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# INFANT AND CHILD SAFETY GUIDELINES

## General Guidelines

- Do not leave an infant or a child alone in any body of water such as a bath, pool or sink; an infant or child can drown in even 2 inches of water.
- Do not give an infant or a child any toy that is small enough to fit through a toilet paper tube.
- Read the label carefully before giving medication to an infant or a child.
- Lock away medications and keep them out of the children's reach. Be sure they have childproof caps.
- Do not let an infant play with other children or pets alone.
- Secure an infant or a child in an appropriate safety car seat.
- Do not leave an infant or a child alone in the car.
- Do not allow a child to cross the street by him/herself.
- Warn a child against speaking with a stranger; do not open the door to a stranger; do not go with a stranger or get inside his/her car.

## Home

- Do not smoke inside the house when infants/children are present.
- Do not leave an infant or a child alone on the table or in a highchair.
- Guardrails should be used for stairwells; all windows should have fire-safe guards.
- Loose rugs/carpets should be fastened to prevent stumbling.
- Put all plants out of children's reach.
- All electrical outlets should have childproof plugs.
- Lock away all detergents, cleaning supplies, and poisonous materials.
- Do not let an infant or a child get near the basement or garage.

## Bedroom

- Put infant to sleep on his/her back or side, never on the stomach.
- Do not place a pillow, stuffed animals or large objects in the baby's crib.
- Do not use a mattress that is too soft in the crib.
- The distance between the boards of the bed rail should not be wider than 2 3/8 inches.
- Do not put the baby's crib close to windows.

## Bathroom

- Do not leave an infant and/or child alone in a tub to answer the phone or to open the door.
- Test the water temperature before bathing an infant or a child to avoid burning.

## Kitchen

- Point the handles of pots and pans away from the edge of the stove (parallel to the edge is okay).
- Put matches and sharp objects out of reach.

## Feeding

- Offer a bottle to an infant in an upright position. Never prop up the bottle while the infant is lying down.
- Only put liquids such as breast milk or formula in a bottle. Do not put solids in a bottle.
- Test the temperature of the liquid before offering the bottle.
- Do not offer foods that can easily choke an infant or young child. For example: whole hot dog, whole grapes, peanut butter by itself, hard candies, and hard raw vegetables and fruits.