

# Presenter's Notes

## The “Give Your Child a Safe Start” Kit Includes:

- “Give Your Child a Safe Start “ presentation on various safety topics for children from birth to age five.
- “Give Your Child a Safe Start” Booklet
- “Give Your Child a Safe Start” – DVD with topic videos
- “Safety for Children under Five” Resource List (ordering information included)

## Resources

### Handout

- “Give Your Child a Safe Start” Booklet  
English: <http://www.wrha.mb.ca/community/publichealth/files/GYCSSe.pdf>  
French: <http://www.wrha.mb.ca/community/publichealth/files/GYCSSf.pdf>

### Other:

- List of Safety and Injury Prevention Websites

## How to use the kit:

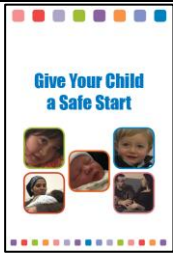

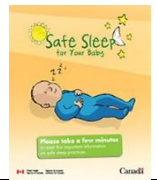

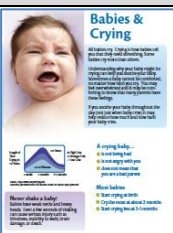


- This kit provides a general introduction to the topic of child safety from birth to age five and looks at ways to help parents make their child’s environment safe without being overwhelmed with information. The introduction is followed by eight safety topic areas that touch on the leading causes of death and injury to infants and young children.
- In preparing for delivery of the presentation, you may want to review the content and order some of the resources from the “Safety for Children under Five” Resource List.
- The resource kit can be used as a main topic; however using the topic areas as “nuggets” allows the presenter to provide parents with specific amounts of safety information more often and in conjunction with other topics. There is a video clip for each topic area in the enclosed DVD.



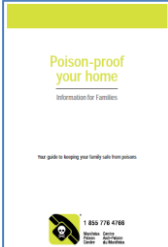
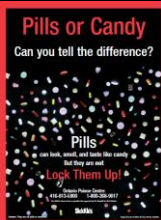

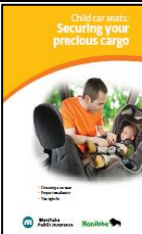

## The safety topics included are:

- Safe Sleeping
- Safety in the Car
- Burns and Scalds
- Falls
- Choking
- Product Safety
- Poisoning
- Water Safety

If you have questions regarding information contained in this kit, please contact: **IMPACT**, the Injury Prevention Program of the Winnipeg Regional Health Authority  
Phone: 204- 940-8300  
Email: [injuryinfo@wrha.mb.ca](mailto:injuryinfo@wrha.mb.ca)

# Safety for Children under Five Resource List

Core Resource			
Give your Child a Safe Start booklet	12 page booklet with lots of photos depicting household hazards and information on how to stay safe. Includes information on safe sleep, poisoning, water safety choking car seat safety, product safety and burns and scalds. Includes ages and stages messaging and a home safety checklist. Available in English or French	Order from MDA. See inventory listing and order form at <a href="http://www.gov.mb.ca/health/jmc/index.html">www.gov.mb.ca/health/jmc/index.html</a>	
Optional Resources			
Safe Sleep			
Safe Sleeping for your Baby	Easy to read, mostly illustrations Available in English and French	Order from MDA. See inventory listing and order form at <a href="http://www.gov.mb.ca/health/jmc/index.html">www.gov.mb.ca/health/jmc/index.html</a>	
Safe Sleep for your Baby booklet, posters, door hanger and video (Health Canada)	Resources describe safe sleep can be ordered or downloaded from Health Canada website	<a href="http://www.phac-aspc.gc.ca/hpps/dca-dea/stages-etapes/childhood-enfance_0-2/sids/index-eng.php">www.phac-aspc.gc.ca/hpps/dca-dea/stages-etapes/childhood-enfance_0-2/sids/index-eng.php</a>	
Visible and Kissable	Poster and webpage describes safe use of baby-wearing type carriers	<a href="http://www.hc-sc.gc.ca/cps-spc/pubs/cons/kissable-visible-calin-eng.php">www.hc-sc.gc.ca/cps-spc/pubs/cons/kissable-visible-calin-eng.php</a>	
Home Safety			
Babies & Crying	Brochure provides important information about why babies cry and staying calm when your baby cries.	Order from MDA. See inventory listing and order form at <a href="http://www.gov.mb.ca/health/jmc/index.html">www.gov.mb.ca/health/jmc/index.html</a>	
Swaddling Safely	Key message is that baby should never be swaddled for sleep. <i>This fact sheet is not intended for wide distribution, staff should use with clients that are considering swaddling or sleeping products.</i>	Order from MDA. See inventory listing and order form at <a href="http://www.gov.mb.ca/health/jmc/index.html">www.gov.mb.ca/health/jmc/index.html</a>	
Keeping Baby Cool in Summer	Brochure provides important information for safely keeping your baby cool and comfortable indoors and outdoors.	Order from MDA. See inventory listing and order form at <a href="http://www.gov.mb.ca/health/jmc/index.html">www.gov.mb.ca/health/jmc/index.html</a>	

Keeping Baby Warm in Winter	Brochure provides important information for safely keeping your baby warm in winter, including the home, crib or bassinet, stroller or sled and car seat.	Order from MDA. See inventory listing and order form at <a href="http://www.gov.mb.ca/health/jmc/index.html">www.gov.mb.ca/health/jmc/index.html</a>	
Stay Water Safe	Bilingual fact sheet describes how to keep children safer around water.	IMPACT email: <a href="mailto:injuryinfo@wrha.mb.ca">injuryinfo@wrha.mb.ca</a> Phone 204 940 -8300	
Poison-proof your home Information for Families	Guide for families includes information on common poisons in the home, safe storage and what to do in the event of a poisoning.	<a href="http://www.hsc.mb.ca/files/MPC-ProofHomeENG.pdf">www.hsc.mb.ca/files/MPC-ProofHomeENG.pdf</a>	
Pills or Candy?	Poster from Ontario illustrates how candies and medications look very similar. Poison Control phone line is for Ontario residents.	<a href="http://www.ontariopoisoncentre.com/pdf/44814-Pills%20or%20candy.pdf">www.ontariopoisoncentre.com/pdf/44814-Pills%20or%20candy.pdf</a>	
Is Your Child Safe Series	Three Health Canada Product safety booklets: Is Your Child Safe; Sleep Time and; Playtime. <b>Available in limited quantities in Chinese and Punjabi</b>	<a href="http://www.hc-sc.gc.ca/cps-spc/pubs/cons/child-enfant/index-eng.php">www.hc-sc.gc.ca/cps-spc/pubs/cons/child-enfant/index-eng.php</a>  To order, email: <a href="mailto:www.cps-spc@hc-sc.gc.ca">www.cps-spc@hc-sc.gc.ca</a> .	
<b>Car Seat Safety</b>			
Securing your Precious Cargo (MPI)	Describes all 4 occupant stages in English and French	Manitoba Public Insurance In Winnipeg: 204-985-7000 Toll Free: 1-800-665-2410 <a href="http://www.mpi.mb.ca">www.mpi.mb.ca</a>	
Keep Kids Safe: <a href="#">Stage 1: Rear-facing seats</a> <a href="#">Stage 2: Forward-facing seats</a> <a href="#">Stage 3: Booster seats</a> <a href="#">Stage 4: Seat belts</a> (Transport Canada):	Illustrated, Easy to read fact sheets are only available electronically.	Transport Canada Website: <a href="http://www.tc.gc.ca/eng/motorvehiclesafety/safedrivers-childsafety-car-time-stages-1083.htm">www.tc.gc.ca/eng/motorvehiclesafety/safedrivers-childsafety-car-time-stages-1083.htm</a>	



# Give Your Child a Safe Start



Winnipeg Regional  
Health Authority  
Caring for Health

Office régional de la  
santé de Winnipeg  
À l'écoute de notre santé



Healthy Child Manitoba  
Putting children and families first

Manitoba 



# What is the leading cause of death for children in Manitoba?



# **What is the leading cause of death for children in Manitoba?**

## **Ask participants:**

- What is the leading cause of death for children in Manitoba?
- Allow participants time to share.

# Injury is the leading cause of death for children



For every **1** child that dies there are...



**25** hospitalizations



**925** treated in ER



**Many** more treated in doctors' offices



In 2005, injuries that resulted in death, hospitalization or an ER visit cost nearly \$11.5 billion in medical expenses.

SOURCES: Web-based Injury Statistics Query and Reporting System (NISQARS), CDC, 2009.

National Health Interview Survey, 2009 data release, CDC, National Center for Health Statistics.

# Answer: Injury is the leading cause of death for children

Injuries are a significant cause of death, hospitalization and emergency department visits for young children.

- **The leading causes of injury resulting in death for children under 5 years of age are:**
  - Sudden Infant Death Syndrome (SIDS), suffocation and sleep related risks including over-heating, soft bedding and unsafe sleep surfaces such as beds, sofas and chairs cause 10-14 infants to die suddenly each year.
  - **Choking** is typically caused when babies, toddlers and young children put things in their mouths such as coins, batteries, balloons, gel candies and certain types of foods like whole hot dogs and whole grapes.
  - Other leading causes of infant death include assault (shaken baby syndrome, child abuse), burns (house fire) and drowning.
- **The leading causes of injury related hospitalization for children under 5 years of age are:**
  - **Falls** account for more than half of all the injury hospitalizations in this age group. Children fall most often from furniture, down stairs, and through windows.
  - **Burns** are usually caused by hot liquids and tap water that is too hot. Scald burns can lead to lengthy hospital stays (average 13 days), many hospital visits and lifelong treatment.
  - **Poisoning** is often caused by household products and medications. Some examples of harmful products are laundry and dishwasher pods, alcohol, cleaning supplies, pesticides and medications.
  - Today we will discuss different types of injuries and how you can prevent these from happening to your children.





# Injuries



# Injuries

## Did you know?

- Up to 90% of injuries in children can be prevented.
- From birth, your baby is growing and developing. With each new ability come new risks. To keep children safe, parents need to stay one step ahead.
- Crawling, learning to walk, running, climbing, putting things in their mouth, learning to eat new foods/textures all are new abilities that your infant will start to develop within the first year. These different skills need special safety considerations.
- Supervising your child and using recommended safety devices such as smoke alarms and carbon monoxide detectors, stair gates and window locks improves home safety and reduces injuries.

# What type of injuries do you think could happen to these children?



# What type of injuries do you think could happen to these children?

**Ask participants:** What type of injuries do you think could happen to the children in the pictures?  
Allow time for participants to share.

## What is appealing to children but may harm them?

Allow time for participants to share. Some examples are:

- Bright colours (light bulb, medications that look like candy, magnets)
- Movement (floating toy in a pool, a ball that might go out in the street)
- Water
- Fire
- Pets
- Things to climb (ladder, shelves)
- Electrical outlets, cords
- Putting objects in their mouth

Most families can describe near misses for something that could have hurt their child, are able to see the potential danger and avoid future injury. Many families may have had a child who was injured at home and have learned how to prevent it from happening again.

Today we will look at ways to make our children's environments safer.



# Home Safety Checklist

## Kitchen

- Chairs and step-stools are away from the counters, sink, microwave and stove.
- Knives, scissors and other sharp utensils are out of reach or in a drawer with a child safety latch.
- The stove's back burners are used when cooking and hot food and drinks are kept away from edges of tables and counters.
- Appliance cords are out of reach.
- Plastic bags and food items small enough to cause choking are kept away from babies and toddlers.
- Household cleaners, medications, vitamins and other poisons are out of reach or locked up.
- A fire extinguisher is conveniently located for easy access.





# Home Safety Checklist

Here is an example of one area of your home (kitchen) from the “Give Your Child a Safe Start” booklet.

A home safety checklist helps you think about the rooms and areas of your home and how to make them safer for you and your child.

- Show participants the home safety checklist section of the “Give Your Child a Safe Start” booklet.
- Suggest that participants use the checklist to go through every room in their house to make the rooms as safe as possible.

Let participants know that they will receive this booklet at the end of the session (if you have copies) or that they can download it at:

<http://www.wrha.mb.ca/community/publichealth/files/GYCSSe.pdf>





# Safe Sleeping



# Safe Sleeping

## Did you know...?

- A newborn may sleep up to 18 hours a day.
- Sudden Infant Death Syndrome (SIDS)/crib death and suffocation are the leading causes of death for children under the age of one.
- 10-14 babies die suddenly in their sleep every year in Manitoba.





# Safe Sleeping



Safe  
Unsafe



# Safe Sleeping

**Ask participants:** How can you keep your baby safe while sleeping?

- Provide a smoke free home before and after birth.
- Always put your baby on his or her back to sleep.
- The safest place for your baby to sleep is alone in a crib and close to your bed. This reduces the chance of suffocation and SIDS. **A car seat, stroller, baby swing, or bouncer seat are not safe places for your baby to sleep.**
- Check that your baby's crib mattress is firm and fits tightly. If there is a gap, your baby's head could get stuck and he or she could stop breathing.
- Your baby's crib should be made after September 1986 and meet Canadian safety standards. If you have a used crib, check for the date on the manufacturing sticker to see when it was made.
- Baby should wear just a sleeper (with no extra bedding, bumper pads or toys).
- Keep blind cords up high and out of reach of your child so that your child's neck cannot get caught in them.

**Important:** Some participants may not have the finances or access to a crib or playpen. Discuss other safety options such as putting baby in a laundry basket, drawer etc. with the key message being that the baby should be sleeping alone and on their back.

# Is This Safe Sleeping?



# Is This Safe Sleeping?

**Ask participants:** Is this safe sleeping? Give participants time to answer the question.

**Answer:** No

- A car seat is designed to protect your child during travel. It's not to be used as a replacement crib in your home. Sitting upright in a car seat can compress a newborn's neck and lead to lower levels of oxygen and difficulty breathing.
- Sitting in a car seat for lengthy periods can also contribute to the development of a flat spot on the back of your baby's head.
- Don't let your child sleep or relax in the car seat for long periods of time out of the car.
- Never place your child in their car seat on an elevated surface such as a table or bed as your child can easily be injured by falling.



# Safety in the Car



# Safety in the Car

## Did you know...?

- Car crashes are the leading cause of death and serious injury to children in Canada.
- In Manitoba, the law says all children need to ride in a car seat that is right for their age, weight, height, and size until they are age 9, 4'9" or 80 lbs.

# Safety in the Car

Child car seats:  
**Securing your  
precious cargo**



- Choosing a car seat
- Proper installation
- The right fit

 **Manitoba  
Public Insurance**  **Manitoba**

# Safety in the Car

- **Using a child car seat correctly means you're taking one of the best steps to protect your child in a crash.** Provincial law requires placing children in the appropriate car seat until they are at least 145 cm (4' 9"), 36 kg (80 lb.) or nine years old.
- Use a rear-facing seat from birth until your baby reaches the maximum weight and height limits of the car seat (up to age 2 or 3). Some rear-facing car seats are made for children up to 20 kg (45 lb.). Rear-facing seats offer the best protection because they distribute the impact of a collision along the back of the car seat, which protects your baby's fragile head and neck.
- Children should remain in their current car seat stage, whether it's a rear-facing, forward-facing or booster seat, until they reach its weight and height limits. This information can be found in the car seat manual or on the car seat itself.

## **Proper placement and installation are important**

- Up to 50 per cent of child car seats and booster seats are used incorrectly. Always refer to the manuals for your car seat and vehicle to ensure correct installation and use.
- Take advantage of one of Manitoba Public Insurance's free car seat inspections. Locations and dates are posted on their website:  
<http://www.mpi.mb.ca/en/Rd-Safety/Car-Seats/Pages/Inspections.aspx>

**Important:** Always check the expiry date on the car seat prior to purchasing or borrowing.





# Burns and Scalds



# Burns and Scalds

## Did you know...?

Burns are a leading cause of injury to children under 5 years old.

The most common causes of burns are:

- Scalds from steam, hot bath water, tipped-over coffee cups, hot foods, cooking fluids etc.
- Contact with flames or hot objects, from the stove, fireplace, curling iron, etc.
- Chemical burns from swallowing drain cleaner or small batteries, or spilling chemicals such as bleach onto the skin.
- Electrical burns from biting on electrical cords or sticking fingers or objects in electrical outlets, etc.
- Sunburns.

**Remember:** Babies have thin sensitive skin that burns more easily than adults.



# Burns and Scalds



# Burns and Scalds

## How can I prevent burns?

- Keep hot drinks and hot food away from your baby.
- Keep your hot water temperature at 49°C/120°F and always check the bath water temperature with your arm or elbow before putting your baby in the bath tub.
- Keep all appliances and cords away from the edge of the counter.
- Install a smoke detector on each level of your home and test it monthly.
- Make sure your electrical outlets are fully covered.
- Use the back burners when you cook and turn pot handles towards the back of the stove.
- Install a bolted gate around your fireplace or a screen that bolts into your fireplace.
- Do not allow smoking in your home.
- Keep matches and lighters away from children.
- Keep all cleaners in a locked cupboard.
- Make sure batteries and other items that can be dangerous are kept in a safe spot away from your child.
- Keep infants out of the sun. Use sunscreen on your 6+ month child and either protective clothes and hats on your infant or a protective sun umbrella.



# Falls



# Falls

Did you know...?

- Falls are the most common cause of injury to babies and children.
- Falls can cause broken bones and serious head injuries.
- Babies can easily fall from stairs, a bed, sofa, table or even out of an open window.



# Falls



# Falls

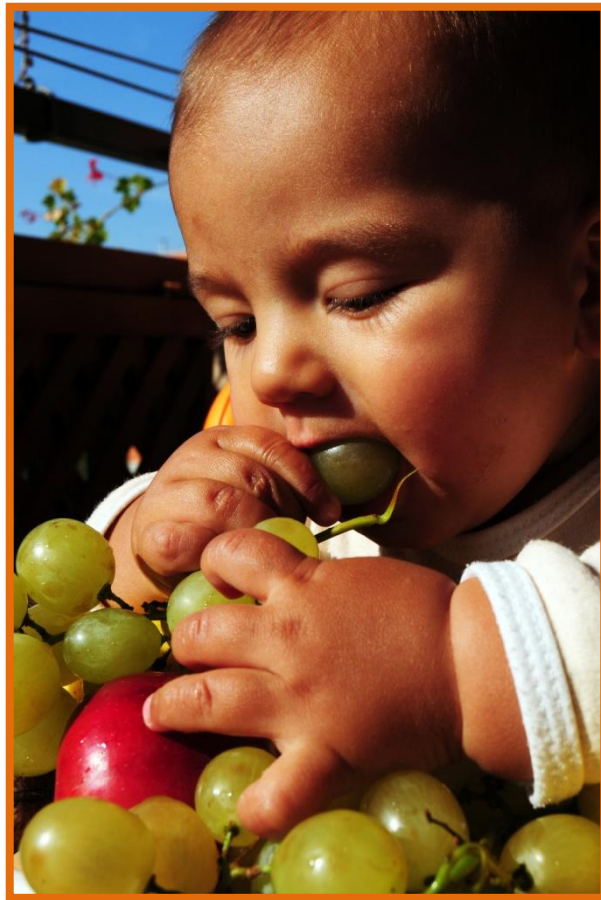
## How can I prevent falls?

- Put a safety gate at the top and bottom of stairs. Make sure your gate at the top of the stairs is bolted into the wall.
- Always use the safety belt on your child's stroller, high chair, shopping cart and other baby equipment.
- Never leave your baby on a couch, bed or other raised surface.
- Secure TVs and furniture to the wall so they don't fall on your child.
- Place bouncer chairs and car seats on the floor rather than on a table or counter. Your baby can wiggle and fall to the floor.
- Move furniture away from windows and install window locks and safety devices. Your baby or young child could fall out of an open window.
- Screens will not protect your child from falling out of windows.





# Choking



# Choking

## Did you know...?

- Coins are the number one cause of choking in children.
- Babies, toddlers and young children like to put things in their mouths. They can choke if food or small things get stuck in their throat and block their breathing.

**Ask participants:** Take a look at this picture. Do you think this is safe?

**Answer:** No. Whole grapes should be cut into small pieces to prevent choking.



# Choking



# Choking

## How can I prevent choking?

- Always stay with your child when he or she is eating.
- Cut whole hot dogs and whole grapes into small pieces before giving them to your child.
- Keep small, hard and gel candies away from children as they can get caught in your child's airway and cause your child to stop breathing.
- Keep all coins, batteries, balloons, and other small items away from babies and young children.
- If you have an older child, keep toys with small parts away from younger children.
- Parents should learn CPR and First Aid.



# Product Safety

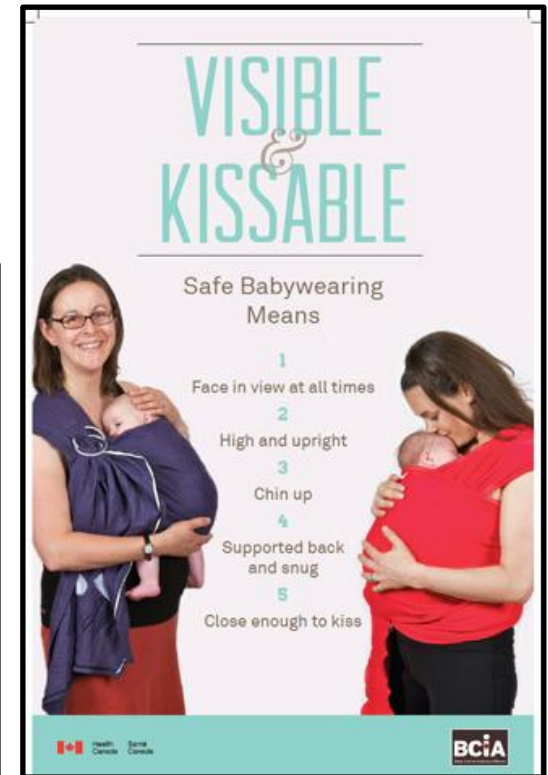


# Product Safety

## Did you know...?

- Every day there are products for children that are recalled due to safety concerns.
- Some examples of hazardous products include small batteries, magnets, laundry pods, e-cigarette liquids. These can all cause serious injuries to a child.
- Just because a product is sold in a store does not mean that it is safe.

# Product Safety



# Product Safety

## What do I need to know?

- Always follow age recommendations on toys and baby equipment.
- Fill out the product registration card on all new products for your child so the company can contact you if there is a recall.
- Check your child's toys for small magnets and keep these out of reach of young children. If two or more magnets are swallowed, this can cause serious damage inside the body.
- Some toys and costume jewellery contain lead. Lead can be very harmful to babies and children.
- Do not use baby walkers. Baby walkers are banned in Canada. These products have caused injuries and deaths to babies.
- To see if any of your products have been recalled, check out the Health Canada website:  
<http://healthycanadians.gc.ca/recall-alert-rappel-avis/index-eng.php>





# Poisoning



# Poisoning

## Did you know...?

- Most childhood poisonings occur in children younger than 6 years of age.
- Most of these poisonings happen in the home.
- Many things in your home can poison children. Even a small amount can make your child very sick.



# Poisoning



# Poisoning

## How can I prevent poisoning?

- Put medications and poisonous products in a locked cupboard “out of sight and locked up tight”.
- DO NOT call medicine or vitamins “candy”. Children will try to eat/drink medicine if they think it is candy.
- Put bottles with safety caps in the locked cupboard as well. These bottles are not child proof. Young children can easily take the caps off.
- Children often can’t tell the difference between products that are harmful and ones that are safe. Harmful products should go in a locked cupboard. Some examples are laundry and dishwasher pods, alcohol, cleaning supplies, pesticides, medications, etc.
- Keep plants away from babies and young children. Many plants are poisonous.
- Keep the Manitoba Poison Centre number (1-855-775-4766) by the phone. In the event of a poisoning emergency, call 911.



# Water Safety



# Water Safety

Did you know...?

- Drowning is a leading cause of death to children aged 1 - 14 years in Canada.
- Any amount of water, no matter how small or shallow, can be a drowning danger for your child.



# Water Safety



# Water Safety

## How can I prevent drowning ?

- Any amount of water, no matter how small or shallow, can be a drowning danger for your child. Be within arms' reach of your child at all times.
- Always stay right beside your child when he or she is in the bathtub. Infant bath rings and bath seats are not safe and should not be used. Your baby could slip into the water. If you have to leave, take your child with you.
- Make sure young children, weak swimmers and children who cannot swim, wear a jacket or personal floatation device and have an adult close.
- Always empty wading pools after use.
- Ensure swimming pools, hot tubs, ponds are properly fenced and secured according to municipal guidelines.



# Where Can I Get Help?

## “Give Your Child a Safe Start”

has been developed and produced in partnership by  
Healthy Child Manitoba Office and the Winnipeg Regional Health Authority

If you have questions about home safety, please contact :  
**IMPACT**, the Injury Prevention Program of the Winnipeg Regional Health  
Authority

Phone: 204 940-8300

Email: [injuryinfo@wrha.mb.ca](mailto:injuryinfo@wrha.mb.ca)

Safety and Injury prevention resources/websites are included and listed  
at both the front and back of the kit.

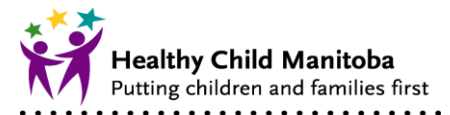
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Health Authority  
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Office régional de la  
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À l'écoute de notre santé

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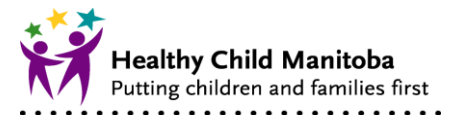
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