

Inquisitive and invincible 1½ – 3½ years



Child Accident Prevention Foundation of Australia Mar 2010

Skills Your Child is Learning

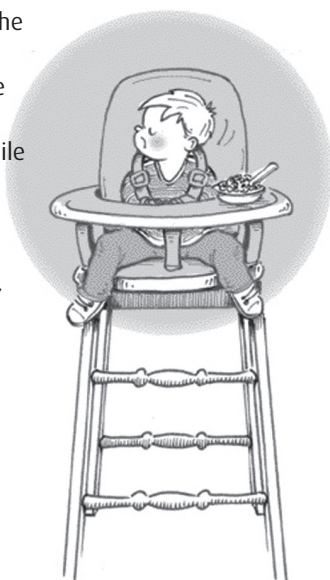
Your child is now actively exploring their environment. They want to do everything without parental help. Your child will begin to run and jump without fear of heights or danger. The smell, taste and texture of things will become fascinating. Three out of four children will be injured at this age, many needing hospitalisation.

Common Causes of Injury

- The major causes of death from injuries in this age group are drowning, transport injury and choking/ suffocation.
- The major causes of hospital-treated injuries in this age group are falls, being hit, struck or crushed by a person or object, followed by cuttings and piercings, poisoning, burns and scalds, animal related injuries and transport.
- Getting hold of poisons and medicines when they are being used, before they have been put away, and when they have been left out to use later.
- Climbing and jumping off furniture.
- Running into hard objects or sharp corners.
- Scald injuries due to children pulling saucepans down from the stove, bench or table and spilling hot contents on them, or hot drink spills.
- Burns from touching hot objects such as stoves, fireplaces, heaters, irons or water.
- Falling from playground equipment; a child's body is top heavy which can cause them to over balance easily.
- Running onto the road.
- Being hit by reversing vehicles in driveways.

Feeding

- Always use a 5 point harness in the highchair.
- Always supervise your child while eating.
- Do not allow your child to eat while walking or running around.
- Model appropriate eating behaviours for your child.
- Do not give young children small, hard foods such as nuts.



Bathing

- Keep children out of the bathroom unless supervised.
- Never leave your child unsupervised in the bath.
- When filling the bath, run the cold water first, then hot, then cold again and mix well, to keep the tap cold to touch and the water temperature even.
- Keep electrical appliances out of children's reach.

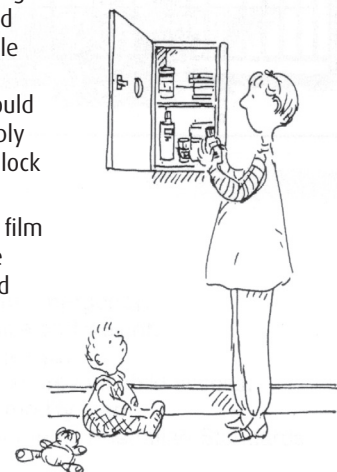


Sleeping

- Your child might start to climb out of the cot. It may be time to move your child into a bed or mattress on the floor.
- Bunk beds are not designed for children to play on and not recommended for children under 9 years of age.
- Replace all smoke alarm batteries annually.
- Install night-lights to allow your child to confidently find the toilet.
- Use cleats or cord windups available from curtain and blind retailers and fabric stores, to keep curtain and blind cords out of reach of children (refer to www.consumer.vic.gov.au for further information).

In the Home

- Use toys appropriate to your child's age.
- Ensure that poisons including cleaning products, dishwasher detergents and solvents, are safely stored in lockable cupboards. Medications, especially paracetamol and eucalyptus oil, should also be stored out of reach, preferably in a cupboard with a child resistant lock that is 1.5m above the floor.
- Use safety glass or shatter resistant film in low windows and doors. Enhance visibility by placing brightly coloured stickers at the child's height on any glass panel or sliding door.
- Pad sharp corners of furniture.
- Be aware that little fingers can get caught in door hinges – use finger jam protectors, carefully observe children at all times, and avoid slamming doors.



Supported by:



Department of Education and
Early Childhood Development

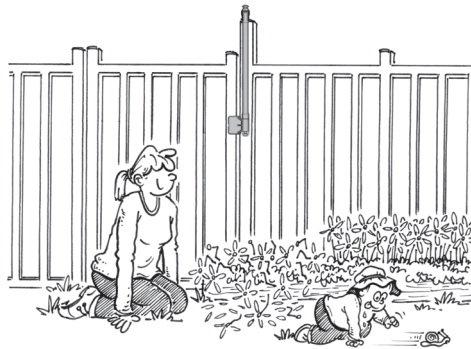


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At Play

Always Supervise Your Child.

- Only buy or build play equipment that meets the Australian Standard and is suitable for your child's age, size and stage of development.
- Install playground equipment and cubbies away from hazards such as hard paths, garden edging and stakes. Install and maintain tanbark on a sand base underneath equipment and in the fall zone to a depth of 20cm or use rubber-based undersurfacing.
- The fall height from play equipment (slides, climbing frames, horizontal and vertical ladders etc.) should be less than 1.5 metres.
- Lock weed sprays, fertilisers and garden equipment in a shed.
- Supervise your children when they are playing with animals.
- The law requires all private pools and spas in Victoria to have safety barriers erected around them. Erect a pool fence with tension adjustable self-closing gate latch that complies with Australian Standards. Your local council can provide advice.
- Dress your child in a hat and long sleeves and use sunscreen that is suitable for young children.
- Dress your child in low fire risk clothes to minimise the risk of clothes igniting.
- Make sure your child wears a safety helmet when riding a tricycle, scooter, bicycle or skateboard.
- Make sure children do not play on the driveway, footpath or road.



For more information

Kidsafe Victoria	9251 7725
Maternal and Child Health Line 24 hours	13 22 29
Royal Children's Hospital Safety	9345 5085
Centre for safety products	
VicRoads for advice on choosing and using car restraints	1300 360 745
Consumer Affairs Victoria Toy and Nursery Safety Line	1300 364 894
Poisons Information Centre	13 11 26
St John Ambulance First Aid courses	1300 360 455
Raising Children Network	www.raisingchildren.net.au
Parenting Hotline Vic	132 289

Out and About

- Use a forward facing car restraint until your child outgrows it or weighs approximately 18kg. For more information on child restraints refer to www.vicroads.vic.gov.au.
- Never leave your child alone or unsupervised in the car. Take your child with you, even for short errands.
- Get your child in and out of the car on the kerb side, away from the traffic.
- Look out for water hazards. Fountains, creeks, dams, buckets, wheelie bins and swimming pools expose the child to the risk of drowning. Never take your eyes off children when they are playing near water.
- Always hold your child's hand near the road and start teaching them to help you look for traffic before crossing.
- Make it clear to your child that the road is a dangerous place.



General Tips on Safety

1. Ensure you have current CPR (cardio-pulmonary resuscitation) skills.
2. Attach a CPR instruction card to your pool fence.
3. Ask your council if your pool fence and self closing gate meet regulations.
4. Have Emergency Services telephone numbers by your telephone in case of an emergency.
5. Ensure your child car restraint suits the child's age, size and weight. Have the installation checked by a restraint fitting station.
6. Fence off a safe play area for your child that is shaded and well clear of the driveway.
7. Buy or build a lockable cupboard and store all your hazardous chemicals in it to prevent child access.
8. Never leave young children alone with animals.
9. Only buy toys that are suitable for the age and development of your child.
10. Be a good role model. Hold your child's hand in the street. Obey traffic signals and talk about how you decide when and where to cross the road.

www.kidsafevic.com.au

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