

Skills Your Child is Learning

Between 1¹/₂ and 3¹/₂ years children are actively exploring their environment and want to do everything without help. Children will begin to run and jump without fear of heights or danger. The smell, taste and texture of things will become fascinating. Three out of four children will be injured at this age, many are hospitalised.

Common Causes of Injury

The major causes of death from injuries in this age group are:

- Drowning
- Transport Injuries
- Choking and suffocation

The major causes of hospital-treated injuries in this age group are:

Animal related injuries scratches and bites, often from when the animal is eating.

Burns and scalds from touching hot objects such as stoves, fireplaces, heaters, irons and from hot water.

Cutting, piercing and bruising from running into hard objects or sharp corners. Being hit, struck or crushed by an object or person and running into low branches on trees and bushes.

Falls from climbing, jumping and falling off furniture and playground equipment. Remember a young child's body is top heavy which makes it easier for them to overbalance.

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

Transport and pedestrian accidents from car accidents, running onto the road or being hit by reversing vehicles, especially in driveways.

Feeding

Model appropriate eating behaviours for your child.

Always use a 5 point harness in highchairs.

Supervise children when they are eating. Do not allow children to eat while walking or running around.

Do not give young children small, hard foods such as nuts and raw vegetables.

Bathing

Never leave your child unsupervised in the bath and keep children out of the bathroom unless supervised.

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

Keep electrical appliances out of children's reach.

Sleeping

Your child might start to climb out of the cot. It may be time to move your child into a bed or mattress on the floor.

Bunk beds are not designed for children to play on and not recommended for children under 9 years of age. Use trundle beds as an alternative.

Replace all smoke alarm batteries annually.

Use cord windups to keep curtain and blind cords out of reach of children (refer to www.accc.gov.au for more information).

Bed sharing with young children 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.

In the Home

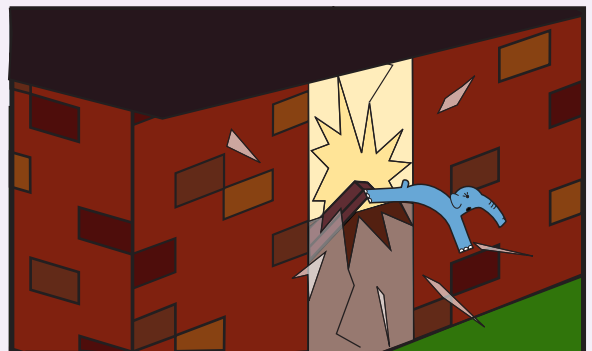
Use toys appropriate to your child's age.

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.

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.

Use safety glass or shatter resistant film in low windows and doors. Enhance visibility by placing brightly coloured stickers at the child's height on any glass panels or sliding doors and cover sharp corners of furniture.

Be aware that little fingers can get caught in door hinges - use finger jam protectors, carefully observe children at all times, and avoid slamming doors.



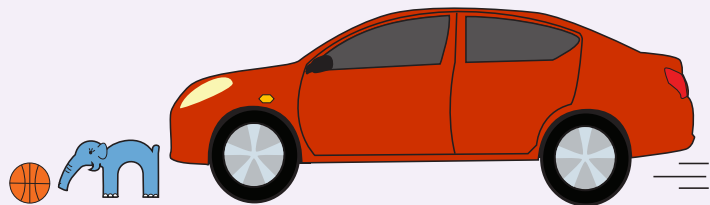
Out and About

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, children under 4 years of age must be in a forward facing child restraint with an in-built harness (a car seat) or a rearward facing restraint.

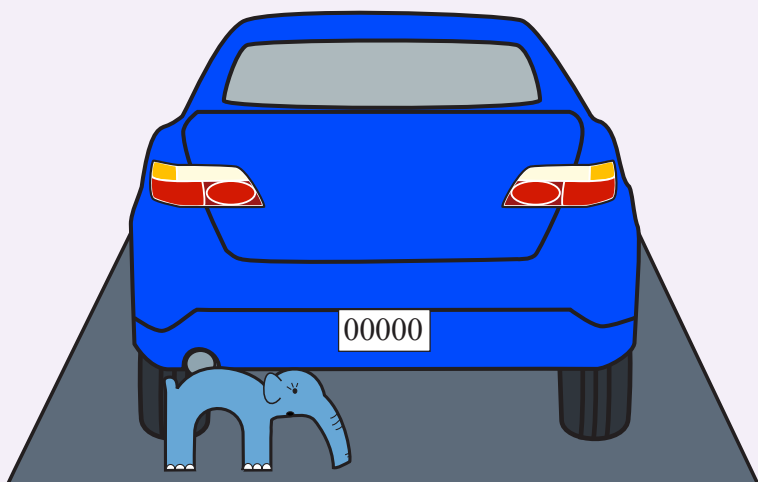
Ensure your child stays in their current restraint until they have outgrown it.

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



Never leave your child 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 child with you - even for small errands.

Ensure children are in the habit of entering and exiting the car on the kerb side to minimise their exposure to traffic.



At Play

Always Supervise Your Child

Only buy or build play equipment that meets the Australian Standard and is suitable for your child's age, size and stage of development. Install playground equipment and cubbies away from hazards such as hard paths, garden edging and stakes.

Place impact absorbing material underneath and around equipment. The fall height from play equipment should be less than 1.5 metres.

Lock weed sprays, fertilisers and garden equipment in a shed and only use them when children are not around.

Supervise children when they are around animals and separate them when the animal is eating.

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.

Dress your child in a hat and long sleeves and use sunscreen that is suitable for young children.

Ensure your child always wears a helmet when skating or riding a bicycle, skateboard or scooter, and that the bicycle and helmet are the right size for your child. Children should also wear wrist guards, elbow and knee pads when skating.

For more information

Kidsafe ACT www.kidsafeact.com.au	(02) 6290 2244
SIDS and Kids www.sidsandkids.org	w1300 308 307
Cancer Council www.cancer.org.au	13 11 20
ACT Fire Brigade www.firebrigade.act.gov.au	(02)6205 2927
Poisons Information Line	13 32 40
St Johns Ambulance www.stjohn.org.au	1300 360 455
Royal Life Saving Society www.royallifesaving.com.au	(02) 6260 5800
TAMS www.tams.act.gov.au	13 22 81
ACCC www.accc.gov.au	1300 302 502 www.productsafety.gov.au

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