

**Your 5-9
year old**



**5 to 9
years**

**Keeping Your Child Safe
From Injury**

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



At this age, your child is probably very independent. Sometimes she can even tell you when there is a danger! Even though your child is growing up, she still needs you to make safe choices for her. You can help keep your child safe at home, on the road, and at play by thinking ahead. Now is the time to talk with her about safe choices and risks.

Your child likes to make things up and pretend.

Children over age five may play with things in unexpected ways. Skipping ropes become dog leashes. Toy boxes become playhouses. The beautiful red berries on the bush in the backyard might look like a tasty snack for a magic princess. Be aware of new risks and talk to your child about safety.



Your child believes that drivers can always see her and will always stop for her.

In Atlantic Canada, pedestrian injuries are the number one cause of injury and death for children age one to 14. Until your child is nine, she will not fully understand the risks of the road. She believes that crosswalks are safe and that she doesn't need to be as watchful for cars when she stays inside the lines when crossing the street. Until age nine, your child should not be alone on the road. Be sure she walks with a responsible adult or in a group with older children.

Your child should wear the right gear.

Riding a bike, a scooter or a skateboard are activities that many kids enjoy. Be sure your child has the right safety gear for each wheeled activity. The right helmet will help protect your child from life-changing head injuries.



5 to 9
years

Your child is becoming more adventurous around water.

To stay safe near the water, your child needs an adult to be watching carefully. It only takes seconds for your child to quietly drown. Even if your child has taken swimming lessons, she may not be able to keep herself safe in the water. At this age, your child will be testing her body's limits. Injuries can happen to even strong swimmers. Talk to your child about the risks. Set firm, clear rules for water play.



Your child might be able to recognize poison symbols. However, she will not be able to recognize all poisons.

“Look-alikes” are poisonous things that look like food or candy. Your child may not know that they are poison. Keep cleaners in their original bottles. Keep poisons out of reach and in locked cupboards. Keep your local poison control centre number near your phone. No matter what your child's age, you can help prevent poisoning.

Your child can climb higher, jump further, and balance longer. These new skills make her want to try new things.

Serious injuries due to falls are the most common cause of hospitalization for children in Atlantic Canada. Children aged five to nine fall most often on the playground. Always watch carefully when your child is on playground equipment. Choose playgrounds that have equipment that is right for your child's age. In most public playgrounds, the equipment has a label that will tell you how old your child should be to use it safely. Choose playgrounds that have a soft ground covering like sand, wood chips or rubber. Grass or pavement are not safe ground covers. Make sure that your child is using the play equipment in the way that it was intended. Teach playground rules. Explain the risks for injury.

You are your child's best defense against injury.

Your child is becoming more **independent** in many ways, but she still **needs you** to keep her safe. It only takes a second for your child to be injured. **Talk** to your child about safety. Explain about **risks**. To learn more, call 1-866-288-1388 or visit our website at

www.childsafetylink.ca

