



## Skills Your Baby is Learning

Every baby develops at their own pace, usually through similar stages. Babies will wriggle and roll from birth, start to sit up at about 6 months and crawl at about 9 months. They will also start to reach and grab for objects and put them into their mouths. Understanding your baby's development as they grow will help you keep them safe.

## Common Causes of Injury

**Baby walkers** from crashing, falling and pulling things down on themselves.

**Burns** from hot water in baths, sinks and hot drinks and from food and drink heated in microwaves.

**Choking** on hard foods and small items.

**Drowning** in baths, pools, spas, ponds, and buckets.

**Falling** out of high chairs, prams and strollers.

**Poisoning** from medicines, cleaning chemicals, personal hygiene products and alcohol.

**Rolling** off the change table, bench and bed.

## Bathing

Never leave your baby unattended or take your eyes off them when they are near water.

Have everything you will need within arm's reach so you never have to turn or move away from your baby.

Place a non-slip mat in the bottom of the bath to avoid baby slipping.

Always check the water temperature with a thermometer before placing your baby in the bath. The temperature should be no more than 38 degrees to avoid a scald injuries.

When filling the bath, run the cold water first, then hot, then cold again and mix well. This is to keep the tap cold to touch and the water temperature even.

Check that hot water is delivered at a maximum of 50 degrees in the kitchen and bathroom. Water at higher temperatures can quickly scald babies' sensitive skin.

## First Aid for Burns

The correct first aid for a burn is cooling immediately with cold running tap water for a minimum of 20 minutes. Do not use iced water, ice, butter or oil.

## Feeding

Never hold babies and hot drinks at the same time. If spilt on your baby, hot drinks can cause severe burns.

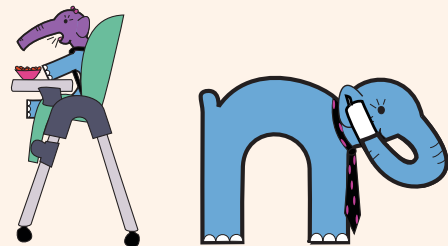
Never prop a bottle for your baby to feed alone and always supervise your baby when eating or being fed.

Always use a high chair with a 5 point harness.

When bottle feeding, check the milk-temperature before giving it to your baby. Microwave ovens heat unevenly. Stir food and shake bottles to mix contents before feeding your baby.

When starting solids, finely mash foods to avoid choking, then progress to coarsely mashed food.

Read medicine labels carefully and never give your baby more than the recommended dose.



## Sleeping

Always place your baby on their back to sleep with their feet at the bottom of the cot. Keep all toys, padding, pillows and bumpers out of cots and portacots. Do not put your baby in a pram to sleep unsupervised as there is a risk of smothering. Check the SIDS and Kids website for safe sleeping advice: [www.sidsandkids.org](http://www.sidsandkids.org)

Ensure portacots are erected securely when used. Only use cots and portacots that meet Australian Standards (Cots - AS/NZS 2172, Portacots - AS/NZS 2195:1999).

Position the cot away from windows and curtain cords and ensure all blind or curtain cords are out of reach and secured safely with safety devices.

Remove bibs and pacifier cords/ribbons.

Bed sharing with babies or toddlers is not recommended. It is difficult to apply SIDS and Kids safe sleeping guidelines, and babies can be injured by rolling out of bed or by adults rolling on top of them.

## Out and About

Use a child restraint that is less than 10 years old and meets the requirements of the Australia/New Zealand Standard (AS/NZS 1754).

By law, babies must stay in a rear-facing child restraint until they are at least 6 months of age. The safest option is to keep babies rear-facing for as long as possible, until they no longer fit.

Make sure the restraint is installed correctly to your vehicle and that the harness is adjusted to the size of your baby each time you travel.

Never leave your baby alone or unsupervised in the car. The temperature inside your car can increase by more than 30 degrees within fifteen minutes. When you leave your car, take your baby with you - even for small errands or when you are parked in the shade.

Always use harnesses in prams, strollers and supermarket trolleys and adjust them to fit your baby every time. Use a Standards Approved pram (AS/NZS 2088:2000) and place all bags under the pram to avoid it overbalancing.

Be aware that little fingers can become trapped in hinges of prams, strollers and doors.

Protect your baby from the sun by dressing them in light-weight, long sleeved clothing and a hat, find shade and use baby sunscreen ([www.sunsmart.com.au](http://www.sunsmart.com.au)).

## For More Information

<b>Kidsafe ACT</b> <a href="http://www.kidsafeact.com.au">www.kidsafeact.com.au</a>	<b>(02) 6290 2244</b>
<b>SIDS and Kids</b> <a href="http://www.sidsandkids.org">www.sidsandkids.org</a>	<b>1300 308 307</b>
<b>Cancer Council</b> <a href="http://www.cancer.org.au">www.cancer.org.au</a>	<b>13 11 20</b>
<b>ACT Fire Brigade</b> <a href="http://www.firebrigade.act.gov.au">www.firebrigade.act.gov.au</a>	<b>(02)6205 2927</b>
<b>Poisons Information Line</b>	<b>13 32 40</b>
<b>St Johns Ambulance for First Aid Courses</b> <a href="http://www.stjohn.org.au">www.stjohn.org.au</a>	<b>1300 360 455</b>
<b>Royal Life Saving Society</b> <a href="http://www.royallifesaving.com.au">www.royallifesaving.com.au</a>	<b>(02) 6260 5800</b>
<b>TAMS</b> <a href="http://www.tams.act.gov.au">www.tams.act.gov.au</a>	<b>13 22 81</b>
<b>ACCC</b> <a href="http://www.accc.gov.au">www.accc.gov.au</a>	<b>1300 302 502</b>
	<a href="http://www.productsafety.gov.au">www.productsafety.gov.au</a>

## At Play

Make sure there is a safe area away from heaters, stairs, pets, doors and other hazards for babies to play.

Keep play areas clear of small items (anything smaller than a ping pong ball) because they are choking hazards.

Empty wading pools, buckets, bins and other outdoor objects that can collect water after every use and store them upside down or on their side so they don't catch water when it rains.

Ensure that your pool or spa is properly fenced. Your local council can advise you on the regulations that govern pools and spas in your area.

Place secure lids on nappy buckets and store them up high to avoid poisoning and drowning.

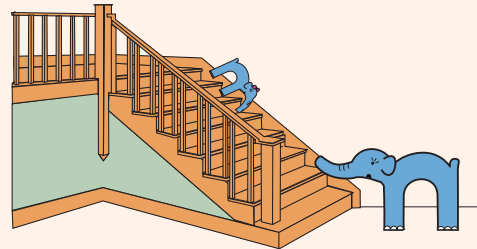
Keep visitors' bags up high out of reach.

Store all medications, cleaning products and other poisonous substances out of reach of children. A cupboard located at least 1.5m from the ground and with a child-resistant latch is best.

Baby walkers are not recommended because of the risk of severe injury.

Bouncers should be placed on the floor, never on a raised surface.

Always supervise children and babies around animals, and separate them at the animal's feeding time.



## Dressing

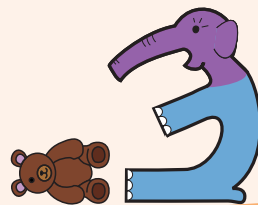
Never leave your baby alone on the change table, bench or bed.

Do not dress your baby in clothing with long drawstrings, ribbons or cords that could cause strangulation or choking.

Choose clothing that has low fire danger. Look for LOW FIRE DANGER labels on all clothing and nightwear.

## Toys

Toys need to be age appropriate, durable and washable, have smooth edges and no small parts that can fall off and be swallowed. Ensure toys meet the Australian Standard (AS/NZ 8124) for toys for children under 3 years of age.



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