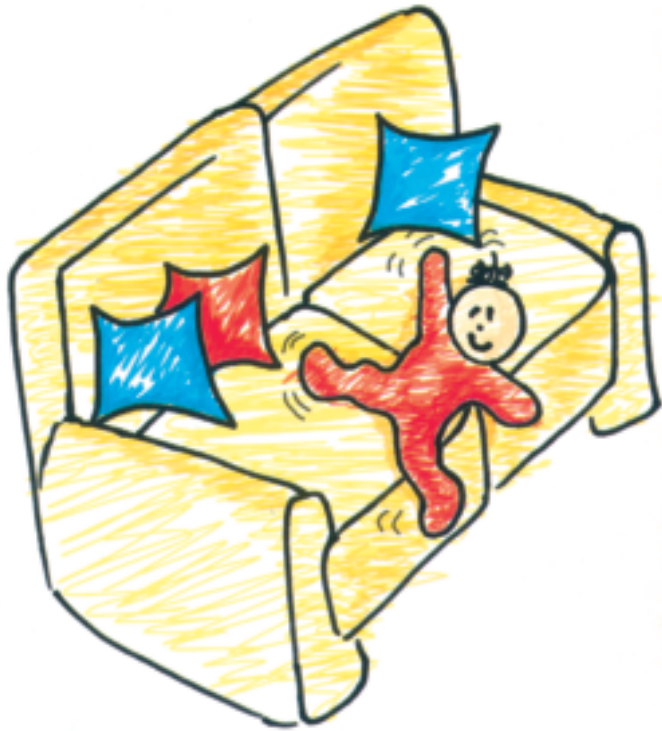


# Safety & Your Child 0 - 8 months **YOU AND YOUR BABY**



## I can fall!

Very young babies roll over and will fall off beds and settees.

You must stop me getting hurt - as I can't stop myself.



## accidents to watch out for

I can get scalded by:

### Bath water

Test the temperature first with your wrist or elbow.

Never leave me alone in the bath, even for a second.

### Hot food

If you use a microwave to heat my baby food or milk, take care.

Always shake the bottle or stir the food. Test the temperature before feeding.

### TEA AND COFFEE

Scalds are very common.

I may knock mugs and cups while you cuddle me.

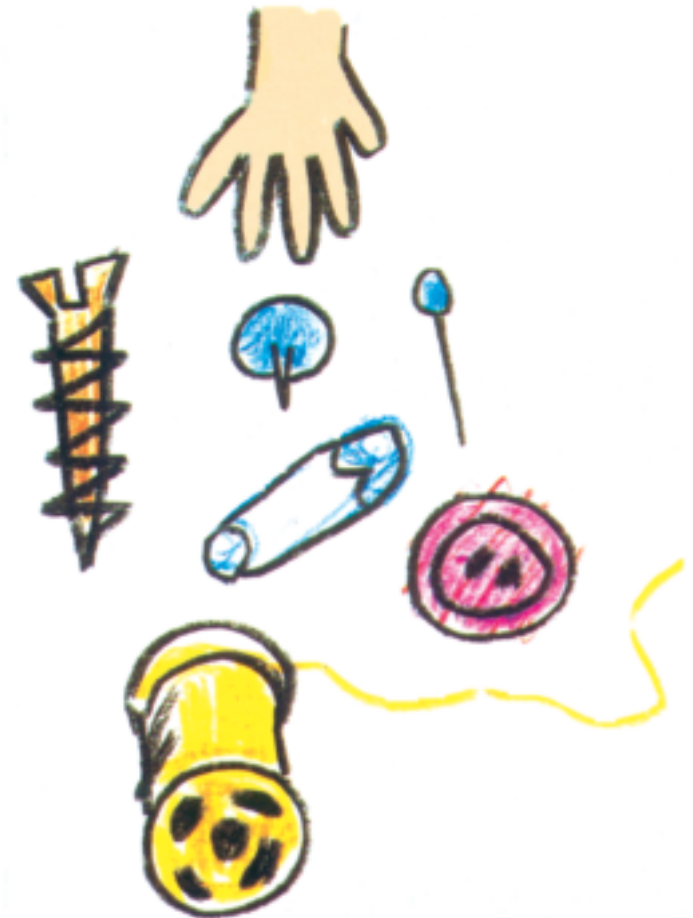
## I CAN CHOKE

40 babies die each year this way.

Don't leave me alone to feed with my bottle or food.

Always hold the bottle yourself when I feed.

Small things - stones, buttons and fluff will choke me.



## look in my fist

have I picked something up?

## First Aid Advice

**Choking/ingestion** – Don't encourage vomiting. Bring the substance swallowed to Emergency Department.

Encourage child to cough to clear obstruction. If they can't cough and you can see the object, sweep a single finger from side of mouth to remove it.

If they can't cough and you can't see object, tilt head downwards and perform up to 5 back blows using heel of hand while someone calls 999. Aim between the shoulder blades.

**For infants**, child lying face down on your lap with head lower than body. Use one hand to support head, and the other hand to perform up to 5 gentle back blows using heel of hand while someone calls 999. Aim between the shoulder blades.

**Burns** – Cool the area with cold running water for maximum of 10 minutes then cover area with cling film **not over face**. Do not apply any creams, toothpastes, oils or gels.

*Remember: Warm the child and cool the burn. The child will need pain relief and the injury must be seen by a doctor, do not burst blisters and seek medical advice.*

**Injuries/ill child with fever** If your child is in pain or has a high temperature consider giving Paracetamol (Calpol) or similar, follow the dose on the bottle. Minimize layers of clothing/bedding to help cool child down. **Do not** cool with cold flannel or in a cold bath.

Speak to a local pharmacist/walk-in Centre/GP for further advice about medicine for children

**If your child is unconscious or having difficulty breathing call 999**

**If in any doubt call NHS direct on 08454647 (or 111 from March 2013) for advice. See your GP or attend the Hospital Emergency Department.**

You may be interested in attending a first Aid course to improve your knowledge



## STRAP ME INTO baby SEATS AND highchairs

**Watch Out - use safety equipment NOW!**

I may crawl or walk early or do something you don't expect.

Once I can sit up I can reach even more things.



## I DON'T WANT TO BE HURT IN A CAR ACCIDENT

Always use my car seat - it must be rear facing.

I'll be ready for my next seat at around 8 months - when I can sit up on my own.

Make sure it fits firmly in the car.

What about my harness?

You should just be able to slide two fingers under the straps.



**I'm NOT always a lot of fun!**

I may cry a lot.

I may be grumpy.

You may be very tired.

**It's O.K. - we all have bad days.**

**PLEASE ask for help!**

**Talk to a friend.**



Ring your health visitor, or Crisis - a helpline for families with crying babies.

Let someone else look after me sometimes.

**HAVE a break**