

# ALWAYS IN SAFE HANDS

A guide to help keep our children safe at every step

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safety  
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4  
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## KEY ROAD SAFETY CHECKS



Always slowdown in advance when approaching a traffic signal.



Always use a hands-free device while driving.



Check speed regularly.



Never leave children unattended in the car.












Use the child safety lock while travelling with children.



Ensure child seats are installed correctly and used on every journey.

## CAR SEAT SELECTION GUIDE

GROUP	AGE	TYPE	WEIGHT	FEATURES
0+	Birth to 12 months	Infant	Birth to 10-13 kgs	 Rear Facing only
0+1	Birth to 4 years	Convertible	Birth to 18kgs	 Rear and Forward Facing  Rear
0+1+2	Birth to 6 years	Infant to Toddler	Birth to 25kgs	 Rear and Forward Facing
1	9 months to 4 years	Toddler	9-18 kgs	 Forward Facing only
1+2	9 months to 6 years	Toddler to Booster	9-25 kgs	 Forward Facing only
1+2+3	9 months to 12 years	3 in 1 Car Seat	9-36 kgs	 Forward Facing only 
2+3	4 years to 12 years	Booster w/without Back Seat	15-36 kgs	 With vehicle Latch only  Shoulder belt push Forward clip

## INSTALLING THE CHILD CAR SEAT

- Rear of the car is the safest place for all children under the age of 12.



- Do not place the child seat in the front.
- If the child seat remains in the car permanently, make sure it is regularly checked and is securely held.
- Check for any forward or sideways sway, once the child is secured in the seat.



- Push your weight into the child car seat and pull the shoulder belt to make sure the child seat is securely held. There should be no slack in the seat belt.



- Check that the seatbelt buckle is not resting on the child seat frame (this is known as 'buckle crunch').
- Make sure the seatbelt passes through all the correct guides on the child seat.

## TIPS FOR STROLLER SAFETY

- If the stroller has a handrest at the front of the seat, make sure the opening between the handrest and the seat is closed when using the stroller in a reclined position.
- When folding or unfolding a stroller, keep the child away from it.
- Always secure the seatbelt.
- Never leave the child unattended, especially when asleep.
- A stroller is not a toy. Never allow children to use it as a plaything.
- Never use a pillow, folded quilt or blanket as a mattress in a stroller or carriage.

# CHILDPROOFING OUR HOMES



- Throw away leftover garden chemicals and other waste that is lying around the house.



- Keep medicines out of children's reach.
- Keep sharp objects out of children's reach.
- Keep poisonous plants out of children's reach.
- Many children get hurt by falling from bunk beds. Put the top-level of the bunk bed down on to the floor, so that there are two lower beds.

- Make the child's outside play area, a long way from the driveway.
- Place the television on low furniture and as far back as possible.
- Drawstrings on children's clothing and nightwear can cause strangulation. Remove drawstrings from the hood and neck areas of outerwear such as sweatshirts and jackets.
- Window Guards and Safety Netting for balconies and decks can help prevent serious falls.
- Children learn from what we do. If we are careful at home, they will be too.

## DOOR KNOB COVERS AND DOOR LOCKS



- ◆ Make sure the knob cover allows the door to be opened quickly by an adult in case of emergency.
- ◆ Door stops and door holders can help prevent small fingers and hands from being pinched or crushed in the doors and door hinges.
- ◆ Door locks keep children away from unsafe places including swimming pools.
- ◆ Door locks should be placed high, out of reach of young children.
- ◆ Locks should be used in addition to fences and alarms.

## HOME SAFETY ESSENTIALS



- ◆ Use safety latches and locks on cabinets, and drawers in kitchens and bathrooms, to keep harmful articles and objects away.
- ◆ Use angle braces to secure furniture to the wall.
- ◆ Use safety gates to prevent falls from the stairs.
- ◆ Use door knob covers and door locks to prevent children from entering rooms and other areas with possible dangers.
- ◆ Use corner and edge bumpers to help prevent injuries from falls against sharp edges of furniture.
- ◆ Use safety sockets to avoid electric shocks.



# CHILD SAFETY PRECAUTIONS



Putting things in their mouths is one of the ways that babies and small children explore their world. Food, toys and other small objects that can easily lodge in a child's airway, usually cause choking.

## Food

- ◆ Encourage children to sit when eating and to chew thoroughly. Teach them to chew and swallow their food before talking or laughing.

## Toys, balloons and other small objects

- ◆ Never let children run, play sports or ride in the car with gum, candy or lollipops in their mouth.
- ◆ Be sure to read all manufacturers' food labels carefully to determine choking risks.

## Crib

- ◆ Place an infant in a crib or bassinet with a firm mattress, without blankets, pillows or stuffed animals.
- ◆ Never use strings to hang objects such as mobiles, toys, or a diaper bag in or near the crib.
- ◆ Never place the crib or any children's furniture near window blinds or drapes.
- ◆ Make sure crib gyms are installed securely at both ends and cannot be pulled down.
- ◆ Don't use sharp and pointy toys, near the crib, that can hook onto clothing.
- ◆ Ensure cribs are assembled properly and that no parts are loose or broken.
- ◆ Check all the hardware: nuts, bolts and screws regularly.



- ◆ Never place infants to sleep on an adult bed, water bed or bunk bed.
- ◆ Place the child's feet at the foot of the crib.
- ◆ A blanket must never cover the face or the head of the child.
- ◆ Secure bumper pads around the entire crib.
- ◆ Always lock the side rail in its raised position whenever we place the child in the crib.
- ◆ As soon as the child can stand up, adjust the mattress to its lowest position and remove the bumper pads.

## Swaddling the child

- ◆ Once the child is a month old, we should stop swaddling our child when sleeping, as it hinders mobility.

- ◆ Swaddling could also lead to overheating.

## Playpens

- ◆ Never leave the infant in a playpen with the side down.
- ◆ Never leave the mesh side down as it forms a pocket. Young infants, even just a few weeks old, can move into the pocket, get trapped and suffocate.
- ◆ Ensure that the playpen is always securely locked to prevent it from collapsing and entrapping the child's neck.
- ◆ Remove all the large toys, boxes & bumper pads. These can be used to climb out.

## HOW TO PREVENT FALLS



Our child's safety hinges on a few basic precautions:

- Clear the stairs to prevent the child from tripping and falling.
- Install safety gates at the top and bottom of the stairs and ensure they are locked at all times. Check the stability of the hinges frequently.
- Install window locks on all windows that are within the child's reach.
- Prevent access to extension cords and ladders
- Address slippery or uneven surfaces
- Use night lights
- To reduce the risk of injury, cover sharp furniture corners with corner or edge bumpers.

## HOW TO TREAT SPRAINS, STRAINS AND FRACTURES



Despite our best efforts to promote child safety at home, falls are still possible. Injuries such as sprains, strains and fractures can happen easily. Here's a list of basic steps we need to follow, if our child is hurt.

- If the child is bleeding, stop the bleeding by applying pressure to the wound with a sterile bandage or a clean cloth.
- Apply a bag of ice to the injured area for up to 20 minutes, with a towel between the skin and ice.
- If raising the injured part does not cause pain to the child, attempt to raise it.
- If the child feels faint or is breathing in short, rapid breaths, lay the person down with the head slightly lower than the trunk and if possible, elevate the legs.
- In case of severe injury, call for help.





# HOW TO ENSURE SAFETY AROUND WATER



- ◆ Never leave the child alone in a bathtub.
- ◆ Keep the toilet lid down and ensure young children stay out of the bathroom when unsupervised.
- ◆ Make sure all containers that have liquid in them, are emptied immediately after use.
- ◆ Do not leave empty containers around the house where the children can fill it with water.
- ◆ Ensure adult supervision in combination with pool fencing to prevent the child from drowning.
- ◆ **Install** safety floats at regular intervals on the circumference of the pool.



- ◆ When choosing a flotation device, go for a child-size life vest. The child's little arms are less likely to slip out of the vest, than they are with water wings. Also if we compare it with using a swim ring, there is less chance of tipping over.
- ◆ Never play or swim near drains or suction outlets in swimming pools
- ◆ Never swim in a pool or tub that has a broken, loose or a missing a drain cover.

# HOME SAFETY PRODUCTS AT BABYSHOP



## Refrigerator Latch

Helps prevent children from opening refrigerators with a unique press lock that's designed for repeated use.



## Cabinets & Drawer Spring Latches

Keeps kids from opening cabinets and drawers. They also have a 'spring-load' feature that makes these more durable and long lasting.



## Corner Cushions

Ideal for the sharp corners of tables and shelves, which children often bump into.



## Finger Pinch Guard

Prevents little fingers and hands from being hurt in between the door hinges.



## Oven Lock

Helps prevent children from opening oven door





## Plug Sockets

These socket covers help prevent children from inserting fingers or other items into plug sockets.



## Cabinet Flex-Lock

A safe three-way locking system that helps prevent toddlers from opening cabinets.



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## Safety Gate.

Keeps children away from kitchen, stairs and other hazardous areas in the house.



# PEDESTRIAN SAFETY

Walking is a fun and healthy way to spend time with children. They learn by watching others, so our own safe pedestrian behaviour is the best way to teach them. While walking with children, consider these safety tips:

- ◆ Obey all traffic signs and signals.
- ◆ Choose routes that provide space to walk and have the least amount of traffic.
- ◆ Look for traffic at all driveways and intersections.
- ◆ Cross at a crosswalk or at an intersection with a walk signal.
- ◆ Stop at the curb and look for traffic in all directions.
- ◆ Teach the child to walk on the side of the road and face oncoming traffic.
- ◆ Walk across the road. Do not run.



- ◆ Wear reflective gear if it is dark or weather conditions limit visibility.
- ◆ To ensure the safety of our children, do not talk on the cellphone or wear headphones when on the road or while crossing.



- ◆ Talk to the child about what we are doing and why, as we walk them. It helps them understand the importance of these instructions better.

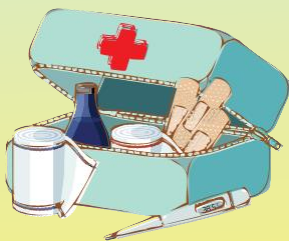
## SAFETY ON WHEELS

- Ensure that the cycle/bike is the right size for the child.
- Always check the seat and handle bars to make sure they are secure.
- Never allow children to be left unsupervised, if and when cycling in traffic.
- Wherever applicable, ensure that the child wears helmets, wrist guards, elbow guards, kneepads and light gloves.
- Ensure that the tires are inflated correctly and are not too worn.
- Ensure the usage of reflectors to help drivers see the child in badly lit areas or unfavourable weather conditions.
- Never allow children to cross the road on their own.



# FIRST AID KIT ESSENTIALS

- Band-Aids
- Soap
- Antibacterial Gel or Foam
- Triple Antibiotic Ointment
- Hydrocortizone Cream
- Sterile Gauze Pads
- Adhesive Tape
- Tweezers
- Washcloths
- Cold Packs
- Infant or children Motrin or Tylenol or any other child friendly pain reliever as prescribed by your doctor
- Oral Antihistamine
- Rubbing Alcohol
- Digital Thermometer



# BABYSHOP INFANT SHOPPING WISH LIST

## Feeding

- Feeding bottles
- Nipples/teats
- Bottle warmer
- Sterilizer
- Pacifiers/Soothers
- Bottle and teat brush
- Bibs
- High Chair



## Bed Room

- Dresser
- Crib
- Bassinet
- Moses basket/stand
- Glider Rocking Chair
- Cradle/Swing
- Bedding
- Sleeping bag
- Crib light
- Blankets
- Receiving blanket



## Bath

- Bath station
- Bath tub
- Bath sponge/Wash mittens
- Toiletries
- Nappy pail
- Bath time toys
- hooded towel/towels
- Cotton balls
- Changing Mat
- Comb and brush
- Bath mat
- Bath cabinet
- Bath robes



## Infant wear

- Sleep suit
- Romper
- Pyjama set
- Body suit



## Travel

- Diaper bags
- Disposable feeding accessories
- Bottle insulators
- Milk powder containers
- Sun shade
- Car seat
- Stroller/Travel system
- Baby carriers
- Travel cot
- Wipes
- Harness



## Safety

- Baby Monitor
- Thermometer
- Nail clipper
- Medicine dropper
- Safety gates



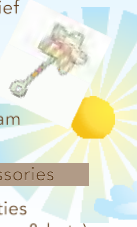
## Playtime

- Musical toys
- Rattles and teethers
- Crib mobiles
- Play gym
- Rocker/Bouncer



## Maternity

- Nursing bra & brief
- Breast pads
- Breast pump
- Nipple shield
- Maternity band
- Stretch mark cream
- Nursing cream



## Miscellaneous accessories

- Mittens and booties
- Bonnets (baby caps & hats)
- Shawls
- Wash cloth
- Abdominal binder



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**DEACONS**  
YOUR LIFESTYLE CHOICE