

5-9 years

## 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 when playing outside
- Swallowing poisons like medicine or 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.
- 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.
- 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

- Use a booster seat with the seat belt on every ride, even when travelling in a taxi.
- Make sure the seat belt fits low on your child's hips and flat across their chest and shoulder.
- Keep your child in the back seat until they are 13 years old.
- Make sure your child crosses the street with an adult, an older child, or a youth.
- 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 be used until your child is a strong swimmer.
- 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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