

Prevention

Take a basic first-aid and CPR class to know how to handle an emergency.

Childproof your home. Make sure

- Outlets have *plugs* in them
- Cupboards have child *locks* on them
- Tall furniture is securely *strapped* to the wall
- Stairs and pools are secured by gates
- Dangerous chemicals and medicines are stored safely out of reach

Scan your home daily for hidden dangers like choking hazards. Look everywhere – under tables and between couch cushions.

Keep a well-stocked first-aid kit on hand.¹ Keep an eye on any expiration dates. It should contain

- First-aid manual
- Sterile gauze pads
- Bandages
- Antibiotic ointment
- Hydro-cortisone cream
- Antiseptic wipes
- Age appropriate pain and fever reliever

Common Toddler Accidents

Choking^{3,4}

- Choking is always a concern because their airways are small, and toddlers put everything in their mouth.
- Watch carefully for potential *choking* hazards.
- *Cut* foods into small oblong shapes.
- Avoid whole hot dogs until age 4.
- Avoid perfectly round foods, like grapes or hot dog slices. Avoid foods that are small and hard such as candies, popcorn, nuts, or corn chips.
- Avoid gummy like foods, candies, fruit snacks, or globs of peanut butter.
- Cook or finely slice crunchy foods like apples and carrots.

Falls

Falls are a normal part of growing up. Falls help children learn their limits. Most cuts, bumps, scrapes, and bruises can be cleaned and taken care of at home.^{6,7} However, if you see any concerning *injuries* or bleeding or if your child has symptoms of a concussion such as acting *dizzy*, unusually drowsy, or confused, vomiting, becoming irritable, or has any other concerning symptoms, then take them to the emergency room.^{7,8}

Burns & Scalds^{9,10}

Burns and scalds can be caused by hot liquids, chemicals, hot items, fire, electrical contact, or the sun.

Bites & Stings^{6,7,11,12}

Biting and stinging bugs can cause itching or painful bumps on your toddler's skin. Call 911 if your child has symptoms involving more than just the site of the bite or sting, such as dizziness, vomiting, difficult or noisy breathing, rash all over the body, lip, tongue or facial swelling, or any other worrisome symptoms.

Poisoning^{13,14,15,16}

Over half of all poisonings occur in children under age 6. It is important to act quickly if you know or suspect your child has been poisoned. Common poisons are medicines, alcohol, cleaning products, dish washing or laundry detergents, yard and car care products, and glues and paints. If you suspect your child has *swallowed* or come into contact with poison, then call your poison help line at 1-800-222-1222. If your child is unconscious or not acting well, call 911.

Car crashes¹⁷

Motor vehicle accidents are a leading cause of death in children. Always properly strap your children into their car seats. Make sure the car seat is both age and weight appropriate for your child.

Sun safety^{7,18}

Always use a sunscreen on your child when they are outdoors, even if the weather is overcast. Use a sunscreen with at least an SPF 15. Apply it fifteen to thirty minutes before going outside and reapply every 1 1/2 to 2 hours.

Resources include:

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2. American Academy of Pediatrics. Playpen Safety. Found at <https://www.healthychildren.org/English/safety-prevention/at-home/Pages/Playpen-Safety.aspx>, accessed 11-19-2018.
3. American Academy of Pediatrics. Responding to a Choking Emergency. Found at <https://www.healthychildren.org/English/health-issues/injuries-emergencies/Pages/Responding-to-a-Choking-Emergency.aspx>, accessed 11-19-2018.
4. Gupta, R. P., MD. The Nemours Foundation. Choking. Found at <https://kidshealth.org/en/parents/choking.html?ref=search&WT.ac=msh-p-dtop-en-search-clk#athome>, accessed 11-19-2018.
5. American Safety & Health Institute CPR, AED, and Basic First Aid Student Workbook and AED. 2016, pp. 40, 41
6. American Academy of Pediatrics. First Aid Guide for Parents & Caregivers. Found at <https://www.healthychildren.org/English/safety-prevention/at-home/Pages/First-Aid-Guide.aspx>, accessed 11-18-2018.
7. Glenda Williams, MD - Pediatrician. Interview.
8. Baby Center. Falls: What to Do When a Baby or Toddler Gets a Bump on the Head. Found at https://www.babycenter.com/0_falls-what-to-do-when-a-baby-or-toddler-gets-a-bump-on-the-h_397.bc, accessed 11-19-2018.
9. American Academy of Pediatrics. Burn Treatment & Prevention Tips for Families. Found at <https://www.healthychildren.org/English/health-issues/injuries-emergencies/Pages/Treating-and-Preventing-Burns.asp>, accessed 11-18-2018.
10. American Academy of Pediatrics. First Aid for Burns: Parent FAQs. Found at <https://www.healthychildren.org/English/safety-prevention/all-around/Pages/First-Aid-For-Burns.aspx>, accessed 11-18-2018.
11. American Academy of Pediatrics. Identifying Insect Bites and Stings. Found at <https://www.healthychildren.org/English/health-issues/conditions/from-insects-animals/Pages/Identifying-Insect-Bites-and-Stings.aspx>, accessed 11-18-2018.
12. Hirsch, L. MD. The Nemours Foundation. Bug Bites and Stings. Found at <http://kidshealth.org/en/teens/bug-bites.html?ref=search&WT.ac=msh-p-dtop-en-search-clk#athome>, accessed 11-18-2018.
13. Australian Government - Department of Social Services. Household Poisons. Found at http://raisingchildren.net.au/artides/household_poisons.html, accessed 11-18-2018.
14. American Academy of Pediatrics. Poisoning. Found at <https://www.healthychildren.org/English/health-issues/injuries-emergencies/Pages/Poisoning.aspx>, accessed 11-18-2018.
15. Poison Control. Alcohol: A Dangerous Poison for Children. Found at <https://www.poison.org/articles/2013-feb/alcohol-a-dangerous-poison-for-children>, accessed 11-18-2018.
16. Poison Control. Rubbing Alcohol Only Looks Like Water. Found at <https://www.poison.org/articles/2012-dec/rubbing-alcohol-only-looks-like-water>, accessed 11-18-2018.
17. Children's National Health System. In and Around Cars. Found at <https://www.safekids.org/and-around-cars-0>, accessed 11-18-2018.
18. American Academy of Pediatrics. Sunburn: Treatment and Prevention. Found at <https://www.healthychildren.org/English/health-issues/conditions/skin/Pages/Sunburn-Treatment-and-Prevention.aspx>, accessed 11-18-2018