



INFORMATION MATERIAL TO ENSURE THE SAFETY OF YOUNG CHILDREN **FOR PARENTS**

Accidents with children are largely preventable by adult supervision and by creating a safe environment. Most often, young children are injured at home and most of the injuries occur in the living room, but there are also many dangers in the kitchen and in other rooms. For children, injuries depend on the child's level of development. Young children are extremely curious and do not have the ability to analyse the dangers surrounding them. However, you should still explain the dangers to the child and develop their physical abilities so that they become more skilful.

The information material provides an overview of the main safety concerns for toddlers that can be eliminated with simple measures. Assess your home environment at your child's eye level to notice unsuitable objects and items that are within their reach.

SLEEP

- To avoid the danger of asphyxiation during sleep, choose age-appropriate bedding for the child (avoid a large and heavy blanket), remove unnecessary items from the bed (including too many toys). For the same reason, pets (especially cats) should be kept away from the bed (ideally the bedroom) and children should not sleep together with a parent who is overweight or has consumed alcohol or other substances.
- In order to prevent falling, the choice of bed must be based on the age of the child – the child must be able to get into and out of the bed safely.

BATHING AND SAUNA

- To avoid injuries caused by hot water, the temperature of the hot water tap should be adjustable and the water temperature should be

checked immediately before the child comes into contact with the water. When preparing bath water, it is safest to start with cold water.

- To prevent burns, the child is never left alone in the sauna or near hot objects (sauna heater, radiators, iron, hair curler etc).
- To prevent the risk of drowning, the child is never left alone in the bathtub. After bathing, the bath should be immediately drained.

FOOD AND FOOD PREPARATION

- Since the kitchen is often the place where young children are injured in various ways (burns, cuts, falls etc), it is recommended to keep young children out of the kitchen when cooking. No containers filled with hot water (including a cup of hot tea or coffee, when the child is sitting on the parent's lap) or the handles of cookware on the stove should



be within the reach of a child in the kitchen; no container filled with hot water should be raised above the child's head. Many sharp objects found in the kitchen, such as knives and scissors, pose a danger to the child.

- In order to ensure safety while eating, the child must be provided with age-appropriate dishes (avoid easily breakable dishes that can cause injuries) and food and drink at appropriate temperature.
- To avoid suffocation, ensure a calm atmosphere during eating, so that they can focus solely on eating (not watching TV, running around with food etc)

When spoon-feeding a child, be patient and do not rush the child.

PLAY AND IMITATING THE PARENT

- In order to prevent falls and other injuries, playgrounds without fencing (fencing is for keeping animals and traffic away) and worn accessories must be avoided. Equipment must be properly secured. Equipment with a height of more than 60 cm must have handles. For equipment with a height of more than 1 m, the surrounding ground must be covered with a coating that softens the fall (grass, sand). For toddlers, a trampoline with a safety

net and a sandbox, from which the toddler is able to climb out on their own (not too deep or with an edge that is not too high) are suitable.

- To avoid the risk of suffocation, choose age-appropriate toys for the child; immediately discard small details (including batteries) that have become loose or broken toys.
- To prevent animal attacks, avoid leaving your child with pets unattended.
- To avoid poisoning, store potentially toxic substances in their original containers/bottles (cleaning products, coolant etc) and out of sight and reach of children (since child-resistant packaging is not 100% safe, the mother's handbag or bedside drawer, for example, is not a good storage place), and do the same with medicines and

lifestyle-related accessories (e-cigarettes, smokeless tobacco, nicotine patches, alcohol etc)

- If possible, the parent/caregiver should use medicines and substances harmful to health somewhere children do not see it (imitation!) or explain their potential harmful effects (medicines are not 'candy').
- When administering a medicine to a child, ensure that the medicine, the dosage, and the frequency of administration are suitable for the child.

OTHER ROOMS OF THE HOUSE

- To avoid falling, the child's movement trajectory must be kept clean (non-slip surface and objects, including free of toys).
- To avoid cuts, ensure that glass surfaces in the home (tables, terrace glazing etc) are shatterproof.



- To avoid electrical trauma, all sockets must be covered with plugs, and all electrical appliances should be removed from the mains or made inaccessible for the child.
- Humidifiers are attractive to the child due to both the outgoing steam and the changing lights, but in order to avoid the risk of burns from the hot steam, limit the child's access to humidifiers.
- To prevent carbon monoxide poisoning and fire hazard, the home must be equipped with carbon monoxide and smoke sensors, if the home has heaters that use open flame, the front of the heater must be fire-proof and access of the child should be restricted.
- To prevent falling from stairs, avoid open stairs, cover the steps with non-slip coating, ensure good lighting and handrails for moving up and down stairs (the handrail should be at a distance of 4–5 cm from the wall and have a diameter of 3–5 cm). To limit the movement of children on hazardous stairs, the stairs should be equipped with gates (the gap between the bars of the gate should not exceed 10 cm).
- To prevent falling out of the window, there should be no objects (furniture) that can be climbed on near the windows, the barriers on the windows should be no wider than 10 cm.
- To avoid getting stuck under furniture/home appliances or impact

from furniture, pieces of furniture that can be easily removed (shelves, chests of drawers etc) and home appliances must be attached to the walls. Avoid hanging tablecloths over the edge of the table, which the child can use to pull heavy objects off the table.

- To avoid the risk of suffocation, plastic bags should be kept out of sight and reach of children, and cords attached to blinds must also be inaccessible.

DRESSING

- To make the child distinguishable in crowds or traffic, dress them in colourful clothing; a reflective fabric is useful when going out in the dark.
- To prevent the risk of suffocation, the child should wear age-appropriate items of clothing, preferably clothes without buttons, cords and strings, and a neck warmer should be preferred to a scarf etc.
- Safe movement is ensured by non-slip shoes that support the feet.
- When coming in contact with water, the risk of frostbite increases by 30%, so for children, choose weatherproof (water-repellent) outerwear.

STAYING OUTDOORS

- A safe home environment (eg protection against vehicles and unknown pets) is ensured by secure gates.
- Avoid rushing the child, which cau-

ses disruption of the child's routine activities, distracts them, and promotes defiant behaviour, which in turn increases the risk of accidents occurring.

- In order to avoid the risk of drowning, outdoor pools, larger water containers and wells in the yard area must be securely covered. If there is a pond in your garden and you have young children, restrict access to the pond (fencing). Never leave a child bathing in a body of water unattended. Consider the dangers associated with large bodies of water – waves, currents etc. Additional safety is provided by lifejackets (use for all children who cannot swim well).
- Avoid potentially toxic plants in your outdoor area. To avoid poisoning, instruct the child not to eat unk-

nown berries/plants/mushrooms.

- Age-appropriate micromobility vehicles (bike selection must take into account the child's age and capabilities) and adequately fitted safety equipment (helmet when riding a bike, if necessary and possible, knee and elbow pads and wrist guards, a seat for the parent's bike/car etc) must be used to prevent accidents involving vehicles or traffic.
- In order to prevent overheating, staying outdoors in hot weather should be avoided between 11:00 and 16:00; prefer shady places, use a hat and sunscreen, and give the child plenty of fluids. The child must never be left to sleep in a stroller or car in hot weather.

PRINCIPLES OF FIRST AID

ENSURE YOUR OWN SAFETY

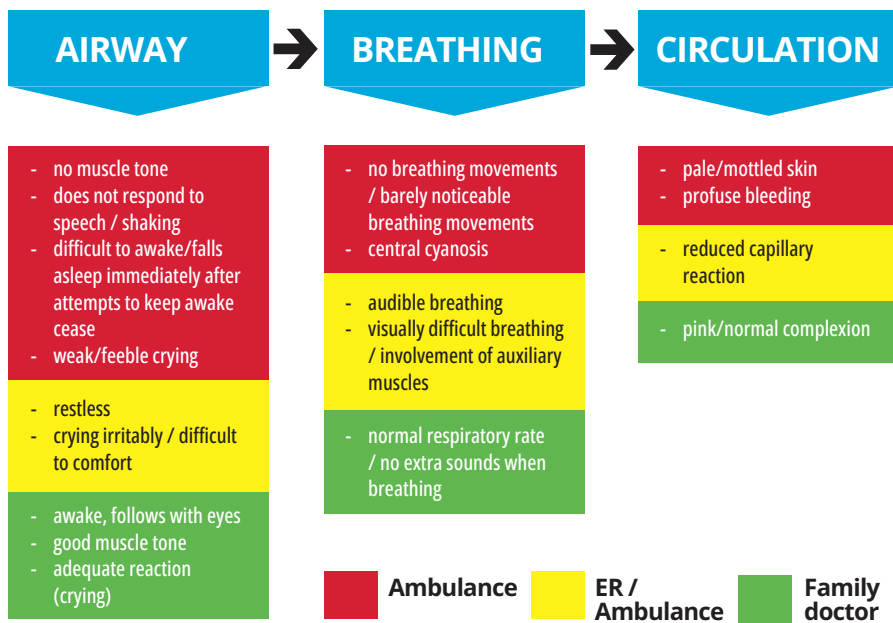
Make sure that you do not put yourself at the same risk that your child is at, such as toxic environments, electricity, surrounding traffic, assault, drowning etc.

The **leaflet** prepared by the Estonian Society of Family Doctors helps to decide which health care institution should be contacted.

- In the event of a non-life-threatening condition, your family doctor or family nurse will provide first aid during the opening hours of your primary health centre.
- If urgent assistance is needed (failure to provide assistance may result



THE ABCs OF ASSESSING THE NEED FOR ASSISTANCE:



According to the assessment of the urgency of the need for assistance, a decision must be made as to whether a specialist's advice or emergency assistance is needed.

in the death of the child or permanent harm to health), contact the hospital's emergency department (EMO), which is open 24 hours a day.

- In a situation where the child needs urgent and immediate help (any deviation in the vital functions (consciousness, breathing, blood circulation), accidental injury/trauma, and poisoning and sudden acute illnesses), call **112**.
 - While waiting for an ambulance, assess the condition repeatedly and

start life-saving first aid if necessary!

- Calls to the Emergency Response Centre's number 112 that do not require an ambulance are forwarded to **1220** for medical consultation.
- If you have any doubts as to whether you need to call an ambulance, you can seek advice from the Family Doctor's Advice Line **1220** if your family doctor is not available or the health problem is not serious enough to necessitate a visit to the family doctor.

- The Poisoning Information Centre (**16662**) gives advice in events of suspected poisoning around the clock. Before calling, the following information is required:
 - the name or description of the poison;
 - when and how the poisoning occurred and the quantity of the poison;
 - health complications that have emerged;
 - age and weight of the child;
 - whether and what kind of first aid has been provided.
- If necessary, they ask you to call 112.

CALLING THE EMERGENCY RESPONSE CENTRE FOR AN AMBULANCE

- call the Emergency Response Centre's number **112**;
- calmly describe what happened (with whom, what, when, and where did it happen?);
- answer briefly, accurately and honestly to the questions asked by the Emergency Response Centre;
- do not end the call before allowed to do so;
- do not leave the child and keep the phone line free so that the Emergency Response Centre can call back

if necessary;

- if the child's condition changes significantly (improves or worsens even more), call 112 again.

ANYONE CAN PROVIDE FIRST AID

If help is not provided, the condition of the person in need may worsen significantly.

- If the child is unconscious and not breathing
 - start chest compressions;
 - for children, give rescue breaths in addition to chest compressions.
- If the child is unconscious but breathing,
 - turn the child on their side.
- If the child is bleeding profusely,
 - stop the bleeding – apply pressure to the wound / bandage it and keep pressure on the wound until the ambulance arrives.
- Constantly monitor the condition of the child and intervene when needed.

Saving a life depends on the people providing assistance, which is why undergoing regular first-aid training is recommended to maintain and gain theoretical and practical skills.

Accidents happen, but you can always use your skills.





Checklist for parents of children aged 1–4

SLEEPING PLACE AND TROLLEY

- The child has a bed with an edge that is at least 30 cm high to prevent their from falling out of bed (bunk bed is suitable for a child from 6 years old).
- The gaps between the slats or boards are narrow enough so that the child does not get stuck between them.
- In the trolley, the safety straps are closed the whole time the child is in the trolley.
- I always apply the break on the trolley wheels when I stop.
- The child can behave unpredictably and I do not leave them alone in the trolley.

BATHROOM AND SAUNA

- I check the suitability of the water temperature before putting the child into the water.
- I always stay with the child when they are in the bath.
- I empty the bath or washbasin immediately after bathing.
- The floor has non-slip barriers to prevent falling.
- I make sure that there are no household chemicals, laundry detergents, cosmetics, gels, and other dangerous things within the reach of the child that the child can injure themselves with.
- I can open the toilet and bathroom door lock from the outside.
- The sauna heater is equipped with a safety grill and I do not dry clothes near the sauna heater when it is hot.

KITCHEN

- When preparing food, I make sure that there are no sharp, hot, heavy or toxic objects within the reach of the child.

- When serving food and drink, I first check that they are at a temperature suitable for the child.
- I supervise the child in the high chair to ensure that they cannot stand up or climb out.
- Cutlery drawers are baby-proofed.
- Stove and oven switches have a child lock or the child's access is otherwise prevented.

TOYS

- Toys are age-appropriate and do not contain small detachable parts, cords, straps, small balls and pearls, button-cell batteries or magnets.
- I wash toys regularly, assess their condition and remove broken items.

HOME ENVIRONMENT

- I check the living spaces from the height of the child's eyes and remove all fragile and dangerous items (needles, buttons, jewellery), matches, lighters, tobacco products including e-cigarette liquids,

smokeless tobacco.

- I store household chemicals, alcohol, and medicines in their original packaging out of the reach of the child
- If possible, I do not take medication or supplements in front of the child.
- I have locked baby gates installed at the top and bottom of the stairs.
- I practice walking on the stairs with the child and teach them that the staircase is not suitable for running or playing.
- I put stops on the doors to prevent the child's fingers from being crushed.
- I ensure that the child cannot get out of the door independently, as well as onto the balcony or a window sill.
- Each floor is equipped with a smoke detector, which I check monthly.
- I install safety plugs in the sockets or install child-proof sockets.
- I make sure that there are no wires or home appliances within reach of the child.

- I fasten strings and cords of blinds and curtains so that the child cannot get tangled in them.
- I cover the sharp corners of the furniture with guards.
- I attach furniture (shelves, cabinets) to the wall – if the child should up climb there, the piece of furniture will not fall on the child.
- I fasten the carpets so that they do not slip out of place.
- I make sure that all family members and pets are safe for the child.
- I call for help or consult a specialist if there has been an accident: fall, crush, burn.
- I take care of my mental health, if necessary I ask for help from my family doctor, a psychologist or another specialist.
- I have knowledge of first aid and emergency numbers are stored on my phone.

OUTDOOR AREA

- Swings, climbing equipment and other play equipment are



- in good condition and securely fastened.
- The play area is protected from traffic (bikes, motor vehicles).
- The child's clothing corresponds to the weather and provides protection from the sun, cold and water.
- Clothing has no cords or straps that the child can get entangled in when climbing; I also remove the bike helmet while playing.
- The trampoline must be surrounded by a safety net and one child can jump at a time.
- I empty water containers and bowls, cover the pool and hot tub.
- I restrict access to bodies of water.
- I make sure that there

- are no toxic plants growing in the yard.
- The child is always supervised by an adult when playing outside.
- Make sure that the child does not put anything unsuitable into their mouth and is friendly with their playmates.

FIRST AID

- My home pharmacy kit has supplies for cleaning and dressing a wound with a patch or bandage.
- I have phone numbers for requesting assistance at hand.
- If possible, I will attend first-aid training to be able to provide assistance in case of an accident.

PÄÄSTEAMET



Injuries are preventable!

National helplines:

Lasteabi.ee
116 111

112
SOS

1220
Perearsti nõuanne
Üldigigie perearsti nõuandetelefon

Mürgistusinfo
24h 16662
www.16662.ee