

Bedroom and pushchairs

- The gaps between cot bars should be narrow enough that the child cannot get their head stuck between them or climb out.
- An infant bed should have sides.
- Use safety harnesses and belts in pushchairs.
- Do not leave your child unattended in a pushchair.
- Always lock the pushchair brakes, even if you are only stopping for a moment.

Kitchen

- Check the temperature of food and drink before feeding your child.
- Use a different spoon for taste testing to prevent spreading caries.
- A high chair should be sturdy and prevent the child from standing up in it.
- Keep an eye on your child when they are sitting in a high chair.
- Keep hot, sharp and heavy objects and toxic detergents out of reach of children.
- Have childproof latches on drawers containing sharp objects.
- Cover cooker knobs and prevent children from reaching out to the cooker with a cooker guard, for example.

Bathroom and sauna

- Always check the temperature of your child's bathwater before a bath.
- Never leave your child unattended in the bathtub, and always empty the bathtub or whirlpool bath after a bath.
- Only have thermostat and safety taps in the bathroom.
- Equip the floor and the bathtub with anti-slip guards.
- Ensure that the locks on the toilet and bathroom doors can be opened from outside.
- Ensure that there is a safety railing around the sauna heater and that no clothes are dried near a hot heater.

Toys

- Check the age appropriateness of toys. Toys must not have:
 - small detachable parts
 - cords or straps
 - small marbles or balls
 - magnets/coin cell batteries.
- Check the condition of the toys regularly and remove any broken toys.
- Check the cleanliness of the toys and wash them regularly.

In the yard

- Playground equipment, such as swings and climbing frames, should be safe, and you should check its condition regularly.
- Play areas for children should be safe from traffic and direct sunlight.
- Protect your child from sunlight with appropriate clothing, by choosing when to go outside and by using sunscreen.
- Children should wear clothes that cannot get stuck on the playground equipment (for instance, no cords in hoods).
- Only one child should jump on a trampoline at a time, and the trampoline must be equipped with a safety net.
- Children should not wear bike helmets when playing on playground equipment.
- Empty all water containers and pools in the yard after use – children can drown in only a few centimetres of water.
- Cover the hot tub immediately after use.
- Have only non-toxic plants in the yard.
- Keep an eye on your child while playing outside.



Safety for your child

CHECKLIST: 1 TO 3 YEARS

Expertise on accidents: Development Manager Ulla Korpilahti, National Institute for Health and Welfare.

National Action Plan for Safety Promotion among Children and Youth: <https://thl.fi/en/web/thlfi-en/research-and-expertwork/projects-and-programmes/national-action-plan-for-safety-promotion-among-children-and-youth>

Drawing by Antti Metsäranta

Learn to make observations and identify dangerous places together. Consider safe ways to act in dangerous and near-miss situations.

Around the house

- Things to keep out of reach of children:
 - small objects that can obstruct airways
 - older siblings' toys and possessions
 - plastic bags
 - medication and vitamins
 - chemicals and detergents
 - tobacco, snuff and nicotine replacement products
 - matches and lighters
 - alcohol and other drugs.
- Do not take medicine in front of children.
- Keep detergents and cleaning solutions in their original packaging.
- Have only non-toxic plants inside the house.
- Indoor stairs must have:
 - sufficient safety gates both at the top and at the bottom
 - anti-slip guards
 - handrails with vertical bars that have sufficiently narrow gaps between them.
- Practise walking on the stairs together. Children must not run or play on the stairs.
- Every floor must have at least one functional smoke alarm per 60 square metres.
- Check the functionality of the smoke alarms every month.
- Sockets should be safety protected or covered with plugs.
- Electrical cords should be fastened in place and kept out of reach of children. Extension cords should be kept clean of dust and they should not be plugged into each other.

- Windows should be equipped with brackets to prevent children from falling out, and they should be kept shut whenever possible.
- Tie the strings of roller blinds and other blinds so that children cannot become entangled in them.
- The balcony door and front door should have child safety locks.
- Check the condition of electric equipment, such as lamps, and only use safe products (CE marking).
- Cover sharp edges of furniture.
- Place anti-slip guards below rugs and carpets.
- Save the following in your phone:
 - **emergency number 112** or **the 112 Suomi mobile app** if you are using a smartphone
 - **the free-of-charge** number of the Poison Information Centre **0800 147 111** (24 h).
- Ensure the adequacy of your first aid equipment; ask for instructions at the pharmacy or the maternity and child health clinic.

Road safety

- Children should always travel fastened to a child safety seat that is:
 - suitable for the size and weight of the child
 - rear-facing and fitted correctly.
- Check the restrictions caused by airbags.
- Check with the seller regarding the previous use of any used safety equipment (e.g. collisions, bumps).

- Both children and adults should wear properly fastened bike helmets when cycling.
- A bike light should be used in low light conditions.
- Children's clothes should be equipped with safety reflectors, and visibility can be increased with a reflective vest if needed.

Water safety

- Children and adults should always wear a life jacket.
- Do not leave your child unattended near water.



People only have one life

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Guardians and family members of children,

take care of your own coping capability and discuss your concerns with the people close to you and/or at a maternity and child welfare clinic, for example.

Pay attention to how you use media and smart devices in front of your child.

If you feel unsafe or encounter violence, call **the emergency number 112** or, in non-urgent situations, other helplines, such as **Nollalinja on 080 005 005** or **the crisis helpline of the Finnish Association for Mental Health on 010 195 202.**

Encourage your child to be physically active in order to strengthen their motor skills.

Keep new dangers in mind when your child is learning new skills.

Be aware of your child's location and actions and do not leave them unattended even for a moment.

Let your child enjoy safe cuddling, closeness and time spent together.

Listen to your child and show interest in their emotions and thoughts.

Accept your child as they are and raise them with encouragement.

Lower yourself to the floor and look at the view through a child's eyes. What interesting things are within their reach?

Learn emergency first aid and make sure that the first aid equipment in your home is up to date! It is important to be able to act immediately in an emergency.

Children imitate your example! Remember that children acquire attitudes early.