

## Skills Your Toddler is Learning

Toddlers will become increasingly mobile now and start to walk. They will also become very curious and may try to open cupboards, turn switches on and off and seek out items they know exist, even if they are hidden from view. At this age your toddler may want to test everything by putting it in their mouth. Toddlers often copy what they see adults doing, so it is important to model safe behaviour.

## Common Causes of Injury

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

**Choking** on hard foods or small toys.

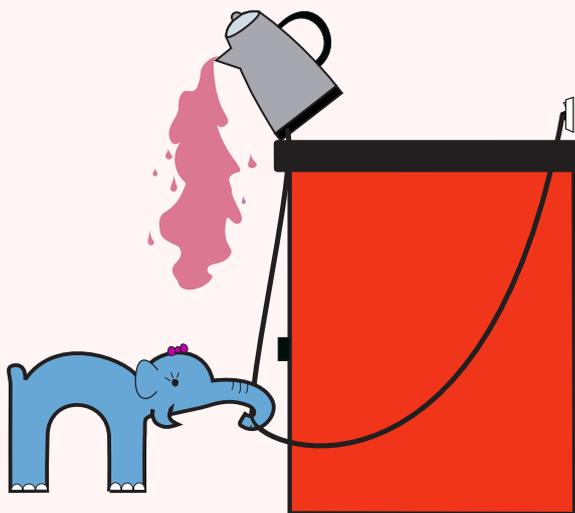
**Cuts and finger jams** from glasses, knives, cans and other sharp objects as well as doors, prams and other furniture.

**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.

**Pedestrian** - Being hit by vehicles on driveways and roads.

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

Burns and jamming injuries from treadmills, exercise bikes and other home exercise equipment.



## Bathing

Always stay with your child when bathing. When household distractions occur, like the telephone or doorbell ringing, take your child with you.

Check the temperature of the water before bathing your child. The water should be no more than 38 degrees.

When filling the bath, run the cold water first, then hot, then cold again and mix well.

This keeps the tap cold to touch and the water temperature even.

The kitchen and bathroom hot water should be delivered at a maximum of 50 degrees. Talk to a plumber for more information.

Keep electrical appliances out of children's reach and away from water sources.

## First Aid for Burns

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

## Sleeping

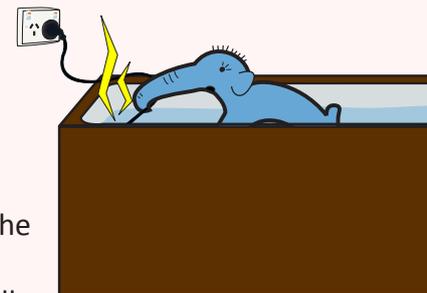
Choose clothing that has low fire danger. Look for a LOW FIRE DANGER label on all children's clothing especially nightwear.

Remove all objects that could allow your toddler to climb out of the cot and remove bibs and dummy cords before putting your child down for a sleep.

Always have the side of the cot raised when your child is inside.

Adjust the cot mattress so it is at the lowest level to prevent your child climbing out and falling.

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.



## 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.

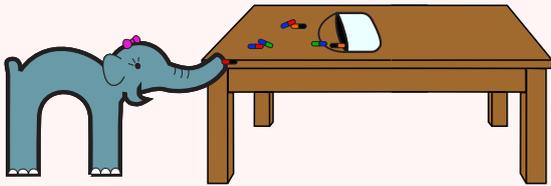
Rear facing is the safest option for as long as the child fits. Ensure your child stays in their current restraint until they have outgrown it.

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.

Keep all handbags out of reach, including visitors'. Young children often get medicines and other poisons out of handbags.



### For more information

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

## At Play

Create a safe shady play area separated from pools, driveways and any other hazards. Where possible, install gates to stop your toddler from getting onto the road and driveway.

Supervise your children around cars. Driveways should not be used as a play area.

Use sunscreen and dress your child in lightweight long sleeves and a hat.

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.

Empty wading pools, eskies, buckets and any other water catching objects after every use and store them upside down, on their side or deflated. Place a wire mesh over water features like ponds.

Supervise children on play equipment and choose equipment that is appropriate for their size and level of development.

Install playground equipment or cubbies away from hazards with hard surfaces such as concrete paths, garden edging and stakes. Place soft impact absorbing material underneath all equipment. Slides, climbing frames, horizontal and vertical ladders etc. should be less than 1 metre above the ground.

Lock up and keep pesticides, mower fuel, paints and herbicides out of reach of children. Identify any poisonous plants that may be growing in your garden and remove them or place them in a hanging basket out of reach ([www.austin.org.au/poisons](http://www.austin.org.au/poisons)).

Never allow your child to play unsupervised with animals. Separate children and animals when the animal is eating.

