

# Keeping Children Safe Wherever You Go!

*Kids like to explore. It's part of growing up. It can be risky sometimes, but there are things you can do to help keep kids safe.*

## Safe Sleep

### *The ABC's of Infant sleep:*

**A** – Sleep alone

**B** – On their back, with no blankets or bedding

**C** – In a crib and cool

**S** – In a smoke free room

### **Do:**

- Do put babies to sleep alone on their backs in a crib or on another firm surface with a tight-fitting bottom sheet. If the baby leaves a dent in the bed, it's too soft.
- Do keep babies away from second hand smoke.
- Dress the baby lightly and control the room temperature.
- Do breast feed and use pacifiers. Both may lower risk of sudden death.

### **Don't:**

- Don't put a baby to sleep with blankets, pillows, stuffed animals, or bumper pads.
- Don't cover a baby's face or let a baby cover its face with anything.
- Don't let a baby sleep with older kids.
- Don't sleep with a baby, especially if you have been using alcohol, drugs, or medicines that make you sleepy. Don't sleep with a baby when you are very tired.
- Don't put a baby to sleep on chairs, sofas, futons, beanbags, or cushions.
- Don't put babies to sleep on soft beds such as pillow-tops, waterbeds, or memory foam. If the baby leaves a dent in the bed, it's too soft.
- Don't expose babies to smoke.



## Car Safety

- Always use car and booster seats. The law says you must put kids, under the age of two, in a car seat that faces backward and is installed in the back seat of the car. Older kids must be in booster seats or car seats until they are 8 years old or reach 4-foot, 9-inches tall.
- Talk to your kids about the dangers of playing around cars and watch them closely when they're around cars.
- Check to make sure that there are no children nearby before you get into a car to drive.
- Never leave a child alone in a car, no matter how short the stop or the weather, even if the windows are cracked.
- Use reminders that your child is in the back seat. Leave something you need in the backseat like your purse or phone or leave a stuffed animal or toy in the front seat.

## Water Safety

- **Watch kids around water at all times.** Don't read or talk on the phone or anything that takes your attention off the child.
- Make sure you know who is supposed to watch the child around water.
- **Never leave a baby alone in a bath for any reason.** Get what you need before you start. Take the baby with you if you leave.
- Never leave small children alone near water. This includes pools, lakes, bathtubs, or even toilets.
- Make sure toddlers can't get out of the house and get into pools, hot tubs, or any body of water.

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**For additional tips, resources, and support:** [HelpandHope.org](http://HelpandHope.org) and [Facebook.com/4MyKid](https://www.facebook.com/4MyKid)

**Texas Abuse Hotline:** [1-800-252-5400](tel:1-800-252-5400) or [TxAbuseHotline.org](http://TxAbuseHotline.org)



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## Gun Safety

*Here are ways to keep a child from getting a loaded gun:*

- Keep your gun unloaded when you are not using it.
- Don't store bullets and guns in the same place.
- Use cable locks or trigger locks.
- Use locks with no keys – like combination, magnetic, or electronic locks.
- Store guns in a lock box, vault, or safe.

*Teach your child what to do if he or she sees a gun:*

1. Stop & don't touch
2. Leave the area
3. Tell an adult

## Poison Prevention

- Keep all medicine out of the reach and sight of children.
- Use the dosing device that comes with the medicine. The right dose is important, especially for young children. Teaspoons or tablespoons used for cooking do not measure the same amount as the dosing device.
- Store household products, cleaners, and chemicals out of sight and reach of children. Don't store them under the kitchen sink and in the bathroom. Remember that kids may get into other places like a purse or side table.
- Keep cleaning products in their original containers. Don't put a product that may be poison in something other than its original container.

## TV & Furniture Tip Overs

- Secure TVs and furniture so they can't tip over.
- Mount flat TVs to the wall so they can't be pulled down. Follow the maker's instructions to make sure you have a secure fit.
- If you have an old box TV, put it on furniture that is low, stable, and designed for the size and weight of the TV.
- Use brackets, braces, or wall straps to secure furniture to the wall.

## Help with Caring for Your Child

We all need help taking care of kids while we are working or just need to make a quick trip to run to the store. Before you ask someone to care for your child, think about these things:

- **Do they really want to do it?** Boyfriends, girlfriends, family members or others often feel like they can't say no. So, it's important to have an honest talk first. If they don't feel comfortable caring for your child, it's far safer to ask someone else.
- **Are they good with kids?** Can they meet my child's needs? It is important to think about whether they have the knowledge, ability, patience, and experience to care for children.
- **Can they handle the job?** Are they physically able to care for your child? Does their schedule let them meet your child's needs or is it during a time when they may need to sleep or do something else? Are they flexible if you need them to watch your child longer than expected?
- **Do they know how to handle a crying child?**
  - A healthy baby cries a lot in the first 12 weeks of life. Babies tend to cry more and more between the 2 and 6 weeks of life. That can put a lot of strain on parents and anyone watching the baby.
  - Sometimes even adults need a timeout. Be sure to ask for help if you are getting stressed out or it's getting to be too much!
  - **NEVER SHAKE A BABY!** Shaking a baby can cause brain damage and even death.

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