



# keeping out of trouble

essential safety tips  
for you and your baby



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## taking good care

Babies and children up to 4 years old are the age group at most risk of having an accident in the home. But most household accidents are avoidable. You can minimise the risk in your home by getting hold of a few essential safety items, following the helpful advice within this card, and using plenty of common sense.

## what you may need...

- smoke detector\*
- baby safety gates
- non-slip bath mat\*
- socket covers\*
- cupboard catches
- listening monitor
- fire guard\*
- door slam protector
- safety film for glass
- cat net
- harness and reins
- carbon monoxide gas alarm
- magnet drawer or cupboard lock
- play pen – can be helpful
- first aid kit
- window locks

\*essential items

## preventing accidents

### ways to prevent accidents...

- supervision – this is so important, especially in new surroundings eg on holiday or visiting relatives.
- take care at busy times of the day – you may be distracted eg at meal times, bedtime or getting ready to go out.
- fit home safety products – eg hob guard (also keep pan handles turned inwards). Install safety gates at the top and bottom of stairs to prevent a fall.
- learn basic first aid – so you know what to do if your child has an accident.
- be fire aware – always fit a smoke detector and use a fire guard (plus know how to escape in the event of a fire).
- watch for older children playing near babies or toddlers.
- a safety harness for the highchair or when out and about with an energetic toddler (with the additional reins) can help keep your little one safe.
- remember to always supervise your baby at meal times. Babies can even try and tip their highchair by pushing on kitchen units or walls close by.
- a monitor offers parents peace of mind. As soon as baby wakes, you'll know about it. Please remember though monitors are an aid, they aren't intended to replace adult supervision.

### common dangers... and how to avoid them

- falling and tripping – remove toys, fit a baby safety gate, and always supervise on stairs.
- burning and scalding – always test bath water, and never leave hot drinks within reach.
- drowning – never leave a baby or young children alone in the bath.
- suffocation/strangulation – keep cats away from bedrooms, remove blind/curtain cords well away from your baby's reach.
- choking – babies love putting things in their mouth, so remove older children's small toys from the floor, and keep household liquids and medicines safely out of the way. Keep deflated balloons well away from babies and young children – they pose a real danger if swallowed.

### where to find out more

visit [www.mothercare.com.au](http://www.mothercare.com.au) or call 1300 217 700

## socket covers



## baby gates



## starting to understand 'no'



## supervision when learning

