

## Prevention is Better than cure!

A study on 23 000 injuries from birth to 3 years found that different types of injuries tend to occur at certain ages. **The highest overall injury rate before 15 years of age occurred in children 15 to 17 months**, a time when children are mobile and able to access hazards by walking and exploring, but are unable to recognize danger. Leading causes of injury per age group include:

- Birth to 2 months – falls
- 3 to 5 months – battering / abuse
- 6 to 8 months – falls from furniture
- 12 to 17 months – hot liquid and vapour injuries
- 18 to 35 months – poisoning by medication
- 36 to 47 months – injuries sustained while walking near cars

Prevention is better than cure! Please go through the following list to ensure that your home is as safe as possible. If you have a domestic employed to look after a child, please ensure that you go through this list with her:

### Drowning



- ✓ Never leave a baby or young child alone near **any water**.
- ✓ Keep the bathroom and toilet doors closed, and never leave water in buckets.
- ✓ Check that the swimming pool gate is properly closed after the garden service has been.

### Burns, electricity and fire



- ✓ All plugs in the house should have safety shields on, keep all switches off. Never allow baby to play with plugs.
- ✓ Turn all pot handles in the kitchen towards the wall and if cooking, cook on the back burners.
- ✓ Never carry any hot food, drinks or pots of food above a child's head or near children.
- ✓ Avoid using tablecloths in the kitchen; child can pull down on the cloth, which could result in burns and injury.
- ✓ Teach young child from a very early age the danger of heat e.g. the stove, microwave, heaters etc.
- ✓ Never use the hot tap to clean or rinse baby's hands, it can get hot very quickly and burn baby.

## Choking

*Anything that can fit through the standard roll of toilet paper can cause a child to choke.*

- ✓ Don't allow children to run around and eat at the same time.
- ✓ Never leave small objects lying within young child's reach.
- ✓ Don't ever prop a bottle in a small baby's mouth and leave her alone.



## Falls

- ✓ Do not allow children to climb up on chairs, tables or any high counters.
- ✓ Block stairways with baby barriers or keep doors closed.
- ✓ If a walking ring is allowed, make sure she is **supervised** at all times and only spends a very short time in the ring.
- ✓ Always use the safety strap in high chairs, prams or carry seat, never put carry seat on a high counter or leave baby unattended, not for a second!
- ✓ Always make sure the cot sides are pulled up when baby is asleep in the crib – never put baby to sleep on a bed, she may roll off.



## Animal bites

- ✓ Teach baby from a young age to be very gentle around all dogs and cats.
- ✓ Teach them to avoid other people's pets.
- ✓ Never leave child alone in a room with a pet, even if it is your family pet, child may hurt pet, which can cause the animal to bite or scratch back.



## Poisoning

- ✓ All household chemicals, toiletries, cosmetics and medicine must be kept out of reach and preferably locked away.
- ✓ Never allow children to eat any flowers, leaves or berries in the garden.



**But should an accident happen.... BE PREPARED! EduCare offers a COMPREHENSIVE 8 hour course, run over 2 mornings covering routines and steps to follow in ANY emergency situation! BE a PRO-active and RESPONSIBLE parent and equip yourself with the KNOWLEDGE on how to handle an emergency situation CALMLY and EFFECTIVELY!!!!**