



HOME SAFETY TIPS

5 to 9 Years

All children depend on the adults around them to provide safe and healthy environments to learn and grow in. This booklet will support you in preparing for each stage of development, so that you can better predict and prevent injuries.

Supervision

The world your child lives in is expanding as they start school, make new friends, pursue new activities, and grow as an individual. Teach your child about the hazards in their environment and why it is important to make safe choices. Make sure you continue to be a positive role model for your child and be someone they can trust to come to with their thoughts, feelings, and day-to-day choices.

Supervision of your child at this age is very important. Your child may overestimate their abilities or underestimate the risks when taking on a new challenge. They will need frequent reminders about safety rules. Your child is not yet old enough to take care of younger siblings and still needs to be supervised themselves.



In Your Child's Room

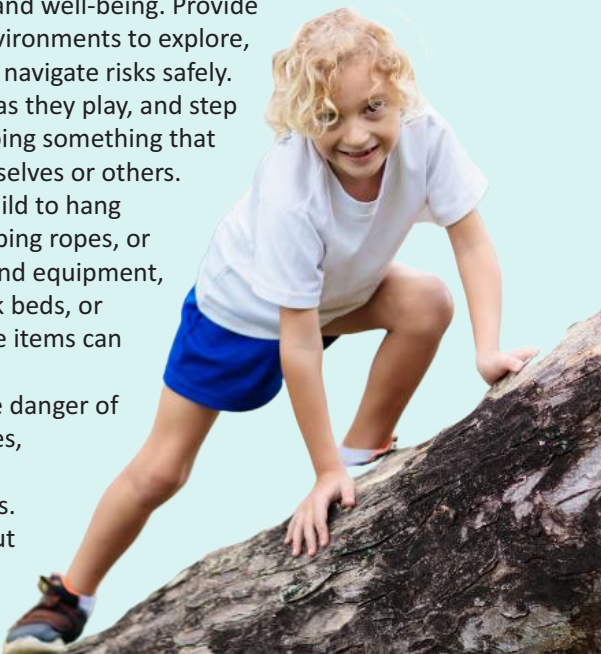
If your child is less than six years of age, they should not be allowed to sleep or play on the top bunk of a bunk bed. Install guard rails on all four sides of the top bunk, even if the bed is placed against a wall.

To reduce the chance of furniture tipping, securely attach furniture to the wall using anchors or safety straps. Do not allow your child to use dresser drawers or furniture as a step to reach items that are out of their reach. Do not place items such as toys or treats that may attract your child on top of furniture.

Play Time

Your child may begin to take more risks when they play. This kind of play can benefit your child's health, development, independence, confidence, creativity, and well-being. Provide your child with safe environments to explore, and help them learn to navigate risks safely.

- Observe your child as they play, and step in when they are doing something that is not safe for themselves or others.
- Never allow your child to hang ropes, scarves, skipping ropes, or belts from playground equipment, stair banisters, bunk beds, or other objects. These items can strangle your child.
- Teach your child the danger of playing with matches, lighters, and other flammable materials. Keep these items out of reach of your child.



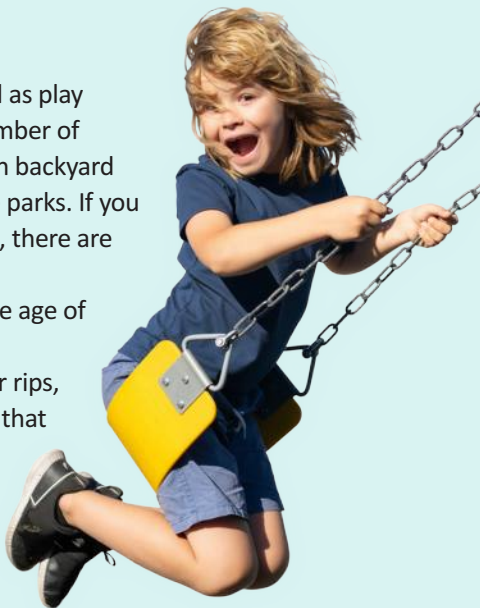
Playgrounds

- Choose playgrounds with sand, pea gravel, wood chips, or shredded rubber on the ground below the structure. Regularly check playgrounds for hazards such as broken equipment and dangerous items like broken glass.
- Remind your child to be considerate of other children on playground equipment and to use equipment appropriately.
- Teach your child to remove helmets, scarves, and drawstrings before going on playground equipment. These items can cause strangulation.

Trampolines

Trampolines are not recommended as play equipment because of the high number of injuries to children when using both backyard trampolines and indoor trampoline parks. If you allow your child to use trampolines, there are ways to reduce the risk of injuries.

- Do not allow children under the age of six to use a trampoline.
- Check trampolines regularly for rips, holes, or other damaged parts that need to be replaced.
- Ensure only one person is on the trampoline at a time and do not allow flips, somersaults, or other tricks that can lead to serious head, neck, and spine injuries.



Meal Time

When your child wants to help in the kitchen, find safe and fun ways to prepare meals together. Provide direct supervision and frequent safety reminders.

- Do not leave your child alone when they are preparing food.
- Your child should not use a microwave until they are tall enough to reach into the microwave and understand that steam can burn them.
- Never leave the kitchen while you are cooking, using heated appliances, or boiling water.

Poisoning

Teach your child about products that can be poisonous.

- Teach them to recognize and understand hazard and poison symbols that are found on household chemicals such as cleaning products and insect repellants.
- Teach them that medicine is not safe to take unless given by an adult.
- Teach your child to quickly tell an adult if they touch or ingest potential poisons.

Always store chemicals in their original container; never put a hazardous product in a container such as a plastic pop bottle. Keep all alcohol, tobacco, cannabis, and vaping products locked up, and out of sight and reach of your child.



In Your Community

When using a bicycle, roller blades, skateboard, or scooter:

- Make sure your child wears a helmet when riding any kind of wheels.
- Make sure their helmet fits right and teach them the 2V1 Rule: 2 fingers above the eyebrows, straps form a V around the ears, 1 finger between the strap and chin.

Teach your child rules to follow when crossing the street such as:

- Cross only at crosswalks.
- Do not run out onto the street.
- Look left-right-left and only proceed when there are no vehicles in either direction.
- Do not cross the street without direct adult supervision until they are at least nine years old.

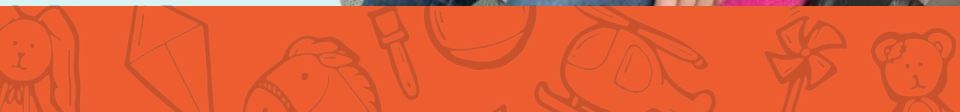
When in or near water:

- Teach your child to never go near lakes, rivers, sloughs, or dugouts without direct adult supervision, even in winter when they are frozen.
- Enroll your child in swimming lessons and continue to supervise them around water. Swimming lessons do not drown-proof your child.
- You and your child should always wear a properly fitted personal floatation device (PFD) when in or near deep water, such as when boating or swimming.



Travelling with Your Child

- Always place children 12 years and under in the back seat of the vehicle.
- Depending on your child's size, use a car seat for every ride. Always follow the instructions in your car seat and vehicle manuals. For help installing your car seat, you can find a local car seat technician by visiting www.sgi.sk.ca/technicians.
- Use a forward-facing car seat until they are too tall or too heavy according to their car seat's instructions.
- Once they are too big for their forward-facing car seat, your child will need to use a booster seat that correctly positions them in a seat belt. Seatbelts should lie across your child's hips and chest and should not rub against their neck or ride up onto their stomach.
- Your child will be able to safely ride without a booster seat when they have reached at least 145 cm (4'9") in height and 36 kg (80lb) and the seatbelt fits them securely and correctly. This occurs for most children between the ages of 8-12 years.



Be Prepared

- Take CPR and first aid so that you know what to do in the event of an emergency.
- Install smoke alarms and carbon monoxide (CO) detectors outside every sleeping area and on every level of the home, including the basement. Test smoke alarms and CO detectors monthly, and set reminders to replace the batteries every six months.
- Plan and practice escape routes from your home in case of a fire or other emergency.



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