

6-12 months

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

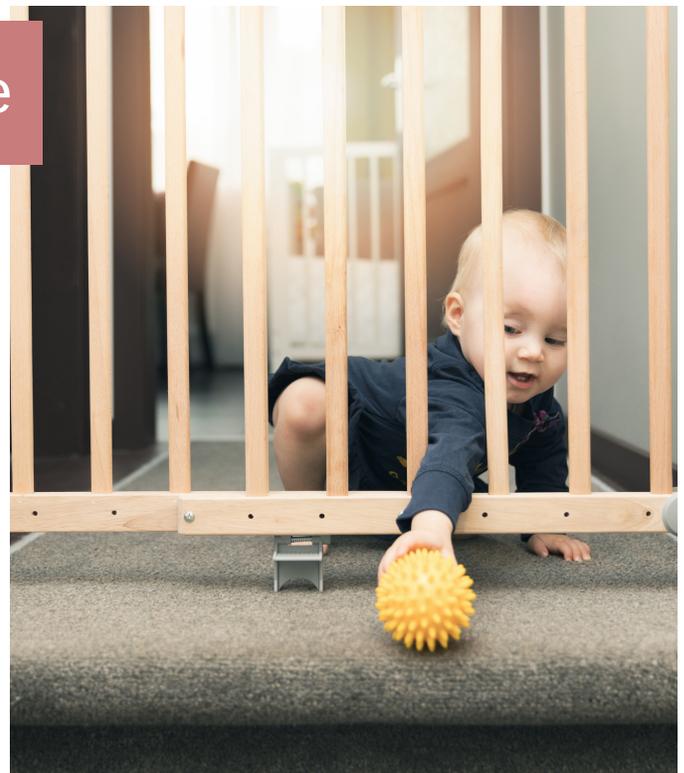


Top safety concerns for your 6-12 month old:

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

Safety at home

- Keep your baby in a safe place, like a playpen or crib, when you are not in arm's reach.
- Use a baby gate that screws into the wall at the top of the stairs. A pressure-mounted gate is fine for the bottom of the stairs.
- Cut your baby's food into small pieces, smaller than your fingernail.
- Keep one hand on your baby at all times during bathtime.
- Measure any medicine and write down the amount and time it was given to your baby.
- 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 rear-facing car seat on every ride in a car, truck or van, even when travelling in a taxi.
- 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).
- Dress your baby in light layers and add blankets over top, after your baby is safely buckled.
- When your baby is too heavy or too tall for the limits of the infant car seat, use a larger, rear-facing car seat.

Safety at play

- Follow age recommendations on toys. If it fits in a toilet paper roll, it is too small for your baby.
- Keep toys and other items (i.e. remotes) with button batteries out of your baby's reach.
- Use teething toys and gentle gum massages instead of teething jewelry.
- Help your baby learn and grow by enjoying playtime together.
- Use baby seats, swings, exersaucers and other activity mats on the floor.
- Buckle your baby in their stroller using the safety harness.



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