

## Prevent fires and burns:

- Check your smoke detector (replace the batteries if necessary) and practice a fire escape plan.
- Put plastic covers in ALL unused electrical outlets.
- Keep hot appliances and cords out of reach.
- Keep all electrical appliances out of the bathroom.
- Don't cook with your child at your feet. Hot fluids can easily spill on child.
- Use the back burners on the stove, with pan handles out of reach.
- Turn your water heater down to 120 degrees F.
- Use sunscreen if your child will be outside playing. We recommend an SPF of at least 30.

## Prevent drowning:

Never leave an infant or toddler alone in a bathtub. Continuously watch your child around any water, including toilets and buckets. Keep toilet seats down and store buckets upside down.

If the phone rings take your child with you to answer it or call back later.

Make sure doors to pools or lakes are locked with a locking mechanism out of reach for young children.

## Avoid Choking and Suffocation:

Keep dangling cords (drapes, electrical) out of reach. Tie plastic bags in knots and keep them out of your child's reach. Children can get them around their heads/necks and may choke.

## Prevent Poisonings:

Keep medicines, vitamins, cleaning supplies, and gardening chemicals locked away. Install safety latches on cabinets.

Keep the Poison Control Center phone number: 1-866-1212, on all phones.

Grandmother's purse can be very interesting for young children and full of dangerous medications. Make sure to keep purses out of your child's reach.

## Firearm Safety:

Keep guns locked, unloaded with ammunition stored separately and up and away from the reach of all children.

## Passive Smoke Exposure:

We also caution against passive smoke exposure of any kind, including vapor from e-cigarettes.

Our recommendation for the health of your baby is no smoking. The more smoke your child is exposed to, the higher their chance of developing more colds, lung infections, ear infections, allergies, asthma problems, and cancer. The best thing for your child's health is for you not to smoke at all. Even if you don't smoke near your child, chemicals from smoking stay with you on your clothes and on your body. If you must smoke, smoke outside the house, never inside the home or in the car. Even if your child is in another room or not in the car at the moment, they will still be exposed to lingering, harmful chemicals later.