



# HOME SAFETY TIPS

*1 to 4 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

Your child is becoming more independent as they grow. Supervision of your child at this age is important because they do not understand danger and will not always remember safety rules. Being aware of your child's skills and abilities will help you know when it is safe to give them more freedom.

## In Your Child's Room

Move your child out of their crib and into a low bed when they are two years of age or when they develop the ability to climb. This reduces the risk of an injury due to a fall.

Keep beds and furniture away from windows. Install window guards on all windows above the first floor. Window screens can pop out of a window and do not offer adequate protection. Following these tips will prevent your child from climbing to and falling out of a window.

Cut the loop out of blind and curtain cords and secure them out of reach of your child. This protects your child from getting tangled in the cords and getting strangled (choked).



## In or Near Water

Children are attracted to water but are not capable of understanding the dangers associated with it.

Your child can drown silently and quickly in less than 2.5 cm (1 inch) of water.

- Always keep children within arm's reach of an adult (not an older child) when in or near water. This includes bathtubs, paddling pools, or beaches.
- Be aware of standing water in your home and backyard such as pet dishes and ponds.
- Install a locking device on your toilet or a lock on the outside of your bathroom door that is out of reach of your child.
- If you can access the hot water heater, turn it down to 49°C (120°F) to lower the risk of burns.
- Ensure all backyard pools have fencing on all sides that is at least four feet high and cannot be accessed by children. Any gate to the pool area should be self-closing and self-latching.
- Your child should always wear a properly fitted personal floatation device (PFD) when in or near bodies of water such as swimming pools, hot tubs, and lakes.



## Play Time

- Ensure that toys are safe for your child's age (e.g., follow manufacturer's age recommendations, and avoid toys with small, detachable pieces). If you have children of different ages, separate their toys to ensure younger children do not play with toys that have small parts.
- Check that all toys and household products using button batteries have screws to secure the battery compartment or cover the compartment with strong tape. Swallowing button batteries is a choking hazard and can severely burn the esophagus (throat), stomach, and intestines.
- Stay within arm's reach of children on play equipment such as swings, raised platforms, and slides. Encourage safe play habits such as taking turns, going feet first down the slide, and using handrails.
- Always remove your child's scarf and helmet before using playground equipment. To prevent strangling, remove drawstrings and cords from your child's clothing. These items can catch on equipment and strangle your child.



## Safe Environments for Safer Play

- Keep stairs free from clutter and make sure stairs have a secure handrail. Teach your child how to go up and down stairs safely, and stay close to them when they are on the stairs.
- Use wall-mounted safety gates at the top and bottom of stairs in your home. A pressure-mounted safety gate may release if your child pushes or falls against it. Remove safety gates from stairs when your child is two years of age to prevent children from climbing the gate.
- Securely attach heavy furniture to the wall using angle braces, anchors, or safety straps. This will reduce the chances of the furniture falling on your child if they try to climb or walk on them.
- Put safety covers on all electrical outlets. Keep electrical cords out of reach or behind furniture. Keep lighters, matches, and candles out of reach of children.





# Travelling with Your Child

## In Your Vehicle

It is best for a child to continue using a rear-facing seat until they are either too tall or heavy according to their car seat's instructions. In this type of car seat, your child will be facing the back of the car.

Use a forward-facing seat once your child outgrows their rear-facing seat.

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](http://www.sgi.sk.ca/technicians).

## Pedestrian and Bicycle Safety

Make sure your child always wears a properly fitted bicycle helmet when biking, using a scooter, or as a passenger in a bicycle trailer. Do not use blankets, loose fitting clothing, or scarves that can get caught in spokes, gears, or pedals.

Begin teaching children the rules of the road when you're out walking and riding together.



## 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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