

# Home Safety Tips: Preventing Childhood Injuries

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saskatchewan  
**preventioninstitute**  
our goal is **healthy** children

# Land Acknowledgement

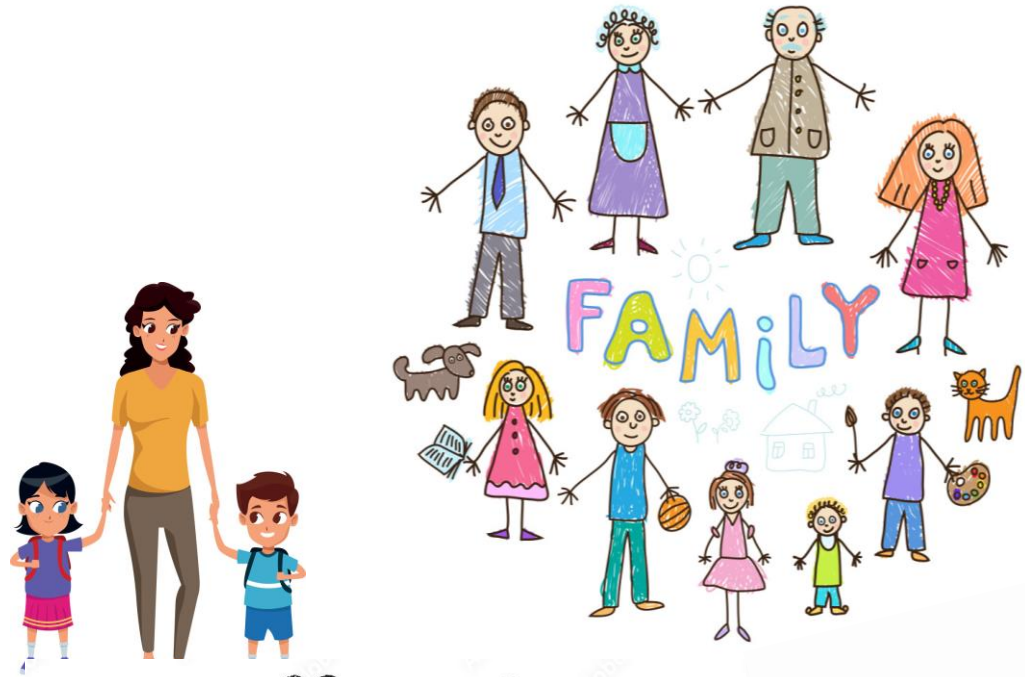


saskatchewan  
**preventioninstitute**  
our goal is **healthy** children

Our mandate is to help all children thrive through primary prevention and the promotion of well-being.

## Child Injury Prevention Program

- home safety
- falls
- drowning
- poisoning
- injury prevention
- choking, strangulation, and suffocation
- brain injury and concussion
- fire safety (burns, scalds, and fires)
- bike and wheel safety
- pedestrian safety
- and more!

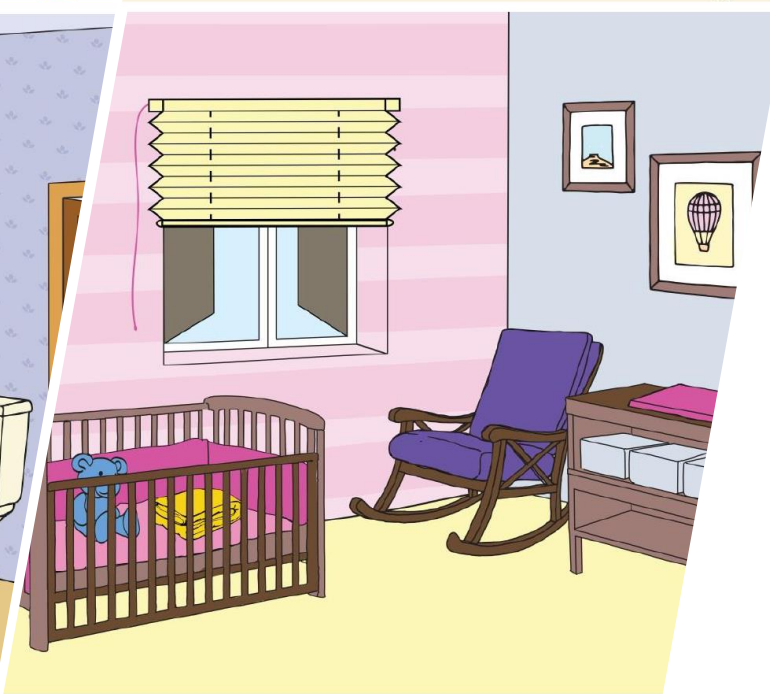
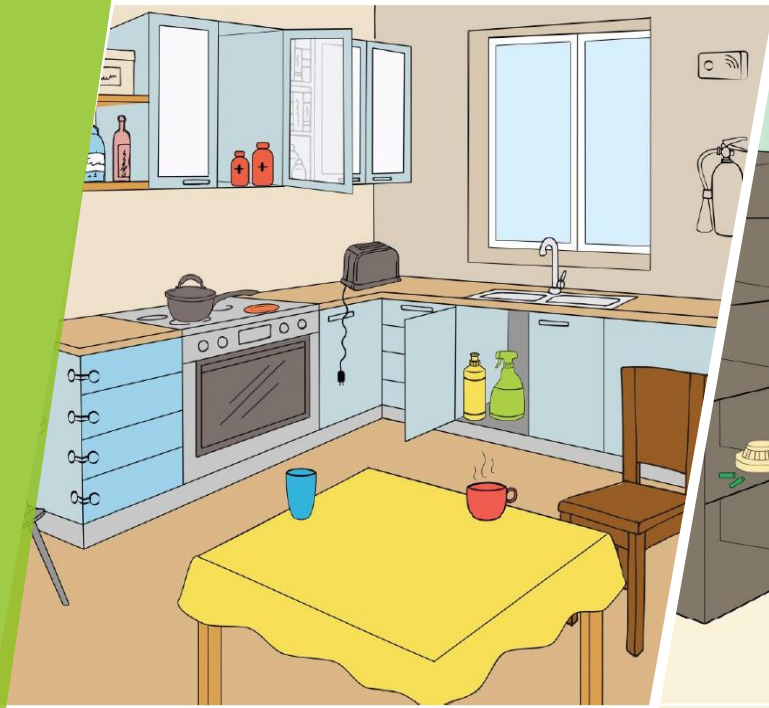


ACTIVITY

Family  
Drawing

# Path for Today





# ACTIVITY

## Home Hazards and Safety Interventions

# Early Childhood Development and Injuries

► Children learn and explore through their senses:

- Hearing
- Touching
- Seeing
- Tasting
- Smelling

► Injuries may occur due to structures, products, and situations in the home.

**Serious unintentional childhood injuries are predictable and preventable!**



# Why are children at risk of injury?

## Physical Characteristics:

- ▶ Head
- ▶ Bones
- ▶ Blood
- ▶ Windpipe (Trachea)
- ▶ Skin
- ▶ Body Surface
- ▶ Balance and Coordination

## Cognitive Characteristics:

- ▶ Problem-Solving Skills
  - Recognizing hazards
  - Assessing risks
  - Determining a course of action
  - Understanding cause and effect
- ▶ Curiosity

**Children are not just small adults.**



# Developmental Milestones

Understanding development stages is one of the best ways to predict and prevent serious injuries.

*“I didn’t know they could do that!”*

## Birth to 1 Year

Large, heavy head in relation to body

Control over head, neck, hands, and arm movements is limited

Learning to reach, grab, roll, cruise, climb

# Developmental Milestones, continued...

## 1 to 4 Years of Age

Large, heavy head in relation to body

Imaginative, curious, exploring, testing limits

Learning through putting items in mouth

## 5 to 9 Years of Age

Imaginative, curious, exploring, testing limits

Balance, strength, visual and auditory skills, motor skills, and coordination are continuously developing

May overestimate their skills and abilities

Drive for independence and peer pressure

# Safety Tips: Birth to 1 Year

## ABC's of Safe Sleep

**A:** Always put your baby to sleep on their back

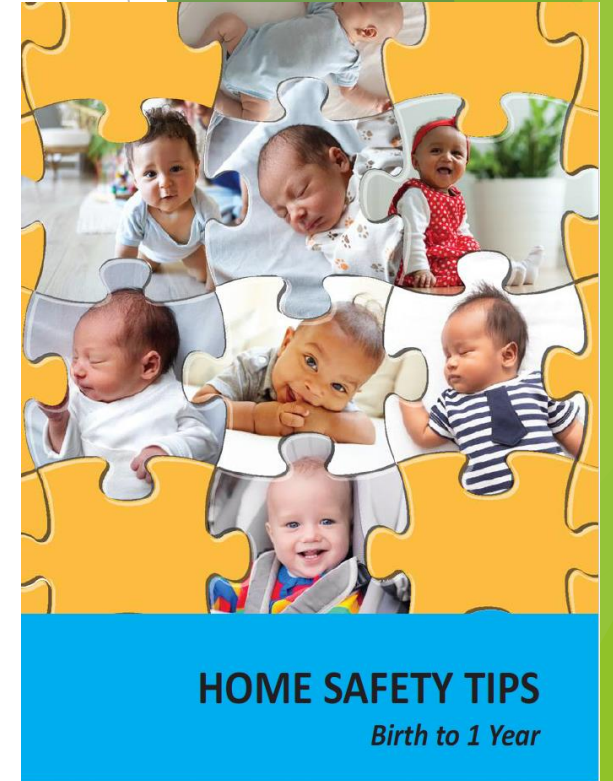
**B:** Breastfeed your baby, if you can

**C:** Create a smoke and vape-free environment for your baby

**D:** Don't let your baby get too warm

**E:** Every sleep surface should be firm, flat, and free of pillows, comforters, and stuffed toys

- ▶ Remove strings, cords, and ribbons from clothing and soothers.
- ▶ When baby can push up to their hands and knees, lower the crib mattress to the lowest height and remove mobiles and railing toys.



# Safety Tips: Birth to 1 Year

## Bath Time

- Set water heater to 49°C (120°F)
- Bath water should be warm, but not hot (around 37°C or 98.6°F)
- Keep your eyes and a hand on baby and have all needed items nearby
- Never use bath rings or bath seats

## Heights

- Use safety straps on strollers and highchairs
- Install wall-mounted safety gates at the top and bottom of stairs
- Have all items needed nearby before changing your baby's diaper
- On any height above the floor, always keep your eyes and a hand on baby

## Play Time & Mealtime

- Use age-appropriate toys
- Keep choking hazards out of reach (keys, coins, batteries, balloons, etc.)
- Do not buy, use, or sell a baby walker
- Prepare solid foods safely (mash, cut, chop, or grate)

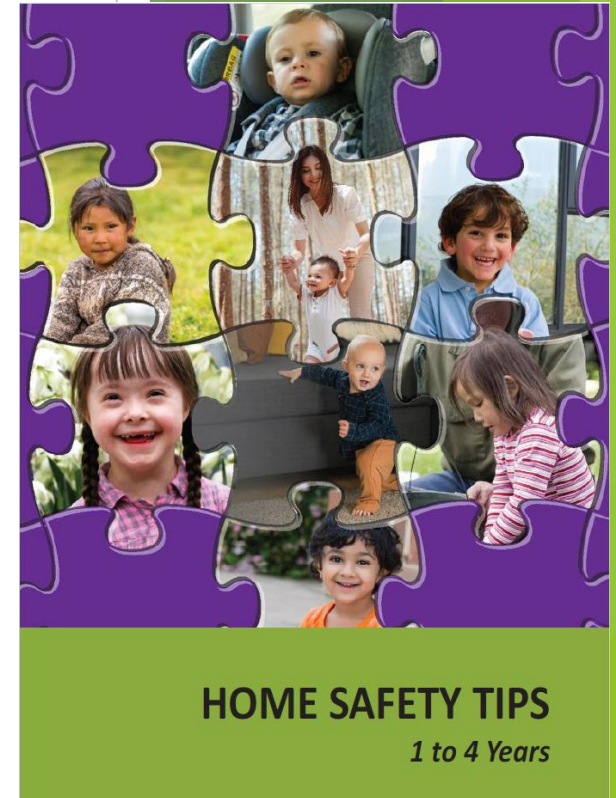
**Direct  
Supervision  
is Key**

# Safety Tips: 1-4 Years

- ▶ Active and direct supervision at this age remains important.
- ▶ Children do not fully understand danger and will not always remember safety rules.

## In Your Child's Room

- ▶ Transition to a low bed at around age 2 or when they develop ability to climb
- ▶ Keep beds and furniture away from windows
- ▶ Secure furniture to walls
- ▶ Install window guards above the first floor
- ▶ Cut the loop out of the blind/curtain cords and secure them out of reach



# Safety Tips: 1-4 Years

## In the Kitchen

- ▶ Keep knives and cords from kitchen appliances out of reach of children
- ▶ Use the back burners of the stove when possible
- ▶ Turn pot/pan handles towards the center of the stove
- ▶ Continue to mash, cut, chop, or grate foods
- ▶ Avoid hard foods (e.g., popcorn, nuts)
- ▶ Supervise eating time and do not allow children to run or play while eating
- ▶ Store medicines, cleaning products, and other poisons securely

# Safety Tips: 1-4 Years

## Play Time

- ▶ Check toys with batteries for secure covers
- ▶ Use safety covers for electrical outlets
- ▶ Keep stairs clear, secure handrails, and supervise stair use
- ▶ Remove scarves, helmets, and loose clothing on play equipment
- ▶ Stay close to children on playgroups and teach safe play (e.g., taking turns, using handrails)

## In or Near Water

- ▶ Always keep children within arm's reach
- ▶ Watch for standing water at home (e.g., pet dishes, ponds)
- ▶ Lock toilets or bathroom doors
- ▶ Pool fencing must be at least 4ft high with self-latching gates
- ▶ Ensure children wear properly fitted life jackets at all time

# Safety Tips: 5-9 Years

- ▶ Supervision is still needed; give frequent reminders about safety rules.
- ▶ Teach your child about hazards in their environment and making safe choices. Be a positive role model!
- ▶ Anticipate more risks in play.
  - Important for healthy development, independence, confidence, creativity, and overall well-being.
  - Eliminate hazards but allow children to make decisions about risk-taking.
- ▶ Trampolines (indoor and outdoor) are not recommended. Know how to reduce the risk of injuries if you allow your child to use trampolines.
- ▶ Reinforce safety habits on the playground, when crossing the street, when in or around water, and while using a bike, rollerblades, skateboard, or scooter.





# Safety Tips: 5-9 Years

- ▶ Do not leave children alone when they are preparing food.
- ▶ Children should not use the microwave until they are tall enough to fully reach into the microwave and understand that steam can cause burns.
- ▶ Teach your child about the danger of playing with matches, lighters, and other flammable materials.
- ▶ Teach your children about the hazard and poison symbols found on household chemicals.
- ▶ Reinforce that medicine is not safe to take unless given by an adult and to tell an adult if they touch or ingest potential poison.
- ▶ Keep all medications, vitamins, cleaning products, tobacco, cannabis products, vaping liquids, and other potential poisons out of sight and out of reach (preferably in a locked cupboard).

# Injuries are more likely to happen if...

- ▶ Child is hungry, tired, ill, or unhappy.
- ▶ Caregiver is hungry, tired, ill, or distracted.
- ▶ Change in caregiver and/or caregiver is not prepared.
- ▶ Unexpected achievement of a developmental milestone.
- ▶ New or changing environment.
- ▶ Equipment does not meet safety standards.
- ▶ Safety precautions are not followed.



# Resources and Support

## Websites

- ▶ <https://skprevention.ca/safety>
- ▶ <https://parachute.ca/en/>
- ▶ <https://www.safekids.org/>



## HOME SAFETY TIPS 1 to 4 Years



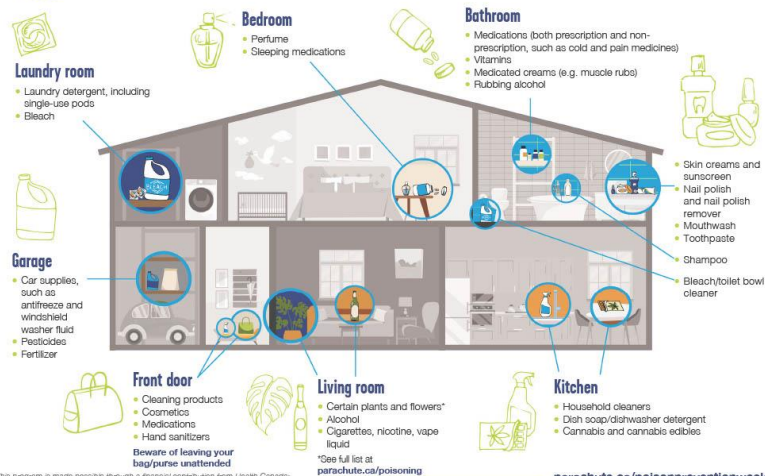
## HOME SAFETY TIPS Birth to 1 Year



## HOME SAFETY TIPS 5 to 9 Years

## POISON STORAGE CHECKLIST

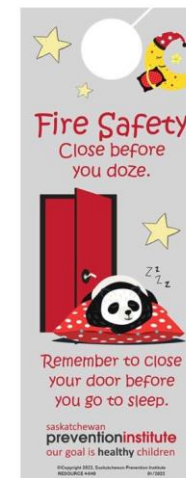
Safe storage prevents poisoning. Keep household poisons like these locked up tight, out of sight and reach of children.



This program is made possible through a financial contribution from Health Canada; the views expressed herein do not necessarily represent the views of Health Canada.

\*See full list at [parachute.ca/poisoning](https://parachute.ca/poisoning)

[parachute.ca/poisonpreventionweek](https://parachute.ca/poisonpreventionweek)



# Thank You!

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