

KEEP ME SAFE  
1-2 YEARS

# THE MIGHTY mover

Keeping toddlers safe is a never ending responsibility. Toddlers are impulsive and curious. These two characteristics alone add up to a "walking accident waiting to happen." Accidents in the home and car are the leading cause of death among one to five year olds. According to safety experts, most serious accidents suffered by babies and toddlers in their homes could have been prevented if the house had been thoroughly childproofed.

{ I DON'T UNDERSTAND "NO".  
I UNDERSTAND THAT I WANT TO  
MOVE TO GET THINGS. }

## WHAT I SEE IS WHAT I WANT.

- Watch me. I can now stand tall and reach up high to get what I see.
- I am learning to climb and explore where I haven't been before.
- I am busy moving. The world is full of things to discover and learn more about.



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## I AM IMPULSIVE AND CURIOUS

- I don't understand the word "no".
- I don't have the mental capabilities to control my impulses to not touch potentially dangerous things. No matter how many times you've said "No".
- I will grab everything I can reach; I want to touch it.
- I will stretch to get whatever I see or want to see better.

**{ LEAVING ITEMS OUT AND TRYING TO TEACH ME NOT TO TOUCH CAN BE A LOSING BATTLE AT THIS STAGE IN MY LIFE. }**

## KEEP ME SAFE WHILE I LEARN AND MOVE:

- Attach a set of chimes to the door to indicate if I have gone outside.
- Place mirrors strategically around the house to be able to see where I am when you are not able to be in the room.
- If possible, screw bookcases to the wall. I love to climb bookcases.
- Put colored decals on glass doors at my level so I notice the glass.
- Keep toys off of the stairs. I don't want to trip.
- Never put a cup of a hot beverage near the counter edge. It tests my curiosity.
- Keep the bathroom door shut. I could drown in the toilet. I am "top heavy" and as I reach to play in the water, I could fall in and not be able to get back out.
- Avoid giving me foods that may be a choking hazard; such as hard candy, popcorn, grapes, etc. I might also put these things in my nose and ears.
- Never leave me alone in a bathtub or wading pool. I could drown in 1 inch of water.
- Remove tablecloths to avoid me pulling things down on myself.
- Put protectors on sharp corners to prevent unwanted bumps and bruises.
- Keep plastic bags (garbage, shopping, sandwich bags) out of my reach to prevent suffocation.
- 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 cupboards and drawers locked with safety locks to hinder my "what's in here curiosity" from becoming an accident waiting to happen.
- Keep doors closed to prevent my curiosity from taking me to unsafe territories.
- Turn pot and pan handles on stove to back wall to prevent me from grabbing things that will burn me.
- Keep your purse out of my reach. Your purse has so many tiny objects for me to explore and potentially choke on.
- My toys should not have sharp edges or points.
- Be sure my safety seat is correctly installed in the back seat of all vehicles.
- Be sure I wear an approved safety helmet when riding in a seat on adult bikes.

## THE BOTTOM LINE:

- Never underestimate what I can reach and get.
- I can twist, turn, climb and get what peaks my curiosity, even if the item is unsafe.
- "Safe-proofing" my house is one key to keeping me safe. Toddler-proofing means putting things you don't want me to touch in places where I can't get at them.
- 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 watching me to prevent me from hurting myself.

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