

Sleep, prams and taking care of your child

- Put your child to sleep on their back to reduce the risk of sudden infant death syndrome.
- The gaps between cot bars should be narrow enough that the child cannot get their head stuck between them or climb out.
- Keep the sides of a cot bed up and lower the bottom of the cot when your child starts learning how to stand up.
- Make sure that a cot or pram has nothing that can cause the child to choke or get strangled when turning (e.g. soft toys, pillows, cords).
- Never place a carry-cot, bag or safety carrier anywhere other than on the floor.
- When putting your child to sleep outdoors, place the pram so that it cannot fall over or roll away.
- Use safety harnesses and belts in pushchairs and prams.
- Place the pram in a safe place in the shade so that the temperature inside the pram does not get too high, and cover the pram with

mesh or a safety net to protect against insects and other animals.

- Monitor your child when they sleep outdoors.
- Never leave your child alone on a changing table, couch or anywhere else with a risk of falling.
- Make sure that the changing table is sturdy and has high sides.
- Never leave your child in front of the television – unfiltered stimulation can damage the neurological development of the child.
- Handle your child carefully, gently and calmly, and never shake them.

Kitchen

- Check the temperature of food and drink before feeding it to your child. Use a different spoon for taste testing to prevent spreading caries.
- Offer food to an infant in the form of a purée or as big bars, with the child sitting in an upright position to prevent the risk of choking.

- 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.
- Do not have your child in your lap, in a baby carrier or a sling carrier when handling hot drinks or food or using knives or scissors.
- Keep any hot, sharp and heavy objects on kitchen counters 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.
- Prevent the child from climbing on the kitchen table or the countertops.

Bathroom and sauna

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

Toys

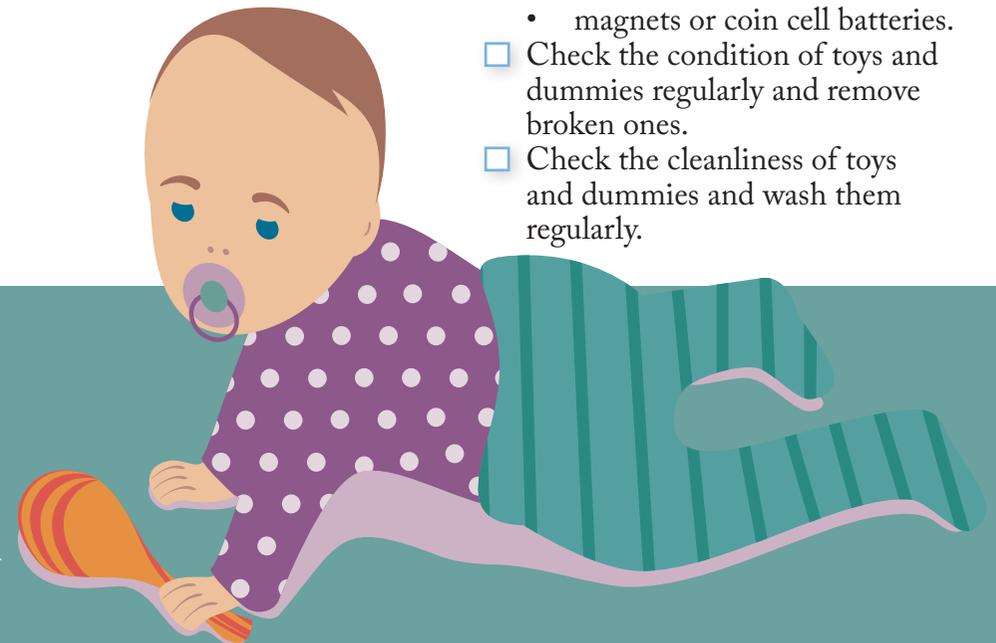
- Check that toys are suitable for a child under a year old.
- Toys must not have:
 - small detachable parts
 - cords or straps
 - small marbles or balls
 - magnets or coin cell batteries.
- Check the condition of toys and dummies regularly and remove broken ones.
- Check the cleanliness of toys and dummies and wash them regularly.

Safety for your baby

CHECKLIST: UNDER 1 YEAR

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



Around the house

- Things to keep out of reach of children:
 - small objects that can obstruct the airways
 - plastic bags
 - medication and vitamins
 - chemicals and detergents
 - tobacco, snuff and nicotine replacement products
 - matches and lighters
 - alcohol and other drugs
 - older siblings' toys and possessions.
 - 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:
 - sufficiently high safety gates both at the top and at the bottom
 - anti-slip guards
 - handrails with vertical bars that have sufficiently narrow gaps between them.
 - Have a smoke alarm on every floor and check the functionality of their batteries on a monthly basis.
- 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.

In the yard

- Do not leave your child unattended in the yard.
- Empty all water containers and pools in the yard after use – children can drown in only a few centimetres of water if they are face down in the water.
- Keep the hot tub covered when not in use.

Road safety

- When traveling in a car, children should always be 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 seller regarding the previous use of any used safety equipment (e.g. collisions and bumps).
- Do not leave a sleeping child alone in a car.
- When travelling by bicycle, keep your child fastened to the safety seat.
- Both children and adults should wear properly fastened bike helmets when cycling. A bike light should be used in low light conditions.
- Prams, pushchairs and the clothes of both children and adults should be equipped with safety reflectors, and visibility can be increased with a reflective vest if needed.
- Children and adults should always wear a life jacket when travelling on water.

Other

- The child must stay fastened to an appropriate safety carrier or seat when placed in a shopping trolley.
- Never leave your child unattended and be constantly aware of where they are and what they are doing.
- Do not leave your child alone with an animal.
- Let your child enjoy the safe presence of their guardian and cuddling and time together.

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 to strengthen their motor skills, and show happiness when they learn new skills.

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.