

Toddlers and Preschoolers

1 to 5 years

Toddlers and preschoolers are curious and full of energy. At this age they are also learning to do new things such as walk, run, climb and open things such as doors, cupboards and draws. This means they can get to places that were previously out of reach.

Toddlers and preschoolers can be at risk of:

- Falls
- Burns and scalds
- Poisoning
- Drowning
- Choking on small objects
- Road injuries from riding in the car or being a pedestrian

Safety check

- ✓ Install safety gates at the top and bottom of stairs.
- ✓ Keep medicines, cleaning products and other poisons locked high and away.
- ✓ Install smoke alarms, test them regularly and change the batteries on the 1st April.
- ✓ Check that the delivery temperature of the hot water in your home is set to 50 degrees Celsius.
- ✓ Use a child car restraint that is suitable for your child age and size.
- ✓ Keep hot food and drink out of reach. Use lids on hot drinks and try to keep children out of the kitchen when cooking.
- ✓ Secure top heavy furniture such as televisions, bookshelves and chest of draws to the walls to avoid these toppling onto children.

Minimizing the risk

Poisoning

- Store all medicines, cleaning products and other chemicals in their original containers.
- Make sure all poisons are stored up high in a lockable cupboard, preferably 1.5 m high.
- Return all poisons immediately to their safe storage area after use.
- Do not store potential poisons near foods. If medications need to be refrigerated, store them in a lockable container out of children's reach.
- Never refer to medicines or vitamins as "lollies", and always read the label before giving medicine.
- Make sure handbags are out of reach of children as they may contain products such as medication.
- Always keep the Poisons Information Centre phone number **(13 11 26)** near your phone.

Drowning

- Always supervise a child in the bathroom. DO NOT let older children supervise your toddler. They may not know how to keep your toddler safe.
- Close doors to bathrooms and make sure to empty the bath and other items such as paddling pools and buckets immediately after use.
- Make sure you cover ponds and water features with a strong mesh that holds your child's weight.
- Set rules for your family when near water.
- For home swimming pools and spas, the best option is to install isolation barriers with a well maintained self-closing and self-latching gate.
- Learn CPR and update your training regularly.



Burns and scalds

- Install guards around fires, heaters and on top of stoves. Teach children why these are in place.
- Keep children out of the kitchen while preparing meals. When cooking, use rear hot plates first and turn pot handles to the back of the stove or bench.
- Put your child down before consuming hot drinks, and before using hot pots, pans and kettles. Use a commuter mug with a lid for hot drinks.
- Keep appliance cords out of reach of children and hot items at the back of the bench.
- Choose low fire-risk children's nightwear that is close fitting and made of less flammable material. Look for the fire risk label.
- Use a hot water tempering device to control the temperature of your tap water to a maximum of 50°C. A licensed plumber can install this for you.
- Always test the bath water temperature before bathing your child. The maximum recommended temperature for bathing your child is 38°C.
- Always run the cold water first and last when filling up a bath and never leave a hot running bath unattended.

Choking and suffocation

- Always supervise young children and check their play areas regularly for potential choking objects.
- Buy toys that are suitable for your child's age by following the labels. Toys that can break easily and have parts that can come loose should be avoided.
- Keep older children's toys with small parts away from young children.
- Avoid giving hard food to young children. Raw carrot, celery sticks and apples should be chopped into small pieces and tough skins removed.
- Supervise young children and make sure they sit quietly while eating.
- Avoid necklaces and other jewellery that can get caught, including items such as amber beads.
- Be aware of cords and strings on clothing that can catch on play equipment.
- Button batteries can pose a great risk.

Falls

- Keep furniture, including children's bed, away from windows and balconies, to prevent children climbing on furniture and falling out.
- Put a window guard in front of your child's window or fasten the windows so they don't open more than 10 centimeters (4 inches). A flyscreen will not prevent your child from falling out.
- Install gates at the top and bottom of stairs and teach kids to navigate stairs safely.
- Always use the five point harness provided in prams, strollers and highchairs.
- Use a rubber bath mat or non-slip stickers in the bathtub to prevent falls.

The car

- Your child must use a suitable child car restraint that meets the Australian Standards (AS/NZS:1754) every time they ride in the car.
- It is illegal for a child under 4 years of age to occupy the front passenger seat of a vehicle with two or more rows of seats. The back seat is the safest place to install a child car restraint.
- Check to ensure the car seat you choose fits in your vehicle before you buy it.

Choosing a child car restraint for your toddler:

Legally, children must use a restraint with an inbuilt harness until they are at least **4 years old**.

Only move your child to the next stage if the child has outgrown the maximum height marker on the current restraint.

Fitting your child car restraint

If you need help fitting your child car restraint or advice on which restraint will suit your vehicle & individual needs contact **Kidsafe WA** on (08) 6244 4880 for more information.

At least 6 months to 4 years

Can use either a rearward or forward facing child car restraint with a built-in five point harness.

Children which have outgrown the rearward facing child car restraint must use a forward facing restraint with a built-in five point harness until:

- At least 4 years of age
- Has outgrown the height marker on the restraint



At least 4 years to 7 years

Can use either a forward facing child car restraint with a built-in five point harness or a booster seat with an adult seatbelt.

Children that have outgrown the forward facing child car restraint with a built-in harness may use a booster seat until:

- At least 7 years of age
- They have outgrown the height marker on the restraint.



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For more information
Poisons Information Centre

(08) 6244 4880
13 11 26