

Be Safe, Not Sorry

7-12
Months

Injury is the biggest danger to your baby's life.

At this age, your baby will learn to roll over, crawl, sit, and stand. Your baby may even take a few steps. Your baby will try to explore the world by touching and putting things into his mouth.

Be Ready. Watch your baby closely.

Do you do these things to keep your baby safe?

Safe in a Car

In a car, the safest place for your baby is in a car seat. By law, your baby must be in a car seat until 6 years old or 60 pounds.

- I buckle my baby correctly into a rear-facing car seat for every ride in the car.** I fasten the car seat in the back seat of the car away from air bags. I make sure the harness straps fit snug around my baby and place the retainer clip at armpit level.
- I never hold my baby on my lap while I drive or ride in a car.** My baby could be crushed by my body or thrown from the car, even during a small crash.
- I will never leave my baby alone in a motor vehicle.**



Safe from Falls

Falls from heights can badly hurt your baby.

- I use gates on the stairways and doorways in my home.**
- I use locks to keep the windows in my home from being opened more than 4 inches.**
- I do not use baby walkers.** My baby could tip over and fall out. He could pull hot or sharp things onto himself.
- I will call my doctor right away if my baby falls and hits his head.**



Safe from Burns

Your baby will try to grab at everything, even hot things.

- I keep hot food, hot drinks, and other hot things away from my baby.** I keep my baby out of the kitchen when I cook.
- I protect my baby from getting burned by tap water.** I set my water heater below 120°. I always test the water with my elbow or wrist before I use it on my baby.
- I put screens or gates around fireplaces, wood stoves, or heaters.**
- If my baby does get burned, I will put the burn in cold water right away.** After that I will cover the burn loosely with a clean bandage and call my doctor.
- My home has working smoke detectors in the areas where my family sleeps.** I test the batteries once a month. I change the batteries twice a year, when daylight savings time changes.



Safe from Choking

Babies learn about the world by putting things into their mouths. Babies can choke on small things.

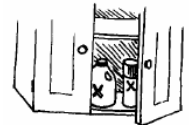
- ❑ I keep all small things out of my baby's reach.
- ❑ I do not give my baby solid foods like raw carrots, apples, hotdogs, grapes, raisins, nuts, popcorn, or peanut butter.
- ❑ I keep my baby away from things that can cover his nose or face, like plastic bags or balloons.
- ❑ I will ask my doctor to teach me what to do if my baby starts to choke.



Safe from Poisoning

Your baby will try to put everything into his mouth, even if it tastes bad. Just saying "no" does not keep your baby safe.

- ❑ I keep all products, such as vitamins, iron pills, make-up and household cleaners, out of sight and reach of my baby. I use safety latches on all drawers and cupboards.
- ❑ I keep the Poison Control number near my phone. If my baby puts something that may be poison into his mouth, I will call the Poison Control Center at 1-800-222-1222. They will tell me what to do next.



Safe from Drowning

Babies can drown quickly and in just a few inches of water.

- ❑ I keep my eyes on my baby at all times and stay within arms reach. I do this when he is in or near water. This includes a hot tub, wading pool or swimming pool.
- ❑ I keep my baby from getting near a swimming pool without me. The pool has a 5-foot fence around all 4 sides. The fence gate closes by itself and stays shut. The latch on the gate is out of reach of my baby.
- ❑ I make sure to empty buckets, baby pools and bathtubs right after I have used them.



Comforting My Baby

Babies cry to tell you what they need. Holding babies does not spoil them.

- ❑ When my baby cries, I gently hold and comfort him while I try to understand what my baby needs.
- ❑ Shaking or hitting my baby is very unsafe. It could hurt or kill my baby. If I ever feel I may hurt my baby, I will call a relative, friend or 1-800-422-4453 (1-800-4 A CHILD) for help.



I will learn infant CPR and First Aid. They can save my baby's life.

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IMPORTANT PHONE NUMBERS

Emergency: 9-1-1

Poison Control: 1-800-222-1222

Child Abuse Hotline: 1-800-422-4453