

Children's Health Medical Center Dallas

Children's Health Scholarly Collection

Toddler 1-3 Years

Healthy Steps Early Childhood - Caregiver
Resources

2024

Safety and Injury Prevention

The National Center on Early Childhood Health and Wellness

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SAFETY AND INJURY PREVENTION



NATIONAL CENTER ON
Early Childhood Health and Wellness

Tips for Families from the National Center on Early Childhood Health and Wellness

Safety and injury prevention for young children is:

- Making sure children have safe places to grow and learn
- Protecting children from danger
- Teaching children what to do to be safe

Why Is It Important?

Children Like to Explore But Need:

- Safe places to play
- Adults who watch and listen so they can prevent an injury before it happens
- Opportunities to practice new skills safely



When Children Are Safe, They Are More Likely To:

- Be injury-free
- Focus on learning
- Explore new situations with confidence

Things You Can Do to Help Your Child

- At Home:
 - Keep all medicine, cleaning and harmful products away from children.
 - Use cabinet locks and electrical socket covers.
 - Use safety gates on stairs.
 - Use cribs with fixed sides rather than drop sides.
 - Keep cribs away from windows and blind cords.
 - It is best to use cordless window coverings, if possible. If not, keep cords tied high out of children's reach.
 - Put babies to sleep on their backs in a crib with no soft blankets, pillows or bumpers.
 - Keep children away from hot foods and liquids.
 - Turn pot handles to the back of the stove.
 - Set your water-heater thermostat to 120 degrees or less.
 - Keep children away from heaters or fires.
 - Have a smoke alarm on every floor. Replace batteries in the spring and fall.
 - Get a carbon monoxide detector, if you do not have one.
 - Check with your local fire station to see if they can help you find a smoke alarm or carbon monoxide detector.
 - Ask your pediatrician about foods and small objects that can cause choking.
 - Make and practice an escape plan.