until your child is heavier than 40 pounds (18 kg) and over 4 years old before you start using a booster seat.
- Hold your child's hand to cross the street or when in a parking lot.

### Safety at play

- 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.**
- Choose the right helmet for your child's sports and activities. Be a role model and wear your helmet.
- Choose playgrounds with gravel, sand, wood chips or rubber on the ground.
- Remove scarves and drawstrings from your child's clothing before playing outside.
- Let your child take healthy risks and be active when they play.



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