



# First Year Facts

Safety tips for those caring for children up to age 1.

## Choosing the right caregiver for your child...

	YES	NO
1. Is your chosen caregiver in good mental health?	—	—
<ul style="list-style-type: none"> <li>• Do they suffer from any disorder that may interfere with their ability to attend to your child?</li> <li>• Does your caregiver refrain from alcohol or other substances when caring for your child?</li> <li>• Is your caregiver's mental health controlled by a medication that will not alter their ability to care for your child?</li> <li>• Does your caregiver have an appropriate way to express their frustrations free of violence?</li> <li>• Does your caregiver exhibit positive ways to handle stressful situations?</li> </ul>		
2. Is your caregiver physically able to care for your child?	—	—
<ul style="list-style-type: none"> <li>• Are they able to lift your child?</li> <li>• Is your caregiver's physical condition controlled by a medication that will not alter their ability to care for your child?</li> <li>• Is there eye sight good enough to read small print such as those on thermometers, medicine bottles and formula cans?</li> <li>• Are your caregiver's medications in a locked location out of the reach of your child?</li> </ul>		
3. Are you and your child comfortable with the caregiver?	—	—
<ul style="list-style-type: none"> <li>• Is your caregiver familiar with your child and his/her routines?</li> <li>• Do they interact with your child positively and age appropriately?</li> <li>• Does your child enjoy being around the caregiver?</li> <li>• Is the caregiver able to soothe your child when crying or upset?</li> <li>• Is the caregiver aware of the child's likes, dislikes and fears?</li> <li>• Have you gone over any quirks your baby may have (like the way the child likes to have their sandwich cut)?</li> <li>• Do you feel that your caregiver communicates with you open and honestly about your child?</li> </ul>		
4. Has your caregiver cared for children in the past?	—	—
<ul style="list-style-type: none"> <li>• Is the caregiver comfortable with you checking references?</li> </ul>		
5. Is your caregiver prepared for an emergency?	—	—
<ul style="list-style-type: none"> <li>• Have you given them your emergency contact information including alternate numbers for you, your pediatrician and other friends or family?</li> </ul>		

- Does your caregiver know your child’s history of illness/ medical conditions allergies?
- Do they have an escape plan in the event of a fire?
- If the caregiver became ill, do they have a back up plan?

6. Does the caregiver’s home have the following: \_\_\_\_\_

- A clean playing surface for your child.
- Covered outlets.
- Baby gates or closing doors at the tops and bottoms of stairs.
- Working smoke and carbon monoxide detectors.
- Unobstructed exits to escape from in the event of a fire.
- Safe toys free of small parts that can fit in the child’s mouth.
- A safe space that your child can sleep in alone and free of any soft materials such as pillows, comforters, stuffed animals and bumpers.
- Fences around any pools or spas.

7. Have you discussed the following with the caregiver: \_\_\_\_\_

- Children ride in a rear facing car seat until they are 2 years old or the upper weight limit of their seat.
- Children must be in an appropriate car seat or booster until they are 4’9” and 80 pounds.
- Car seats used should be new or the caregiver should know that the seat has never been involved in a crash.
- Babies should always be placed on their backs to sleep.
- Babies need to be placed in a crib, bassinet, or portable crib with nothing in it.
- Babies are never to be put to sleep on a couch, recliner, and softer surface or with anyone else.

8. Most important! **Does your caregiver supervise your child?** (not watching TV, on the phone or sleeping) \_\_\_\_\_

If you have checked “yes” to the above question, congratulations! You have found a wonderful caregiver. Please reevaluate often or if your child is not thriving in his or her new environment.

If you have any question on infant or child safety or for resources for your care provider please contact Kenosha-Racine Safe Kids at 262-687-3366.

