

# Safety Tips:

## Walkers (1-2 Years)



Lucile Packard  
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Childhood Injury Prevention

### Safety In and Around Cars

- Do not ever leave your child alone in the car to avoid heatstroke-related injury and death.
- Choose soft toys for babies to play with in the car. Secure loose objects and toys to protect everyone in the car in case of a crash.
- Only buy a used car seat if you know its full crash history. Once a car seat has been in a crash, it needs to be replaced.
- Look at the label on your car seat to make sure it's appropriate for your child's age, weight and height. Make sure to check the car seat's expiration date.
- Keep your child in a rear-facing car seat for as long as possible (until they have reached the top weight and height allowed for your car seat).
- Use either the car's seat belt or LATCH system to lock the car seat in place. Don't use both at the same time.
- Make sure the harness of your car seat is tightly buckled and coming from the correct slots (check your car seat manual). With the chest clip placed at armpit level, pinch the strap at your child's shoulder. If you are unable to pinch any excess webbing, your child is secure.
- Once your car seat is installed, give it a hard tug at the base where the seat belt goes through it. The car seat should not move more than one inch.
- For more car seat guidelines and information, visit <http://www.safercar.gov/parents/CarSeats.htm> or one of Stanford Children's Health's free car seat checks.

### Bath Time Safety

- Never leave your child unattended around water, even if they are in a baby bath seat or ring. Babies can drown in as little as one inch of water.
- Check the water with your wrist or elbow before giving your baby a bath to prevent burns.
- Empty tubs, buckets, and pools immediately after use.

### Bedtime Precautions

- Keep soft bedding and stuffed animals out of the crib. All you need is a firm mattress covered with a tight-fitting crib sheet.
- Make sure there are no gaps larger than 2 fingers between the sides of the crib and the mattress.
- The slats of your crib should be narrower than a soda can.

### Avoiding Falls

- Install window guards and place chairs, cribs, and other furniture away from windows to prevent unintentional window falls.
- Keep windows locked and closed when they are not being used.
- Try using a stationary activity center instead of a baby walker. Look for one that is on a stable, non-moveable base and place it away from stairs, hot appliances or electrical cords.
- If a baby is in a walker at home, the baby must be actively supervised at all times. Walkers can easily fall down stairs, tip over or help your child gain access to hazards in the home.
- Actively supervise your child around stairs.

## Preventing Scalds/Burns

- To prevent accidental scalding, set your water heater to 120° F or the manufacturer's recommended setting.
- Install barriers such as safety gates around fireplaces, ovens and furnaces as well as at the tops and bottoms of stairs.
- Don't carry or hold a child while cooking on the stove.
- Use the back burner of your stove and turn pot handles away from the edge to prevent accidental hot food/liquid spills.
- Unplug and safely store irons, flat irons and other appliances that might be hot to the touch.
- Limit sun exposure. If your child will be in the sun, use protective clothing and apply sunscreen before going outside and every two hours while outside.

## Preventing Choking

- Before buying a new toy, check to make sure there aren't any small parts or other potential choking hazards. Look out for small game pieces.
- Keep small objects such as buttons, beads, jewelry, pins, nails, marbles, coins, stones and tacks out of reach and sight.
- Cut food into small pieces. Children under 5 years old should not eat small, round or hard foods, including pieces of hot dogs, cheese sticks or chunks, hard candy, nuts, grapes, marshmallows or popcorn.

## Battery Safety

- Keep small electronics or devices that use button batteries (including remote controls, key fobs, watches, pocket calculators, musical greeting cards and flameless candles) out of reach.
- If you suspect your child has ingested a battery, go to the hospital immediately. Do not induce vomiting or have your child eat or drink anything until assessed by a medical professional.
- Keep the National Battery Ingestion Hotline 202-625-3333 on hand.

## For Extra Peace of Mind

- Take the time to learn CPR/first aid.
- Childproof your home (this includes placing poisonous items, medicines, plastic bags and cords out of reach and using outlet covers, childproof cabinet locks, and furniture straps.)
- Keep the poison control number handy: 800-222-1222
- Do not leave heavy objects or hot liquids on table cloths.

## Calming Your Baby

- Do not ever shake your baby. This could cause serious brain injury.

## Bike Safety

- Make sure your child has the right size helmet and wears it every time he/she is on a bicycle.



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