



# Health & Safety Tips

Keeping Babies and Children Safe

With a baby or young child in your family, you know there is nothing more important than safety. Whether you're a parent or a child caregiver, there are steps you can take to keep babies and children safe. Follow these general safety rules.

- Use safe playgrounds.
- Use gates on stairs.
- Always supervise children in or near water.
- Buckle up.
- Never keep guns in any child care setting.
- Call the poison control center if you think a child has been poisoned.
- Post emergency numbers next to your telephone.

Take an American Red Cross course in [first aid and infant/child CPR](#). Make sure that others caring for your children are certified as well. Contact your local Red Cross chapter for more information.

## Safety From Falls

Many injuries that happen at home are the result of falls.

Because little children are naturally curious and often amazingly good climbers, they find their way to the tops of tables, bookcases, chairs, staircases, and other high places.



Be sure not to leave infants or children alone where they are in danger of falling.



Put baby gates at the top and bottom of stair cases. Be sure they do not have spaces in which a child's head or fingers could be trapped or pinched.



The bars or slats on baby gates should be less than 4 1/4" apart and on cribs, less than 2 3/8" apart.

## Protect Your Child From Dangerous Falls



Slats on cribs should be less than 2 3/8" apart.