

Whoops-a-daisy!

Accidents:

Accidental injuries are the most common threat to your child's health.

Make your child's environment as safe as possible to help avoid accidents.

Below are some ideas for making your home safer.

- * Put medicines, cleaning products and pest poisons out of reach or locked up.
- * Discard old medicines by flushing down the toilet.
- * Remove electric cord extenders on appliances from wall sockets immediately after use.
- * Keep hot irons and their electric cords away from children.
- * Ensure pot handles are kept away from the edges of stoves.
- * Screen fireplaces.
- * Use plastic covers on electric sockets not in use.
- * Keep poisonous plants such as poinsettia leaves, daffodil bulbs, and castor beans away from children.
- * Keep dangling cords, like venetian blinds, and mobiles, away from cribs and out of baby's reach.
- * Discard toys that are broken and have sharp edges.
- * Make sure shelves and bookcases are secure and can't be pulled over or used as a climbing frame.
- * Keep a fiberglass cloth to smother a fire.

Keep a first aid kit handy and explain its use to older children.

A basic kit should include:

- * phone number of poison control center
- * assorted band aids
- * packet of absorbent cotton wool
- * box of sterile gauze dressings for cuts
- * roll of 2 inch gauze bandage
- * 3 crepe bandages for sprains
- * sterilized eye pad with bandages
- * large triangular bandage or a piece of clean white linen to use as a sling or dressing for burns and scalds
- * safety pins and surgical tape for securing bandages
- * blunt-ended tweezers
- * mild antiseptic cream
- * calamine lotion for soothing sunburn and stings
- * hydrogen peroxide (3%) or antiseptic wipes for cleaning wounds
- * thermometer or fever strips
- * syrup of ipecac - Have this on hand and only use if directed by the Poison Control Center.
- * acetaminophen or ibuprofen
- * a soft sterilized toothbrush for cleaning cuts and grazes

Remember: A child needs to gain experience with his environment and learn how to make personal safety decisions. So be prepared for when those explorations go wrong.

For information about your child care needs, please call Child Care Resource at (802) 863-3367.