

### Skills Children are Learning

Between 1<sup>1</sup>/<sub>2</sub> and 3<sup>1</sup>/<sub>2</sub> 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, hair straighteners and from hot liquids, food and oil. Replace all smoke alarm batteries annually.

**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, alcohol, tobacco, vapes and vape refills.

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

### Food and Drinks

Model appropriate eating behaviours for children.

Always use a high chair with a 5 point harness.

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

### Sleeping

Children might start to climb out of the cot at this age. It may be time to move children 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.

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

### Bathing

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

Keep the plug up high and out of reach when not in use

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.

### Button batteries

If a button battery is swallowed it can become stuck and burn through the child's oesophagus in less than 2 hours, even if the battery is flat.

Keep devices with button batteries out of reach if the battery compartments aren't secure, lock away loose batteries, make sure to check through bowls with coins and if a child swallows a button battery, or you suspect they may have, go to emergency right away. Visit our website for more information.

### In the Home

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).

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-proof latch is best.

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

Use safety glass or shatter resistant film on low windows and doors, and place brightly coloured stickers at the child's head height so they can see there is glass in their path.

Be aware that little fingers can get caught in door hinges. Use finger jam protectors and carefully observe children at all times. Check for children before closing doors.



## Out and About

Use a child car seat that is correctly fitted, less than 10 years old, hasn't been in an car crash 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 car seat with an in-built harness or a rearward facing car seat.

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

Make sure the car seat is installed correctly to your vehicle and that the harness is adjusted to the 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.

Make sure you know where children are whenever anyone is coming or going from your house.

Keep all handbags out of reach, both yours and visitors'. Young children often take medicines and other poisons out of handbags.

## For more information

**Kidsafe ACT** (02) 6290 2244  
[www.kidsafeact.com.au](http://www.kidsafeact.com.au)

**Red Nose** 1300 998 698  
[rednose.org.au](http://rednose.org.au)

**Cancer Council - SunSmart** 13 11 20  
[www.sunsmart.com.au](http://www.sunsmart.com.au)

**ACT Fire and Rescue** (02) 6205 2927  
[esa.act.gov.au/fire-rescue](http://esa.act.gov.au/fire-rescue)

**Poisons Information Line** 131 126

**St Johns Ambulance First Aid Course** 1300 360 455  
[stjohnact.com.au](http://stjohnact.com.au)

**Royal Life Saving Society** (02) 6260 5800  
[www.royallifesaving.com.au](http://www.royallifesaving.com.au)

**Access Canberra** 13 22 81  
[www.accesscanberra.act.gov.au](http://www.accesscanberra.act.gov.au)

**ACCC** 1300 302 502  
[www.accc.gov.au](http://www.accc.gov.au)  
[www.productsafety.gov.au](http://www.productsafety.gov.au)

**National Burns Awareness Month**  
[kidsafe.com.au/national-burns-awareness-month](http://kidsafe.com.au/national-burns-awareness-month)

## At Play

### Always Supervise

Only buy or build play equipment that meets the Australian Standard and is suitable for the 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 and separate children and animals when they are eating.

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

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



Empty portable pools, buckets, bins and other outdoor objects that can collect water straight 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.

Always actively supervise children within arms reach when in or around water.



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