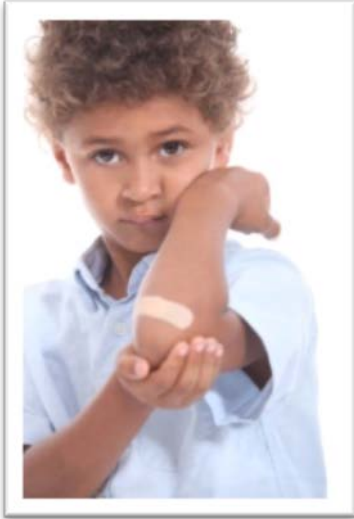


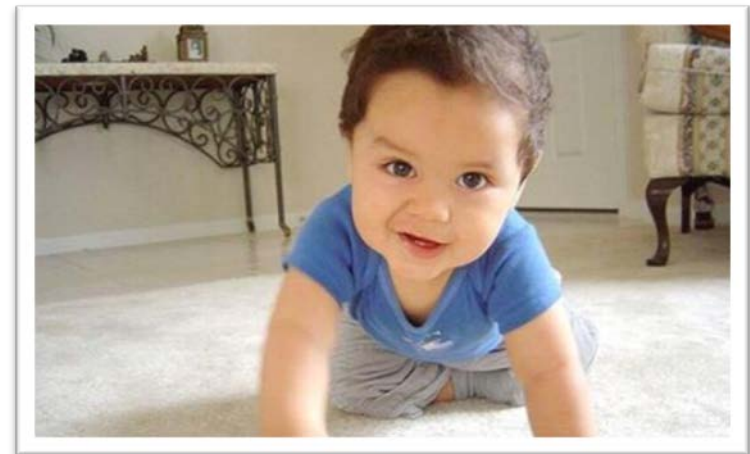
# Injury Prevention throughout Ages & Stages



Learning and understanding the developmental stages of children is one way to create a safe environment in which our developing children can explore. There are no guarantees. Injuries will happen; bumps and bruises are a part of growing up. Parents and caregivers need to be concerned with injuries that are serious in nature and impair a child's ability to go to school, play, or alter their life in some way.

Injuries often happen when caregivers are not directly supervising children. Direct supervision means that the caregiver is within an arm's reach and looking at the child. Caregivers need to keep environments hazard-free while allowing children to explore, learn new skills, and test their own limits. Parents attuned to their children's development will know when it is safe to give more freedom.

Be ready before the child is. Before a child develops a physical skill (e.g., crawl, walk, climb), parents and caregivers must recognize potential hazards. To determine where hazards are, look at the space(s) from the child's point of view. Get down on your hands and knees and crawl around. Remove anything that is breakable or valuable and things they can pull down on themselves, or secure large items using anchors if it cannot be removed. The following charts outline prevention tips based on children's physical developmental milestones. Every child will achieve these milestones at different ages; however, these are general guidelines of when parents can expect to see these abilities.



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Age & Stage	Developmental Milestones	Prevention Tips & Safety Concerns
Birth to 6 months	<ul style="list-style-type: none"> <li>○ roll from front to back</li> <li>○ control head and neck movement</li> <li>○ raise head and chest when lying on stomach</li> <li>○ stretch out and kick legs when lying on stomach or back</li> <li>○ push down with legs when feet are on a firm surface</li> <li>○ bring hands to mouth</li> <li>○ swipes at a hanging object</li> </ul>	<ul style="list-style-type: none"> <li>○ provide direct supervision – be physically close to the child and give the child undivided attention</li> <li>○ do not hold hot liquids, like coffee, while caring for children</li> <li>○ support an infant’s neck when held until he has muscle control</li> <li>○ use a rear-facing car seat in the back seat of the vehicle</li> <li>○ remove sharp, breakable, and small objects within reach of children</li> <li>○ provide a safe sleep environment:               <ul style="list-style-type: none"> <li>- sleep in the same room as the child, but not in the same bed</li> <li>- always place baby on her back to sleep</li> <li>- do not put the child to sleep anywhere except her crib</li> <li>- use a crib made after 1986 with a solid frame that has sides that lock into place and a firm mattress that is tight against all four sides of the crib</li> <li>- do not use bumper pads, quilts, stuffed animals, pillows, railing, or toys</li> <li>- place the crib away from windows and cords</li> </ul> </li> <li>○ provide supervision during bath time and never leave an infant alone or in the care of another child while in water</li> <li>○ have a plan to deal with frustration from caring for a crying baby – never shake a baby</li> <li>○ keep a hand on the child when he is on an elevated surface, like a change table</li> <li>○ check the temperature of bath water before placing your baby in it</li> <li>○ turn down the temperature on your water heater</li> </ul>

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6 to 12 months	<ul style="list-style-type: none"> <li>○ roll</li> <li>○ sit without help</li> <li>○ support body weight on legs</li> <li>○ control upper body and arms</li> <li>○ move an object from hand to hand</li> <li>○ use hands to explore an object</li> <li>○ begin to put items in mouth</li> <li>○ may be able to crawl or walk</li> <li>○ may be able to pull into a standing position</li> </ul>	<ul style="list-style-type: none"> <li>○ provide direct supervision – be physically close to the child and give the child undivided attention</li> <li>○ move crib mattress to the lowest position once the child can pull himself up to standing</li> <li>○ remove mobiles that the child may be able to reach when standing in his crib so he doesn't pull things down onto himself</li> <li>○ use a rear-facing car seat in the back seat of the vehicle</li> <li>○ stairs should have a wall-mounted safety gate at the top of stairs and a pressure-mounted safety gate at the bottom to avoid falls</li> <li>○ keep stairs free of clutter</li> <li>○ make sure there is no furniture near windows or balcony railings</li> <li>○ put window guards or child-resistant latches on all windows and screens</li> <li>○ always use three-point safety straps on high chairs and strollers</li> <li>○ keep the Poison Control Centre phone number (1-866-454-1212) nearby a phone and store poisons in a locked cupboard out of reach and out of sight</li> <li>○ keep hot liquids out of reach of children</li> <li>○ keep a hand on the child when he is on an elevated surface, like a change table</li> <li>○ provide supervision during bath time</li> <li>○ never leave an infant alone or in the care of another child while in water</li> <li>○ do not place tobacco products (cigarettes, electronic cigarettes, cigars, pipes) and matches (lighters) within reach of children</li> <li>○ do not leave your child alone in a vehicle</li> </ul>

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12 to 18 months	<ul style="list-style-type: none"> <li>○ crawl</li> <li>○ scoot</li> <li>○ pull up to a standing position</li> <li>○ cruise, holding onto furniture</li> <li>○ stand briefly without support</li> <li>○ walk holding an adult's hand, and maybe take 2 or 3 steps alone</li> <li>○ start to climb stairs with help</li> <li>○ finger-feed using thumb and forefinger</li> <li>○ put objects into a container (and take them out again)</li> <li>○ release objects voluntarily</li> <li>○ poke with an index finger</li> <li>○ push a toy</li> <li>○ begin to drink from a cup</li> <li>○ put items in mouth</li> </ul>	<ul style="list-style-type: none"> <li>○ provide direct supervision – be physically close to the child and give the child undivided attention</li> <li>○ keep your child in a rear-facing seat as long as she fits within the weight restrictions of the seat (switch her to a front-facing car seat in the back seat of the car when she outgrows the rear-facing seat)</li> <li>○ allow your child to play with toys meant for his/her age</li> <li>○ keep indoor and outdoor poisonous plants away from children</li> <li>○ use medication and vitamins that come in child-resistant containers</li> <li>○ store cleaners out of reach of children</li> <li>○ secure furniture to the wall</li> <li>○ move child out of crib and into a low bed</li> <li>○ keep hot liquid out of reach of children</li> <li>○ use blinds that do not have long cords or use devices to secure the cords out of the reach of children</li> <li>○ do not keep toys in a toy box with no air holes</li> <li>○ keep the lid down on the toilet when not being used</li> <li>○ use child resistant locks on doors and cupboards</li> <li>○ teach children to stay away from the stove, barbeque, fireplace, fire pit, hot liquid</li> <li>○ turn pot handles toward the centre of the stove and use back burners</li> <li>○ do not place tobacco products (cigarettes, electronic cigarettes, cigars, pipes) and matches (lighters) within reach of children</li> <li>○ be within an arm's reach of children when they are in water</li> <li>○ provide supervision during bath time and never leave a child alone or in the care of another child while in water</li> <li>○ do not leave your child alone in a vehicle</li> </ul>

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18 months to 4 years	<ul style="list-style-type: none"> <li>○ climb</li> <li>○ walk without help</li> <li>○ climb or walk stairs</li> <li>○ open containers and lids</li> <li>○ drink easily from a cup</li> <li>○ run easily</li> <li>○ jump in place</li> <li>○ throw a ball overhead</li> <li>○ snip with children’s scissors</li> </ul>	<ul style="list-style-type: none"> <li>○ provide direct supervision – be physically close to the child and give the child undivided attention</li> <li>○ teach children safety skills (e.g., only cross a street with an adult)</li> <li>○ move child to a forward-facing car seat (still in the back seat of the vehicle)</li> <li>○ keep the lid down on the toilet when not being used</li> <li>○ use child-resistant locks on doors and cupboards</li> <li>○ teach children to stay away from the stove, barbeque, fireplace, fire pit</li> <li>○ turn pot handles toward the centre of the stove and use back burners</li> <li>○ do not allow children to climb onto counters</li> <li>○ anything that is small enough to fit in a toilet paper roll should be kept away from children under three years of age</li> <li>○ mash, grate, or cut food into small pieces</li> <li>○ secure furniture and televisions to the wall using brackets</li> <li>○ secure medication, vitamins, and cleaning products in a locked cabinet</li> <li>○ walk with children across intersections, demonstrating safe crossing skills</li> <li>○ do not place tobacco products (cigarettes, electronic cigarettes, cigars, pipes) and matches (lighters) within reach of children</li> <li>○ do not leave your child alone in a vehicle</li> </ul>

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Preschool	<ul style="list-style-type: none"> <li>○ hop</li> <li>○ balance on 1 foot</li> <li>○ kick a ball forward</li> <li>○ catch a bounced ball</li> <li>○ use children’s scissors</li> <li>○ do a finger-to-thumb sequence (e.g., Itsy-Bitsy Spider)</li> </ul>	<ul style="list-style-type: none"> <li>○ provide direct supervision – including being physical close to the child and giving the child undivided attention</li> <li>○ teach safety skills (i.e., bike safety, pedestrian safety, etc.)</li> <li>○ always wear a helmet when biking, roller-blading, skateboarding, ice skating, snowboarding, skiing, or scooting</li> <li>○ use playground equipment that is the right size for them and make sure playground equipment is in good shape and has a surface with rubber, dry wood chips, pea gravel, or sand</li> <li>○ at the playground, ensure children’s clothing doesn’t have a string that could get caught on equipment; remove bicycle helmets before going on playground equipment</li> <li>○ be within arm’s reach from children under 5 years of age when they are using playground equipment (e.g., swings, slides, climbing equipment)</li> <li>○ challenge your child to try out new skills while supervising, for safety and support</li> <li>○ walk with children across intersections, demonstrating safe crossing skills</li> <li>○ do not place tobacco products (cigarettes, electronic cigarettes, cigars, pipes) and matches (lighters) within reach of children</li> <li>○ do not leave your child alone in a vehicle</li> <li>○ remember that children’s brains are not fully developed so they will need reminders about safety skills often</li> </ul>

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School age	<ul style="list-style-type: none"> <li>○ catch and throw</li> <li>○ manage playground equipment independently</li> <li>○ climb, swim, skate</li> <li>○ begin riding a two-wheeled bike</li> <li>○ improved hand-eye coordination</li> </ul>	<ul style="list-style-type: none"> <li>○ provide direct supervision – be physically close to the child and give the child undivided attention</li> <li>○ use a booster seat after your child has outgrown his forward-facing seat</li> <li>○ make sure the booster seat positions the child correctly in the seatbelt</li> <li>○ accompany children when bike riding and wear a helmet on every ride</li> <li>○ use proper protective gear during activities (e.g., sports, rollerblading, snowboarding) and make sure the appropriate equipment is used for the activity</li> <li>○ do not place tobacco products (cigarettes, electronic cigarettes, cigars, pipes) and matches (lighters) within reach of children</li> <li>○ walk with children across intersections, demonstrating safe crossing skills</li> <li>○ do not leave your child alone in a vehicle</li> <li>○ remember that children’s brains are not fully developed so they will need reminders about safety skills often</li> </ul>
<p>Adapted from <a href="http://www.caringforkids.cps.ca/handouts/your_childs_development">http://www.caringforkids.cps.ca/handouts/your_childs_development</a></p>		