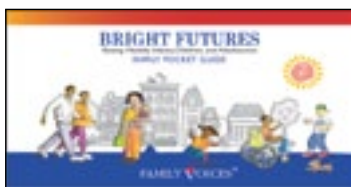


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## SAFETY AND INJURY PREVENTION



The information in this issue is taken from the new Bright Futures Family Pocket Guide, developed by Family Voices IMPACT. To order a copy, go to: <http://bit.ly/BrightFutures-FamilyPocketGuideorders>

With an Improving Understanding of MCH grant, Family Voices IMPACT works to develop ways to improve health and wellness for all children and families, and to encourage partnerships between families and professionals for children's good health. [www.familyvoices.org](http://www.familyvoices.org) and [www.brightfuturesforfamilies.org](http://www.brightfuturesforfamilies.org). This digest is funded by the U.S. Department of Health and Human Services—Health Resources and Services Administration—Maternal and Child Health Bureau, Division of Child, Adolescent, and Family Health UCMC21535.

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## Growing and Thriving—Safely!

Children need safe environments to grow and thrive. Parents oversee safety for babies and young children. As children grow, friends, childcare providers, teachers, coaches, and others also help keep children safe. And older children and teens begin to learn to take charge of their own safety. It can be hard for parents to know when to let go. Try to be one step ahead of where your child is developmentally—know what your child can do and what is reasonable to expect.

### INFANTS: Preventing Falls

- Don't leave your baby alone for even a second on high places. Always keep one hand on him on changing tables, couches, or beds to prevent falls.
- Keep furniture away from windows and install window guards on second-story and higher windows. Use gates at the top and bottom of stairs.

### EARLY CHILDHOOD (1-4 years): Carseat Safety

- Use a safe carseat appropriate for your child's height and weight. Make sure it is installed correctly. Double check used carseats to make sure they meet current safety standards, have never been in a crash, and have not expired.



- The back seat is the safest place for children. Children up to age 2 (or maximum height and weight for the seat) should ride in rear-facing car seats.
- Everybody in the car should wear a safety belt. Don't start the car until everyone is buckled up, including you. Set a good example.

## RESOURCES

Children with Special Health Care Needs:

- Keeping Children with Special Needs Safe in the Home [www.safekids.org/safety-basics/special-needs/](http://www.safekids.org/safety-basics/special-needs/)

Poisons

- Poison Emergency: 800-222-1222 [www.aapcc.org](http://www.aapcc.org)
- Safe Kids: [www.safekids.org/safety-basics/safety-resources-by-risk-area/poison/](http://www.safekids.org/safety-basics/safety-resources-by-risk-area/poison/)
- Centers for Disease Control and Prevention (CDC): [www.cdc.gov/safekid/Poisoning/index.html](http://www.cdc.gov/safekid/Poisoning/index.html)