

KEEP ME SAFE  
0-6 MONTHS

# THE DEPENDENT BEGINNER

Safety begins when children are born. From day one children need adults to help them be safe. Children may not initially have the physical ability to explore and find unsafe situations,

but they still have safety needs to keep in mind. Children need you to keep them safe as they grow and discover the world around them.

{ SAFETY BEGINS WHEN  
CHILDREN ARE BORN. }

### I AM DEPENDENT ON YOU TO KEEP ME SAFE.

- When I sleep.
- When I ride in the car.
- When I play with my toys.

### I AM BEGINNING TO LEARN ABOUT MY WORLD.

#### I WANT TO TASTE, TOUCH AND SMELL THINGS.

- I need a safe place to sleep.
- By 4 months old I need you to childproof my home; I can grab things and roll over.
- Once I learn to grab things, I will inspect everything with my mouth.
- Once I learn to turn over, I can roll off couches and beds.
- I may start to scoot by the time I am 6 months old. Look out world I have a lot to check out.

**{ PUT ME ON MY BACK TO SLEEP. }**

### KEEP ME SAFE SO I CAN GROW AND LEARN ABOUT MY WORLD:

- Put me on my back to sleep.
- Keep blankets, soft bedding and stuffed animals out of my crib when I sleep.
- Make sure my sleepwear is flame-retardant.
- Make sure my crib meets safety standards. (Cribs have to meet safety regulations to be sold in the United States, be careful with older or borrowed cribs).
- Make sure that my crib slats are no more than 2 3/8 inches apart to prevent my head from getting caught between the slats.
- Make sure that my mattress is firm and flat; no more than two of your fingers should fit between the mattress and the side of my crib.
- Make sure that my crib sheet is fitted.
- Don't put any bumper pads and positioning wedges in my crib.
- Make sure my bedroom has a working smoke alarm and carbon monoxide detector.

- Get down on the floor and look around and see what I see:
  - Remove small objects I can place in my mouth and choke on.
  - Look for sharp edges and protect me with safety corner and edge guards.
  - Cover outlets that inspire me to poke and prod into tiny holes that interest me.
  - Look for cords and ropes that put me at risk for accidental strangulation.
- Put protectors on sharp corners to prevent unwanted bumps and bruises.
- Keep balloons out of my reach (inflated or uninflated). I will put the balloon in my mouth and if it pops, I can suffocate on a piece that becomes lodged in my throat.
- Keep your purse out of my reach. Your purse has so many tiny objects for me to explore and potentially choke on.
- Make sure my toys are unbreakable and strong enough to withstand chewing.
- Be sure my safety seat is correctly installed in the back seat of all vehicles.

**{ KEEP BALLOONS OUT OF MY REACH. }**

### THE BOTTOMLINE:

- I am getting stronger and learning to move in more ways every day. Help me be safe.
- In case help is needed, have emergency numbers written down and easily accessible.
- The best way for me to be safe is to have a safety alert adult making sure I have a safe place to sleep and play.

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