

## Stranger Danger

- Hold kids' hands in stores and crowds.
- Don't display kids' names in obvious places (like on hats or shirts) where strangers will see them.
- Teach kids that it's okay to yell "No!" if someone makes them feel scared or uncomfortable.
- Teach kids to ask their parent or caregiver before approaching any animal that they don't know.



## Just in case...

- Keep first aid supplies handy.
- List emergency phone numbers near the phone. Include numbers for your doctor, emergency room and poison control center.
- Teach children how and when to dial 911.



**Kids get into everything!  
Make sure they do it safely.  
Take a look at the tips inside.  
Spend a few minutes.  
Make a few simple changes.  
Your kids will be safer, so you'll  
be happier.**

This pamphlet is not a substitute for professional medical care.  
If you have questions or concerns, please talk with a  
health care provider.

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Special thanks to all of our reviewers.  
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Printed on recycled paper.

English Title #5182 (Rev. 3/05) ISBN 1-56885-182-0  
Spanish Title #5286 ISBN 1-56885-286-X

For ordering information contact:

**JOURNEYWORKS PUBLISHING**  
P.O. Box 8466 • Santa Cruz • CA 95061  
800 • 775 • 1998 www.journeyworks.com

A CHECKLIST FOR PARENTS

# 50 Things You Can Do to Keep Your Child Safe



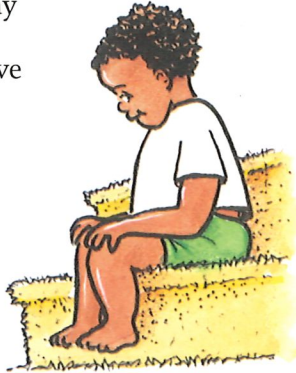
PROTECT YOUR KIDS



Keeping kids safe is a big job. Where do you begin? These 50 tips will get you started.

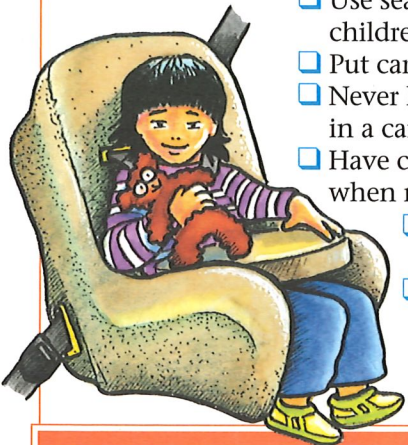
### Preventing Falls

- ❑ Make sure the bars on stair and balcony railings are less than 4 inches apart. Young children can slip through stair and balcony railings.
- ❑ Set baby gates at the top and bottom of stairs.
- ❑ Place cribs and beds away from windows.
- ❑ Use window guards above the first floor.
- ❑ Make sure playground equipment is over a soft surface, such as sand or wood chips.
- ❑ Don't use baby walkers. Children can easily fall down stairs when in a walker.



### Cars and Bikes

- ❑ Always put children in car seats, no matter how short the drive.
- ❑ The National Highway Traffic Safety Association recommends car seats or booster seats until children are 8 years old or 4'9" tall.
  - ❑ Use seatbelts for older children and adults.
  - ❑ Put car seats in the back seat.
  - ❑ Never leave children alone in a car.
  - ❑ Have children wear helmets when riding bikes.
- ❑ Teach children about traffic safety.
- ❑ Be a good role model. ("See? Mom wears a seatbelt!" "You have a helmet just like Dad.")



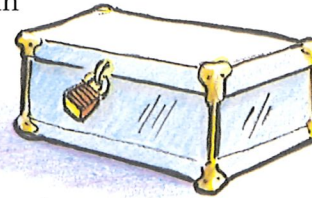
### Water Safety

- ❑ Never leave young children alone near a full bathtub, pool, pail or toilet. They can drown in only a few inches of water.
- ❑ Use automatic safety covers for pools and child-safe covers for hot tubs.
- ❑ Surround pools and hot tubs with a 5-foot-high fence that has a locking gate.



### Guns

- ❑ For your child's safety, it's best not to have guns in your home.
- ❑ If there is a gun in your home, store it unloaded in a locked box.
- ❑ Always use a trigger lock. (Also called a gun lock.)
- ❑ Store all ammunition in a separate locked box.
- ❑ Teach children never to touch a gun.



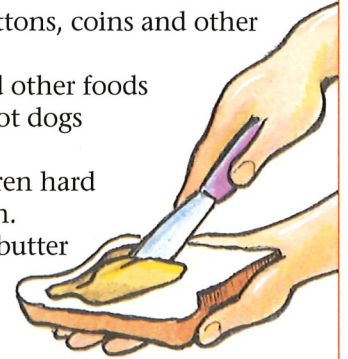
### Poisons

- ❑ Keep household items such as cosmetics, medications and plants out of reach.
- ❑ Lock up cleaning supplies, lawn products and other chemicals.
- ❑ Buy medicine in bottles with childproof caps.
- ❑ Never refer to medicine as "candy."
- ❑ Post the number for poison control near your phone.
- ❑ If your child has ingested a poison or drug, call your poison control center at 1-800-222-1222.



### Choking

- ❑ Keep floors clear of buttons, coins and other choking hazards.
- ❑ Cut grapes, carrots and other foods into small bites. Cut hot dogs lengthwise.
- ❑ Don't give small children hard candy, nuts or popcorn.
- ❑ Always spread peanut butter on bread, fruit or crackers. Eating peanut butter by the spoonful is a choking hazard.
- ❑ Avoid toys with small parts.
- ❑ Don't let kids play with plastic bags or deflated balloons.



### Fires and Burns

- ❑ To warn kids of fire danger, teach children the word "hot!"
- ❑ Place a screen in front of the fireplace. Put guards around radiators and furnaces.
- ❑ Store matches and lighters out of reach or in a locked cabinet.
- ❑ Install fire and smoke detectors. Get a fire extinguisher and learn how to use it.
- ❑ Be careful with hot liquids (soup, coffee, bacon grease) around children.
- ❑ Turn pot handles toward the back of the stove while cooking. Use back burners if possible.
- ❑ Set your hot water heater below 120°F.
- ❑ Cover all electrical outlets.
- ❑ Keep irons, curling irons and other hot appliances out of reach.

