



SAFETY AND INJURY PREVENTION

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With an Improving Understanding of MCH grant, FamilyVoices 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 and www.brightfuturesforfamilies.org.

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Home Safety Starts with Prevention

A recent study asked how well prepared first-time parents were on basic home safety precautions as compared with the parents of more than one child. Researchers looked at such things as whether parents had gates at the top and bottom of stairs--and whether they closed them. Not too surprisingly, the more experienced parents were more prepared than the first-timers.

That's true for much of parenting--we learn as we go and try to improve along the way. It is often a matter of how soon we take precautions--babies grow and develop more quickly than first-time parents often imagine! Parents plan to put up safety equipment but may not get it up before the baby develops abilities that can lead to unsafe situations.

Safety is so important. Unintentional falls and poisonings are the fifth leading cause of death among infants. Worldwide, 1.9 in 100,000 children under 20 years of age die because of falls each year, and 1.8 in 100,000 die because of poisonings.

Not every accident can be prevented. There are basic steps that parents can take to improve the safety at home.

To read more about this study, go to: www.childrensafetynetwork.org/news/first-time-parents-are-not-well-enough-prepared-safety-their-infant-plus-one

How Safe is Your Home?

If you are the parent of an infant, take this quiz to see if you have the basic precautions in place to protect your child.

1. If you have stairs in your house, do you have safety gates at the top AND bottom of the stairs?
___ Yes ___ No
2. Do you close the gates behind you every time you go through them?
___ Yes ___ No
3. If you have windows with openings below 4 feet, do you have window guards--and keep them locked?
___ Yes ___ No
4. Do you keep all poisonous materials such as cleaning fluids locked and out of sight?
___ Yes ___ No
5. Do you keep all medicines locked and out of reach?
___ Yes ___ No

The more "yes" answers you've checked above, the better you score in safety and injury prevention! Where do you need to improve?

Resources

For more safety tips, go to:

- <http://www.safety4toddlers.com/>
- <http://www.parents.com/toddlers-preschoolers/safety/>
- <http://www.safekids.org/>