

# Safety Tips:

## Preschool (2-4 Years)



Lucile Packard  
Children's Hospital  
Stanford

Childhood Injury Prevention

### Safety In and Around Cars

- Do not ever leave your child alone in a car to avoid heatstroke-related injury and death.
- Choose soft toys for your child to play with in the car and secure loose objects and toys to protect everyone in the car in case of a crash.
- Only buy a used car seat if you know its full crash history. Once a car seat has been in a crash, it needs to be replaced.
- Look at the label on your car seat to make sure it's appropriate for your child's age, weight and height. Make sure to check the car seat's expiration date.
- Use either the car's seat belt or LATCH system to lock the car seat in place. Don't use both at the same time.
- Make sure the harness of your car seat is tightly buckled and coming from the correct slots (check your car seat manual). With the chest clip placed at armpit level, pinch the strap at your child's shoulder. If you are unable to pinch any excess webbing, your child is secure.
- Once your car seat is installed, give it a hard tug at the base where the seat belt goes through it. The car seat should not move more than one inch.
- For more car seat guidelines and information, visit <http://www.safercar.gov/parents/CarSeats.htm> or one of Stanford Children's Health's free car seat checks.

### Preventing Scalds/Burns

- To prevent accidental scalding, set your water heater to 120° F or the manufacturer's recommended setting.
- Install barriers such as safety gates around fireplaces, ovens and furnaces as well as at the tops and bottoms of stairs.
- Don't carry or hold a child while cooking on the stove.
- Use the back burner of your stove and turn pot handles away from the edge to prevent accidental hot food/liquid spills.
- Unplug and safely store irons, flat irons and other appliances that might be hot to the touch.
- Apply sunscreen before going outside and reapply every two hours and after going in the water.

### Avoiding Falls

- Install window guards and place chairs, cribs, and other furniture away from windows to prevent unintentional window falls.
- Keep windows locked and closed when they are not being used.
- Actively supervise toddlers on stairs.
- Use approved safety gates at the tops and bottoms of stairs and attach them to the wall, if possible.
- Take your kids to playgrounds with shock-absorbing surfaces such as rubber, synthetic turf, sand, pea gravel, wood chips or mulch.

## Preventing Choking

- Before buying a new toy, check to make sure there aren't any small parts or other potential choking hazards. Look out for small game pieces.
- Keep small objects such as buttons, beads, jewelry, pins, nails, marbles, coins, stones and tacks out of reach and sight.
- Cut food into small pieces. Children under 5 years old should not eat small, round or hard foods, including pieces of hot dogs, cheese sticks or chunks, hard candy, nuts, grapes, marshmallows or popcorn.

## Battery Safety

- Keep small electronics or devices that use button batteries (including remote controls, key fobs, watches, pocket calculators, musical greeting cards and flameless candles) out of reach.
- If you suspect your child has ingested a battery, go to the hospital immediately. Do not induce vomiting or have your child eat or drink anything until assessed by a medical professional.
- Keep the National Battery Ingestion Hotline 202-625-3333 on hand.

## For Extra Peace of Mind

- Take the time to learn CPR/first aid.
- Childproof your home (this includes placing hot liquids, sharp/dangerous items, medicine, and poisonous items out of reach or in locked cabinets)
- Keep poison control number handy: 800-222-1222
- Teach your child pedestrian and stranger safety.
- Know where your child is at all times.
- Do not leave heavy items or hot liquids on tablecloths.

## Calming Your Baby

- Do not ever shake your baby. This could cause serious brain injury.

## Water Safety

- Keep toilet lids closed and use toilet seat locks to prevent drowning. Keep doors to bathrooms and laundry rooms closed.
- Never leave your child unattended around water. If you have a backyard pool, make sure to install four-sided fencing with a self-closing, self-latching gate.
- Empty tubs, buckets, and pools immediately after use.
- Make sure your child learns to swim.

## Bike Safety

- Bring your child along when shopping for a bike to ensure the best fit. Select a bike that is the right size for the child, not one he or she will grow into.
- Make sure your child has the right size helmet and wears it every time when riding.
- Actively supervise children while they are riding.



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