



EXTRAMILE

Grand Parenting Safety Tips

Keep your little ones safe with our safety tips for children of all ages.



Baby (0 to 1 years old)



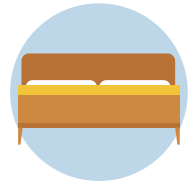
- Infants should be put to sleep on their back to reduce risk for sudden infant death syndrome (SIDS).



- Always use a federally approved car safety seat when traveling in a motor vehicle. For the first two years, you should face the car seats toward the rear of the vehicle. The safest location is in the middle of the back seat.



- Use restraining straps in highchairs to keep the baby from sliding out. These straps should go around the baby's waist and between their legs.



- Never leave your baby alone on a bed, couch, changing table or infant seat. This is important for preventing falls.



- Make sure toys are not breakable and don't come apart easily. They shouldn't pose any choking hazard.



- Keep sharp objects in secure places away from your baby's reach. This includes knives, scissors, tools, razors, coins, beads, pins, medications and more.



- Do not microwave a baby's bottle. Microwaves can heat the bottle unevenly. This creates "hot spots" in your baby's formula that can burn their mouth. Instead, warm the formula by running warm tap water over the bottle. You can also put the bottle in a bowl of warm water. Then shake the bottle and test the temperature on the inside of your wrist.

Baby (0 to 1 years old) continued...



Do not put your baby to bed with a bottle.



Never carry an infant in your lap while you ride in a car.



Use pacifiers when your baby goes to sleep. It helps reduce SIDS.



Do not smoke near the baby or in the house.



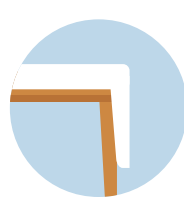
Make sure your baby won't overheat in your home.



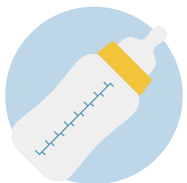
Do not use a walker for any aged child. They're not considered safe.



Never shake or throw your baby in the air. It can cause brain damage and blindness.



Avoid tablecloths that can be easily pulled from the table.



Do not prop your baby's bottle and leave it unattended. They could choke.



Avoid bedding that could suffocate the baby. This includes blankets and toys.



Limit your baby's time in the sun. Their skin is thinner and more delicate. Keep them covered outside.



When your baby is in an infant carrier, always put it on the floor. Never put it on a table or counter top. This helps prevent falls. You should also make sure the baby is strapped in.

Toddler (1 to 3 years old)



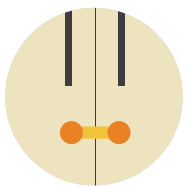
- Move cleaning supplies and detergents from low cabinets to higher ones. Lower cabinets should only house objects that are safe for toddlers to find like pots, pans, plastic containers, or paper products. Anything sharp should be moved to higher drawers.



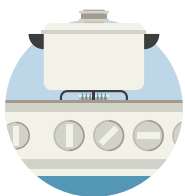
- Set your hot-water heater to 120 degrees F, so you won't burn your toddler.



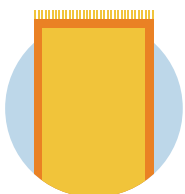
- Move choking hazards such as refrigerator magnets to higher and more secure locations.



- Use latches to lock your cabinets and drawers. This is especially important if your toddler is able to climb.



- Install stove knob covers. This can prevent toddlers from turning on the burners.

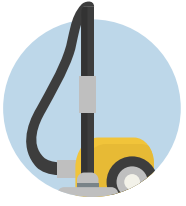


- Place nonslip or nonskid pads under your rugs. This can ensure your toddler doesn't slip while they are moving around.

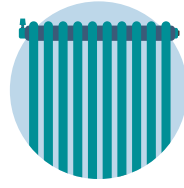


- Use cordless blinds to avoid a strangling hazard. This is important if your toddler is climbing. You may also want to secure loose electrical cords away from a toddler's reach for the same reason. You don't want to leave small appliance cords dangling anywhere.

Toddler (1 to 3 years old) continued...



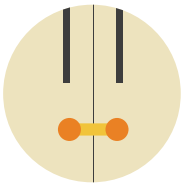
- Vacuum regularly to reduce choking hazards.



- Cover your radiators and heating vents to prevent burns.



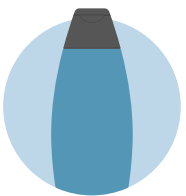
- Make sure your houseplants are nontoxic. Toddlers like to put things in their mouths, including houseplants.



- Install latches for medicine cabinets in the bathroom, and toilet locks.



- Add cushioned corner guards or edging to coffee and side tables to cover sharp-corners.



- Clear shampoos off sink and tub ledges. These pose a poison risk.

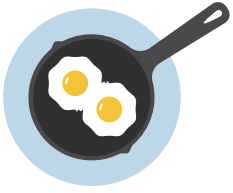


- Don't leave hot coffee or liquids within in reach of the toddler.

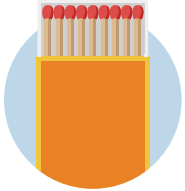


- Always test bathwater to make sure it's safe before putting your toddler inside. Also never leave your toddler in the tub alone, even if the phone rings or something distracts you. Toddlers can drown in even a few inches of water.

Preschooler (3 to 5 years old)



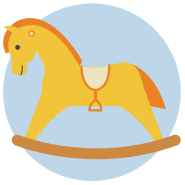
- Turn your pot and pan handles inward when cooking on the stove. Don't let preschoolers be unsupervised in the kitchen.



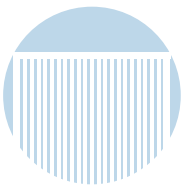
- Keep matches, lighters, curling irons, and candles out of reach.



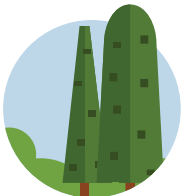
- Lock doorways to basements and attics. These can pose falling hazards.



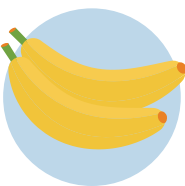
- Follow age recommendations on toys, especially those with small parts.



- Keep safety gates at the top and bottom of each stairway.

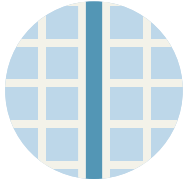


- Always supervise preschoolers when playing outside.

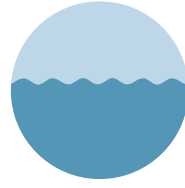


- Until age 4, peanut butter, hot dogs, popcorn, whole grapes, raw carrots, raisins, nuts, hard candy, toffee, and gum can block airways. Instead provide bananas, pasta, veggies, or Cheerios.

Preschooler (3 to 5 years old) continued...



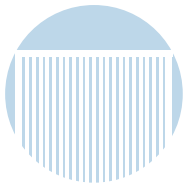
Keep window guards on all the windows.



Never leave them alone near water.



Preschoolers should be in a safety seat that matches with their size and age when in a vehicle.



Safety gates should be set up at the top and bottom of your stairways.



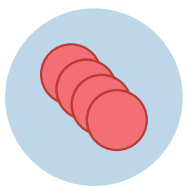
Make sure your preschoolers understand not to play in the road or chase balls that go into the street.



Keep all medications and cleaning products out of reach.



Be sure to have them wash their hands frequently to avoid getting sick.



Cut up your preschooler's food into small pieces to reduce choking hazard.

Grade Schooler (5 to 12 years old)



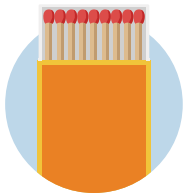
- Make sure they know road safety such as staying to the right side of the road, and respecting traffic signals and stop signs.



- Make sure they wear a helmet for riding bikes or skating.



- Teach older kids how to cook safely. Older kids should know how and when to use oven mitts or potholders.



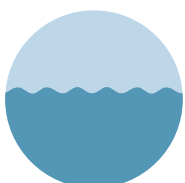
- Place matches, gasoline, and lighters in a safe place out of a child's reach. Avoid novelty lighters or lighters that look like toys.



- Teach children about smoke alarms and carbon monoxide alarms.



- Ensure your grade schooler knows the fire escape plan for your home.

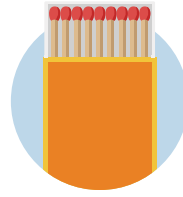


- If you have a pool, live near a lake, or are planning to take a trip to the ocean, make sure your kids understand water safety. They should know to never swim alone. Teach children how to tread in water and float. Use lifejackets for younger kids. Always watch kids while they're swimming.

Grade Schooler (5 to 12 years old) continued...



- Kids should sit in the backseat until they're age 13.



- Teach them to never play with matches or lighters.



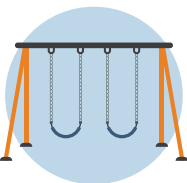
- Accompany younger kids as they get in and out of the car. Always hold their hand while they are walking, near cars, in driveways, in parking lots, or on sidewalks.



- Teach older kids about internet safety. You can keep your laptops, tablets, and computers in a common area to help ensure their safety.



- If you have guns, keep them locked away and unloaded. Teach kids to never touch guns. They should tell an adult if they see one.



- Teach kids that pushing, shoving, and crowding is dangerous on playgrounds.



- Always lock your vehicle doors and trunk. Keep your keys out of reach and sight of grade schoolers. You don't want them to get locked in by accident.



- Make sure kids are staying hydrated throughout the day especially if they're being active. They should drink water before, during, and after athletic activities.