

Safety for your child

CHECKLIST: 4 TO 6 YEARS

Around the house

- Keep out of reach of children:
 - medication and vitamins
 - chemicals and detergents
 - tobacco, snuff and nicotine replacement products
 - matches and lighters
 - alcohol and other drugs.
- Store detergents and cleaning agents and other chemicals in their original packaging.
- Check that your indoor plants are non-toxic.
- Inside stairs must have
 - anti-slip guards
 - handrails with vertical bars that have sufficiently narrow gaps between them.
- Practise walking on the stairs. Children must not run or play on the stairs.
- Have a smoke alarm on each floor. Check the functionality of the batteries monthly.
- Windows are equipped with brackets that prevent children falling out.
- Anti-slip guards are placed below rugs and carpets.
- Ensure that the locks on the toilet and bathroom doors can be opened from outside.
- Only use thermostat and safety taps.
- Equip the floor and the tub with anti-slip guards.
- Always empty the bathtub or whirlpool bath after bathing and cover the hot tub.
- The sauna heater must have a safety railing around it.
- Do not dry clothes near a hot sauna heater.
- Check the condition of electric equipment, for instance lamps, and only use safe products (CE marking).
- Teach your child about fire safety and practise the use of home appliances, knives and tools together.
- Keep sharp knives and other tools out of reach of children.
- Emphasise that your child must practise these skills only with an adult present.

Road safety

- A child less than 135 centimetres tall must always travel in a safety seat or a booster seat. A safety seat provides side impact protection and is therefore preferable to booster seats.
- Both children and adults wear bike helmets when cycling.
- Children's clothes and bikes are equipped with safety reflectors. If needed, visibility can be increased with a reflective vest. A bike light is used in low light conditions.
- Teach your child how to stay safe in traffic and remember to set a good example.
- Check that the speed limit in the neighbourhood is sufficiently low.





Review your home through the eyes of a small child. Get down to the child's level and see what intriguing things are within their reach.

Children imitate your examples! Remember that children acquire attitudes early.

Learn emergency first aid! It is important to be able to act immediately in an emergency.

Water safety

- Children and accompanying adults must always wear life jackets when travelling on water.
- Monitor your child near water. Floats or pool toys are not safety equipment.
- Children get familiar with water through play. Begin swimming lessons.

Yard

- Playground equipment, such as swings and climbing frames, should be safe and checked regularly.
- The play area for children should be safe from traffic.
- Children should wear clothes that cannot get stuck on the playground equipment (for instance, no cords in hoods).

- Agree together with your child where the child is allowed to go when playing outside.
- The child should wear appropriate safety equipment for each activity (for example, skating, skiing, cycling, and skateboarding).
- Bike helmets should be removed before play.
- Only one child should jump on the trampoline at a time. The trampoline must be equipped with a safety net.
- Protect children from the sun.
- Keep the hot tub and other water containers covered.

First aid

- Save the following in your phone:
 - the emergency number 112
 - the number of the Poison Information Centre 09 471 977.
- The child knows how to ask adults for help in an emergency and how to call 112.
- Make sure that you have sufficient first aid supplies in the house. Ask for instructions at the pharmacy or the maternity and child health clinic.

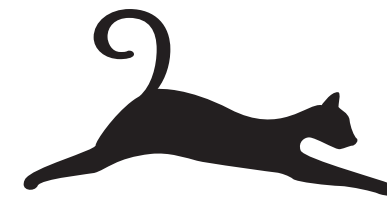
Other

- Encourage your child to move and teach new skills, such as riding a bike. Enjoy new skills and give positive feedback.

- Know where your child is and what they are doing.
- Teach your child to care for others and to have a positive attitude towards safety.
- Listen to them and be present. Pay attention to their emotions and thoughts. Make sure that your child can come to you with their worries.
- Accept your child as they are, give positive feedback, and enjoy their company.
- Make sure that your child gets to enjoy regular cuddles, closeness and time together.

ANY QUESTIONS?

Discuss safety issues at the maternity and child health clinic.



Ihmisellä on vain yksi henki

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