

# Frequently Asked Questions: Safety at Home



## How can I make sure my child's bedroom is safe?

Keep your child in a toddler bed or on a mattress on the floor until he or she is five years old. The bed should be low to the floor. Make sure there are no large gaps between the mattress and the bed frame. Do not let children under the age of six sleep in a bunk bed.

Keep all furniture away from windows and tie up blind cords. Use window guards or window locks in your child's bedroom. A window screen will not be enough to keep your child from falling out. Attach heavy furniture such as dressers and bookshelves to the wall using safety straps or screws. Store products like lotions and creams up high and out of reach.



## Do I still need to use a baby gate?

It is best to keep using a gate at the stop of the stairs to stop your child from falling. Use a baby gate that screws into the wall at the top of the stairs. The gate should open away from the stairs rather than swing out over the stairs.



## How can I keep my child safe from household burns?

Children's skin is thinner than adults and can burn more easily. To prevent burns in the kitchen, turn pot handles in towards the back of the stove and use back burners whenever possible. Keep hot liquids and appliance cords out of reach on countertops and other surfaces. In the bathroom, check your child's bath water with the inside of your arm to make sure that it is not too hot. Keep hair dryers, curling irons and hair straighteners out of reach of children.

Keep small children away from fireplaces, portable heaters and wall heaters. Block off the area in front of heaters with screens or gates. Do not leave children alone around barbecue grills and backyard fire pits.

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## How do I find out information about toy and other product recalls?

Recalls can be found at <http://healthycanadians.gc.ca/recall-alert-rappel-avis/index-eng.php>. Make sure to send in the registration card, or register your baby equipment online with the manufacturer. This way, if something you own is recalled, the manufacturer can let you know.



## How can I safely buy second hand items for my child?

At this age, your child may be spending more time outside and moving on from toddler toys and furniture to items meant for older children. Before buying second hand toys and products, make sure each item has all its parts and is working well. If anything is missing when you bring it home, you can call the manufacturer for replacement parts, including instructions. Instructions may also be found online.

Check for recalls regularly at <http://healthycanadians.gc.ca/recall-alert-rappel-avis/index-eng.php>.



## How can I safely give my child medicine?

A common way a child could be poisoned at home is from too much medicine, or from getting the wrong medicine. Check with your doctor before giving your child any kind of medicine. Measure all medicines and write down the amount and time it was given. Use the measuring spoon or cap that comes with medicine; kitchen spoons can give too little or too much medicine. An adult should always be the one to give your child medicine. Keep all medicines and vitamins up high, or in a locked cupboard.