



First Year Facts

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

What has changed in children's safety?

Through research and experiences, some child care practices might have changed since you raised your children. Be sure to discuss these facts with the child's parents before the child is placed in your care.

Car Seats: What are the rules?

- Seat should be used until the child is age 8 or 4'9" and 80 pounds.
- The child should be rear facing until a child is age 2 or the upper weight limit of their seat.
- Car seats should be less than 6 years old.
- Seats should be free of recalls.
- It is appropriate for the child's height and weight.
- Car seats need to be installed tight enough so that the seat does not move any more than one inch side to side.
- The seat has been checked by a certified car seat technician. To find a location near you, please call 687-3366.

A child must be put to sleep:

- On their back for nap and night time sleeping.
- In a space free of loose bedding such as pillows and blankets, food and toys.
- In a crib, bassinet or portable crib instead of a couch, recliner or adult bed.
- In the same room as the parent or caregiver, but not in the same bed.
- In a smoke free environment.

The room or home you are caring for the child in must be child safe. Some ways to do that are:

- Using outlet covers for unused outlets.
- Placing baby gates above and below stairs.
- Installing gates around pools, spas or other water.
- Locking cabinets with cleaners or medications stored in them.
- Using door knob covers to keep the children in the appropriate room.
- Installing Smoke and Carbon Monoxide Detectors and checking them monthly to make sure they are working.
- Tying up window blind cords to avoid strangulation.
- Storing guns must in a locked location.
- Keep important contact numbers near your phone. (Examples are the parents contact numbers, pediatrician and Poison Control 1-800-222-1222)

Caring for a young child is a lot of work. By following the above safety tips, you can relax, have fun and enjoy the time with your little ones.

If you have further questions about child safety, please call Safe Kids Coalition at 687-3366.