

# Your 1-3 year old



Toddlers

## In Atlantic Canada, preventable injuries are the #1 cause of death for children.

Your toddler probably wants to be more independent, but he still needs you to help him with just about everything. Toddlers are trying new foods, learning about their bodies, walking and even running! This means that you will need to think about safety in new ways.



**Your toddler may know about safety rules, but may not yet be able to follow them.**

Your toddler understands what he can see and hear at the moment. He cannot understand when he is in danger of being injured. He may not remember warnings no matter how often you tell him. Even if he remembers safety rules, he may not yet be old enough to follow them.

**Your toddler likes to climb.**

Your child could be seriously injured by falling while climbing on things like furniture, TV stands and bookcases. Attach bookshelves and other furniture that could tip over, to the wall.

Falls from cribs can also cause serious injury. If your child has tried to climb out of his crib, it may be time for a toddler bed, a mattress on the floor, or a regular bed.



## Keeping Your Toddler Safe From Injury



**Your child may play with things that are not toys. This can put him at risk.**

Try to predict household risks by seeing things from your toddler's point of view. Make sure that blind cords are well out of reach or use cordless window coverings. Keep all plants out of reach. Be sure that there are no poisonous plants in either your home or yard.

1 to 3  
years

## Your toddler is attracted to water.

Your child may know water safety rules but may not yet be able to follow them. He can drown quickly and quietly in as little as 2.5 cm (one inch) of water. Stay within sight and reach of your child when he is near water. Put your toddler in a life jacket when he is in, on or around water.

Backyard pools are a particular risk. To protect your toddler, install a 1.2 metre (4 ft.) high, four-sided fence around your home pool. Be sure it has a self-closing, self-latching gate.



## Your toddler likes to explore places that used to be out of reach.

Toddlers quickly learn how to open doors and bottles. Medicine is the most common cause of poisoning for young children. Keep all medicines out of reach, locked up and in the original child-resistant package. Remember: child-resistant does not mean childproof. With enough time, your toddler could figure out how to open these bottles!

## Your toddler likes to copy the people around him.

Your toddler can grab a hot drink pretending to be just like you. Hot liquids like tea, coffee, soup and hot tap water can all seriously burn your child. Keep hot drinks well out of reach. If possible, turn down the tap water in your home so that it reaches only 49 degrees Celsius.

## Your toddler does not understand the idea of height.

Falls from windows in homes and apartments can cause injury and even death. Window screens do not prevent falls—the weight of a child can easily knock out the screen. Protect your toddler by installing window guards and stops. Keep furniture away from windows and balcony railings.

## You are your toddler's best defence against injury.

You can reduce the risk of falls, choking, poisoning and other injuries by **staying close** and **guiding** your toddler safely through his first few years of life. To learn more, call 1-866-288-1388 or visit our website at

[www.childsafetylink.ca](http://www.childsafetylink.ca)

