

SAFETY INFORMATION FOR PARENTS WITH CHILDREN

- Ensure that you have smoke detectors and carbon monoxide detectors in your home and check them regularly
- Ensure that your hot water tank is turned down (49C or lower prevents burns in children)
- Childproof your house (use electric plug protectors, put child locks on dangerous cupboards/drawers, make sure large furniture is steady/safe, use safety gates for stairs, ensure firearms and matches/lighters are locked away)
- Ensure all toys are safe & appropriate for your child's age (watch out for small pieces that small children could choke on)
- Be aware of safe sleep guidelines (it is safest for infants to sleep on their side or back, room share until 6 months of age if possible, avoid bed sharing, ensure no bumper pad/loose parts/loose blankets in crib)
- Post the Ontario Poison Centre toll-free number somewhere easy to access:
1-800-268-9017
- Always avoid second hand smoke exposure for all children
- Children under 6 months of age should not wear sunscreen, so use clothing/hats with SPF protection, umbrellas, etc.
- Water safety is very important – drowning is the #1 cause of death in kids under age 4, most commonly when there is unexpected and unsupervised access to water *Check out our online resources and always assign a 'water watcher': one person who will pay constant attention to each child when an event is close to water*
- Children under 6 years of age should not use over-the-counter cough and cold medicines (the risks and side effects outweigh the benefits)
- Avoid excessive screen time in young children, and if children are engaging in screen time, it is best to focus on short education-based programs and activities