

Physician Counseling Information Sheet

Birth to 1 Year

Car Seat Information	<p>Children should remain in a rear-facing car seat for as long as possible, and when possible for up to two years of age.</p> <p>Rear-facing car seats must be in the rear-seat of a vehicle. Infants and young children should never be carried in an adult's arms when travelling in a vehicle.</p> <p>Always follow vehicle and car seat instructions, keeping children in a car seat up to the maximum height and weight of the seat.</p> <p>Car seats are not appropriate for routine sleep or play of an infant. The increased use of rear-facing car seats outside of vehicles has correlated with an increased incidence of positional plagiocephaly.</p> <p>Infants require supervised tummy-time every day to help physical and motor development, as well as prevent positional plagiocephaly. Tummy-time should occur multiple times every day and when an infant is awake.</p>
Fall Prevention	<p>Infants should never be left alone at heights, such as on a change table, couch or adult bed. Infants can roll and fall from a height resulting in serious injury.</p> <p>Always keep an eye and hand on infants when they are at a height. Never turn away or leave the room if an infant is at a height.</p> <p>Never place an infant in a car-seat on a table or at a height. Infants can move and tip the car seat resulting in a fall.</p> <p>Always use available safety straps on high chairs, strollers, and other products.</p> <p>Secure heavy furniture, such as dressers, book shelves, and TV stands so if children pull on the furniture when they are learning to stand it will not fall on them.</p>
Drowning Prevention	<p>Infants should never be left alone in or near water, such as a bathtub, toilet, sink, or paddling pool.</p> <p>Infants do not have the muscle development or strength to support their heads in water or to turn their face away from water. Infants can drown quickly and silently.</p> <p>Always keep an eye and hand on infants when they are in or near water. Never turn away or leave the room if an infant is in or near water.</p> <p>The use of infant bath seats is not recommended as they have been attributed to drowning incidents.</p>

Safe Sleep	<p>Infants should always be placed to sleep alone, on their back, and in a crib to help reduce the risk of Sudden Infant Death Syndrome (SIDS).</p> <p>Once infants have the ability to roll over they do not need to be re-positioned during sleep, and should continue to be placed on their back at the beginning of every sleep.</p> <p>Cribs should be kept free of soft items such as pillows, thick blankets, comforters, bumper pads, and stuffed toys. These items can suffocate an infant. Infants do not have the muscle development or strength to turn their face away if an item is covering their nose and mouth.</p> <p>When infants can push up onto their hands and knees, typically around 6 months of age, the crib mattress should be moved to its lowest position and railing toys or mobiles should be removed from the crib.</p> <p>The use of sleep positioners is not recommended. Sleep positioners have resulted in infants sliding into positions that compromise respiration and these products are not proven to reduce gastroesophageal reflux.</p>
Burn Prevention	<p>An infant's skin is very sensitive; it burns four times more quickly and deeply than an adult's at the same temperature.</p> <p>Hot water heaters in the home should be turned down to 49°C (120°F).</p> <p>Infants may move suddenly and reach out for items; an infant should be never be carried at the same time as a hot object such as coffee, tea, or soup.</p>

For more information on child injury prevention, parents, caregivers, physicians, and other health care providers are encouraged to visit the Saskatchewan Prevention Institute's website at www.preventioninstitute.sk.ca

Physician Counseling Information Sheet

1 to 4 Years

Car Seat Information	<p>Children should remain in a rear-facing car seat for as long as possible, and when possible for up to two years of age.</p> <p>Always follow vehicle and car seat instructions, keeping children in a car seat up to the maximum height and weight of the seat.</p> <p>Rear-facing car seats must be in the rear-seat of a vehicle.</p> <p>Once a child has exceeded the weight or height limits of a rear-facing car seat a forward-facing car seat must be used when travelling in a vehicle.</p> <p>Saskatchewan law states that children must remain in a forward-facing car seat until they are 18 kgs (40 lbs.).</p>
Choking Prevention	<p>Plug-shaped foods such as bananas, cucumbers, cheese, grapes, and hot dogs should be mashed, chopped, or grated into small pieces for children less than three years of age. Hard foods such as carrots and broccoli should be softened by heating them up and then mashed or chopped into small pieces.</p> <p>Children less than three years of age should not be given hard food such as candy, gum, popcorn with kernels, and nuts. These items can block a child's airway.</p> <p>Items such as keys, coins, magnets, batteries, and small toys should be kept away from children less than three years of age. These items can block a child's airway. Magnets and batteries, if swallowed, can cause serious internal injuries to a child.</p> <p>Keep plastic bags, latex balloons, and plastic wrap out of reach of children less than three years of age. If these items cover the nose and mouth of a child they can cause the child to suffocate and if swallowed, these items can block a child's airway.</p>
Fall Prevention	<p>When children have reached 90 cm (35 in.) in height, move them out of the crib. This is typically around 2 years of age and when they begin developing the ability to climb. Children can suffer a serious injury if they climb out of their crib and fall. Move children to a bed that is low to the ground to prevent fall-related injuries.</p> <p>Use wall-mounted safety gates on the top and bottom of stairs. Ensure gates are securely fastened to the wall.</p> <p>Use safety gates until children are two years of age or until their chin is at the top of the safety gate. This is when children will begin developing the ability to climb, increasing their risk of a serious injury if they fall over the gate and onto the stairs.</p> <p>Begin teaching children to go up and down stairs before the safety gates are removed.</p> <p>Secure heavy furniture, such as dressers, book shelves, and TV stands so they will not topple on children, if the children pull on the furniture to stand or try to climb the furniture it will not fall on them.</p>

Fall Prevention (Continued)	<p>Always be within an arm's reach of children when they are at heights or on slides at the playground.</p> <p>Ensure children wear an appropriate helmet when they are learning to ride bikes, tricycles, skateboards, or scooters.</p>
Drowning Prevention	<p>Children are at an increased risk of drowning. Young children have a heavy head in comparison to their body size and strength and may not be able to get out of a position in water that compromises their respiration. Children are also attracted to water but are unable to understand the dangers associated with water.</p> <p>Constant supervision of children at all times when they are in or near water is very important. Children should never be left alone in or near water sources, such as bathtubs, toilets, paddling pools, swimming pools, or hot tubs.</p> <p>Enroll children in swimming lessons; however, understand that lessons do not 'drown-proof' a child.</p> <p>Ensure backyard pools have appropriate fencing. Fencing should be at least 1.2 m (4 ft.) high, surround the pool on all sides and have a gate that lock.</p> <p>Turn paddling pools upside down and empty them when they are not being actively supervised. Drain water out of sinks and tubs immediately after use.</p>
Burn Prevention	<p>Do not let electrical cords hang over counter or table edges. Children may pull on the electrical cord, pulling the hot item down onto themselves.</p> <p>Unplug electrical appliances when they are not in use.</p> <p>Use safety covers on electrical outlets. The safety covers are not child-proof and children should still be supervised closely.</p> <p>Hot water heaters in the home should be turned down to 49°C (120°F).</p>
Poison Prevention	<p>Keep poisonous items in a locked cupboard, out of reach and out of sight of children. Poisonous items include medicine, vitamins, cleaning supplies, soaps, make-up, alcohol, and tobacco.</p> <p>Never refer to medicine as candy. When an adult is taking medication or vitamins, do so out of sight of children; children will want to imitate an adult's actions.</p> <p>Visitors may have prescription medication, tobacco, or other poisonous items in their purses. Keep purses off of the floor and out of reach of children.</p>

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5 to 9 Years

Car Seat Information	<p>The safest place for children less than 12 years of age is in the back seat of a vehicle.</p> <p>A booster seat should be used to correctly place a child in a seatbelt.</p> <p>Once a child has exceeded the weight or height limits of a forward-facing car seat they should be placed in a booster seat when travelling in a vehicle.</p> <p>A booster seat needs to be used until the following questions are all answered 'Yes'.</p> <ol style="list-style-type: none"> 1. Does the shoulder belt of the seat belt go over the child's collar bone and across the middle of the chest without touching the face or neck? 2. Does the lap belt of the seat belt lie over the child's hip bones without riding up onto the stomach? 3. Do the child's knees bend comfortably over the edge of the seat when the buttocks and low back are against the back of the seat?
Pedestrian Safety	<p>Children less than 9 years of age need an adult's help when crossing the street.</p> <p>A child who is less than 9 years of age does not have the vision, hearing, mental development, perception, or physical size to safely cross the street alone.</p> <p>Children up to 12 years of age may require help and supervision when crossing the street depending on their abilities.</p>
Fall Prevention	<p>Children of all ages, as well as adults, should always wear a helmet for activities such as skating, skiing, snowboarding, rollerblading, and riding a bicycle, tricycle, skateboard, or scooter.</p> <p>It is important to wear the right helmet for each activity.</p>
Drowning Prevention	<p>Children are at an increased risk of drowning. As children grow older they may overestimate the skills they have in water and do not fully understand the dangers of water.</p> <p>Constant supervision of children at all times when they are in or near water is important. Children should never be left alone in or near water, such as a swimming pool or lake.</p> <p>Enroll children in swimming lessons; however, understand that lessons do not 'drown-proof' a child.</p>
Burn Prevention	<p>Keep matches, lighters, and candles in a safe place away from children. Teach children the danger of playing with these items.</p> <p>Make an emergency escape plan and practice the plan with children so that in the event of a fire, children know how to get out of the home safely.</p> <p>Hot water heaters in the home should be turned down to 49°C (120°F) to prevent burns from hot water.</p>

Poison Prevention	<p>Teach children the basic hazard symbols found on poisonous products.</p> <p>Store chemicals in their original containers. Do not store chemicals in containers such as old pop bottles.</p> <p>Teach children that medicine should only be taken when given by an adult because having too much medicine or the wrong medicine can make them very sick.</p> <p>Keep medicine and vitamins in a safe place away from children.</p>
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1 Year to 4 Years

Use a **forward-facing** car seat for children who are over one year of age, able to walk, and weigh between 22 to 40 lbs. (10 to 18 kg).



A forward-facing car seat must have a **tether strap** attached to a tether **anchor**.

Always follow **car seat** and vehicle instructions.



Children can **choke** on small objects.

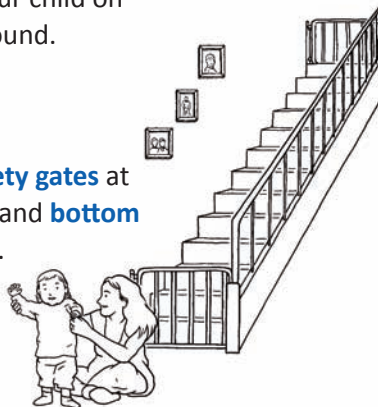
Mash, cut, or grate foods.



Always be within **arm's reach** of your child on slides and at heights on the playground.



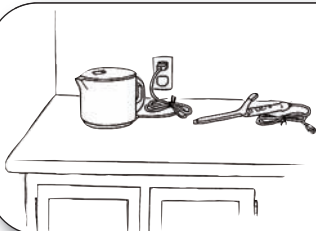
Use **safety gates** at the **top** and **bottom** of stairs.





Children can drown **quickly** and **silently** in **less than 5 cm (2 in.)** of water.

Never leave your child alone in or near water.



Keep cords away from counter or table edges.

Unplug electrical appliances when they are not in use and put **covers** on electrical outlets.

Keep poisons in a **locked** cupboard, **out of reach and sight** of your child.

Poisons include medicine, vitamins, cleaning supplies, soaps, make-up, alcohol, and tobacco.

Never refer to medicine or vitamins as candy.

Remember, poisons may be in purses.

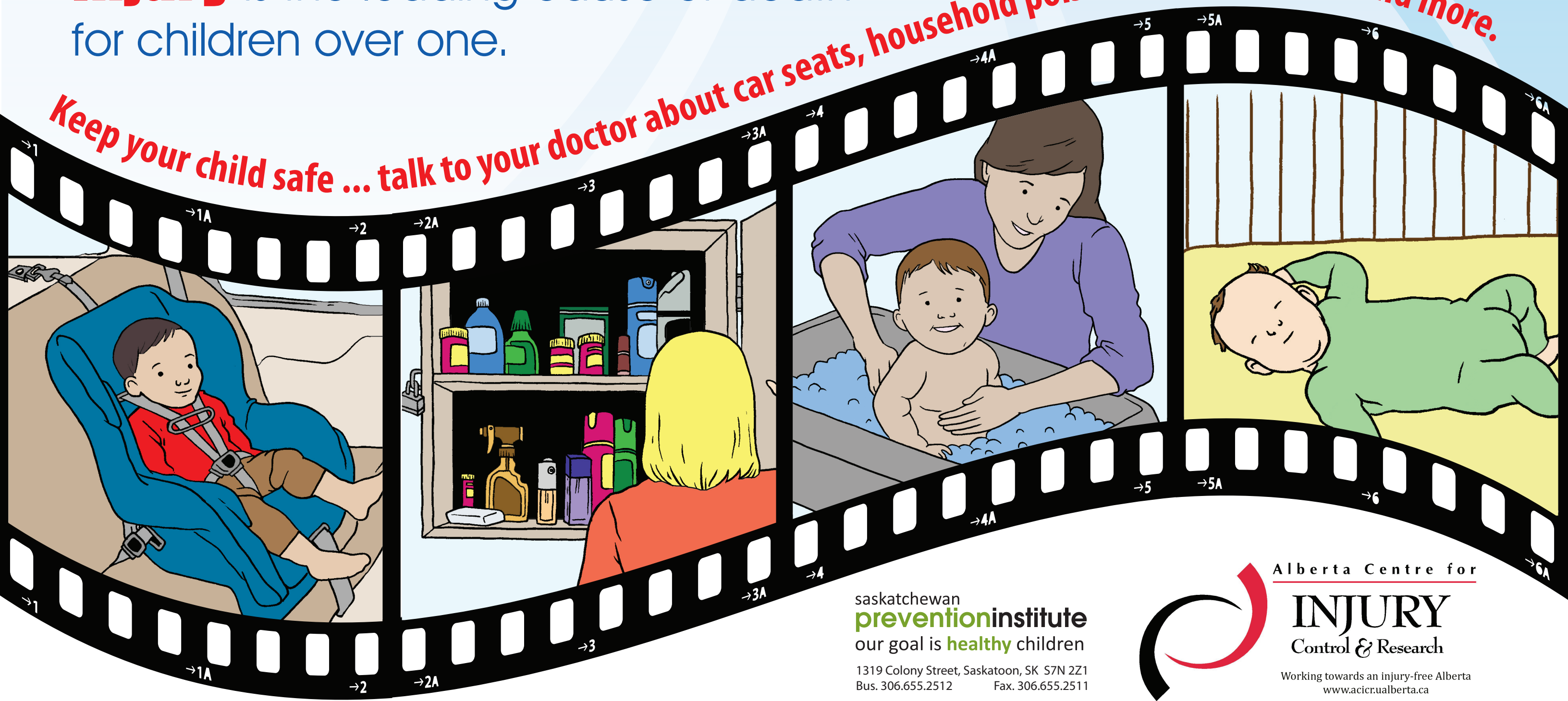


Did You Know?



Injury is the leading cause of death for children over one.

Keep your child safe ... talk to your doctor about car seats, household poisons, safe sleeping, and more.



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our goal is **healthy** children

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