

# BABY BYTES

For families with infants and young children

## Child Proofing

It is important to baby proof your home before your baby arrives. This should be continually modified as your baby's development changes. Never underestimate the curiosity of a child. Infants enjoy exploring and as they become more mobile they are able to find new dangers. Most accidents are avoidable.



## DID YOU KNOW???



- Children, from birth to age five are more likely to be injured in the home than anywhere else.
- Falls are the most likely cause of injuries in the home.
- 83% of all scald injuries requiring hospital admission happen to young children under the age of five.
- Anything small enough to fit inside a cardboard paper roll should be kept out of reach of a toddler.
- The most common "poisons" that children get into are cold/cough medicines, pain and fever medicine, plants and household cleaners.



## CHILDPROOFING TIPS



- Post your poison control centre's number where it is visible
- Cover all electrical plugs with safety socket covers
- Turn down your hot water tank
- Keep plastic bags, balloons and plastic wrappers out of reach of your child
- Never leave electrical appliances, like irons, turned on when you leave the room
- Some household plants are poisonous, be sure to keep them out of reach
- Keep dangerous substances out of reach, such as laundry supplies, cleaners, medications, bug sprays, alcoholic beverages and garden fertilizers
- Pad the sharp edges of furniture, such as coffee and end tables
- Properly install a baby gate at all stairways
- Keep your child away from hot liquids, such as tea, coffee, soup and hot tap water
- Keep nuts, carrots, popcorn and hot dogs away from children until they are at least 3 years old



### **Post these important numbers near your phone**

Poison Information Centre 1-800-268-9017

Ambulance 9-1-1

Police 9-1-1

Fire 9-1-1

Simcoe Muskoka District Public Health Unit 1-877-721-7520

Royal Victoria Regional Health Centre (Barrie) 705-728-9802

Huron District Hospital (Midland) 705-526-3751

Penetanguishene General Hospital 705-549-7431

Soldiers' Memorial Hospital (Orillia) 705-325-2201

Stevenson Memorial Hospital (Alliston) 705-435-6281

General and Marine Hospital (Collingwood) 705-445-2550

Transport Canada Car Seat Safety 1-800-333-0371

Hospital for Sick Kids 416-813-1500

Telehealth Ontario info line 1-866-797-0000