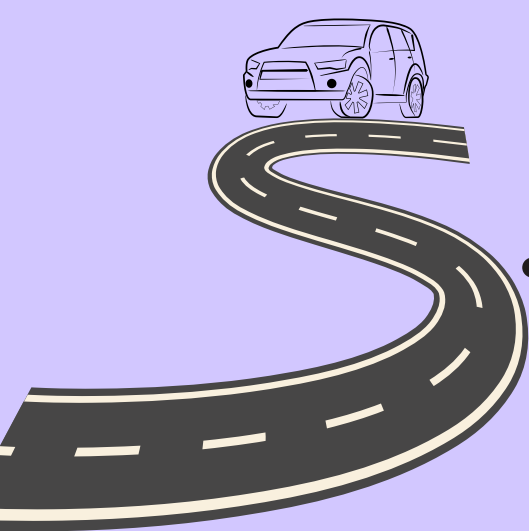


Rourke Baby Record

INJURY PREVENTION



MOTORIZED VEHICLE SAFETY/CAR SEAT

- Baby should be in a rear-facing infant car seat that is manufactured for use until at least 2 years of age in the back middle seat of the car

- <13 years old should sit in the rear seat, away from airbags
- Never leave a child in a vehicle unattended
- Infants and toddlers - rear-facing car seat
- Children who weigh at least 10kg can be in a forward-facing seat with a harness
- Children who weigh at least 18 kg in a booster seat
- Use properly fitted lap/shoulder belt in the rear seat for children taller than 145 cm and < 13 years
- Maximum height & weight may vary with car seat model
- <16 years old should not operate an ATV or a snowmobile

SAFE SLEEP

- Baby should sleep on back, in a crib, cradle or bassinette that meets Canadian regulations, with no other items such as blankets, toys, or bumper pads
- Babies should not share a bed with their parents or siblings as this is linked with a higher risk of Sudden Infant Death Syndrome (SIDS)
- Having a crib in the parent's room lowers the risk of SIDS
- Risk factors of SIDS: overheating; maternal smoking, 2nd hand smoke, alcohol, or illicit or sedating drug use
- At 1-2 weeks, alternate your baby's head position in the crib every day to prevent development of a flat head
- At 2 months, swaddling your baby can improve their sleep if done properly (do not swaddle once they are trying to roll)

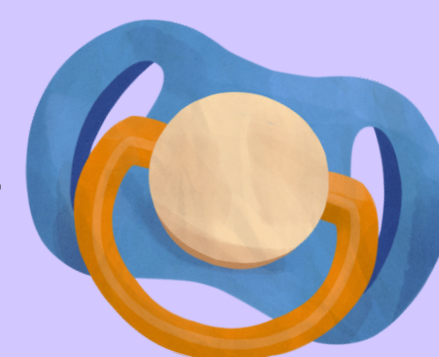


FIREARM SAFETY

- Remove or safely secure all guns/firearms in the home to prevent unintentional or intentional injury

PACIFIER

- Pacifiers may decrease risk of SIDS and should not be discouraged in the 1st year of life after breastfeeding is well established
- But, restrict in children with chronic/recurrent otitis media
- No pacifiers 2 years old and up



HOT WATER/BATH SAFETY

- 1 -2 weeks:
 - Dress baby with 1 more layer of clothing than you are wearing.
 - The temperature of the room where your baby sleeps should not be more than 20 degrees Celcius.
- Smoke detectors on every level of the home
- Hot water tank temperature should be no higher than 49 degrees Celcius
- 0-6 months: To prevent sunburns, keep your baby in the shade when outdoors
- 6+ months: Sunscreens and insect repellants can be used after 6 months.
- Never leave your baby alone in the bath. Do NOT use baby bath rings or bath seats
- 2-5 years old:
 - Supervise your child in the water, encourage swimming lessons, fence pools
 - Take boating and water safety training





FALLS

- Up to 4 months: To prevent falls, never leave your baby alone on their change table or other high surface. Use window guards and stair gates.

- Baby walkers on wheels are banned in Canada and should never be used.
- Ensure stability of furniture and television.

CARBON MONOXIDE/ SMOKE DETECTORS



- Carbon monoxide detectors are especially important if you have a car in an attached garage, or have oil, gas or wood heating, stove, or fireplace
- Install smoke detectors on every level of the home to prevent burns

CHOKING/SAFE TOYS

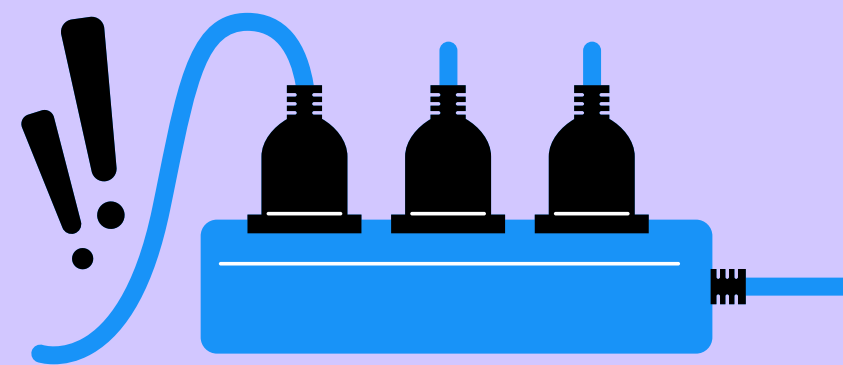
- Avoid hard, small, smooth, and gummy foods under 4 years of age
- Conforming items like latex balloons can cause choking
- Encourage child to remain seated while eating and drinking
- Use safe toys for your baby's age and remove loose parts and broken toys to prevent choking



- Caregivers encouraged to learn choking first aid
- 4-5 years old: Avoid home trampolines

ELECTRICAL PLUGS/CORDS

- Cover electrical outlets, tape down cords



POISONS/INGESTIONS

- Keep medicines, cannabis edibles, cleaners, and other toxic substances locked up and out of child's reach.
- Ensure safe storage and disposal of button batteries
- Use of ipecac (emergency treatment for certain poisons) is contraindicated in children



- Emergency number: 1-844-POISON-X (1-844-764-7669)
- 6 months: Insect repellants with 10% DEET or less can be applied once daily if needed until age 2 years when they can be used up to 3 times daily.

BIKE HELMETS

- 2-3 years old: Parents and children should wear a properly fitting bike helmet when cycling
- Replace your helmet if there is heavy impact, it shows signs of damage, or if it is over 5 years old.

