

Accident prevention: safety for your child

Falls from the changing table

This is how to prevent your baby falling off the changing table:

- Use proper changing tables with three sides that are at least 20 cm high.
- Use a non-slip changing mat.
- Never leave your child alone – not even for a few seconds.



Caution: Danger of suffocation

- Do not place or hang dummy chains or toys on string in the bed or pram.
- Ensure that your child does not get hold of beads, nuts or similar objects which could cause choking.
- Plastic bags are also dangerous, as they can be pulled over the head and cause suffocation.
- Do not use any hats or jumpers with cords, ties, etc.
- Never put a necklace on your baby.



Shaking

- Never shake your baby – this can cause serious, lasting injuries or even death! A baby's head is very large and heavy in comparison to its body size. It is important to always support the baby's head with one hand, as the neck muscles are not yet strong enough to hold its head up properly.
- If a baby is shaken, its head is flung forwards and backwards. This can cause blood vessels to tear, which in turn can lead to a brain haemorrhage. One or several of the following can also occur: blindness, deafness, seizures, learning difficulties, brain damage or even death. Even if your baby seems ill or suddenly stops breathing, do not shake it. This can make the situation worse.
- If you ever lose control and shake a baby, seek medical assistance as soon as possible. Any delay can badly affect your child's condition.



Burns (scalding)

Burns are very painful and leave lifelong scars, both physically and mentally. Burns are very easy to prevent:

- Hot drinks must always be kept out of reach of children.
- Remember that children like to pull on tablecloths and could burn themselves by pulling over cups or pots.



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Cot deaths

Cot deaths only occur when the baby is sleeping. Over half of all cases could have been prevented. Please remember the following points:

- **Lie your baby down to sleep on its back!**

Your baby should always be placed on its back to sleep from the start. This reduces the risk of cot deaths by half!

- **Do not let your child get too hot!**

The temperature in the bedroom should not be more than 16 to 18 degrees. Place your child in a sleeping bag and avoid blankets, hats and pillows in the bed.

- **Allow your baby to sleep in its own bed in your bedroom.**

Children can quickly get too hot in the parents bed. A baby should sleep in its own bed.



- **Smoking is harmful!**

The risk is significantly increased by smoking while pregnant and near your child after it is born! Please avoid it!



- **Breast is best!**

Breastfeeding your child for the first six months is best. If this is not possible, breast milk can be substituted with a good formula milk.



Poisonous and corrosive substances

- Household cleaning products, dishwasher tabs, washing powder and the like must be kept out of reach to children in a child-proof cupboard, just like medicines.
- Any medicines which are taken several times daily must be returned to the locked medicine cupboard after each use.
- Cigarettes, butts and alcohol must be kept out of reach to children. The amount of nicotine in just one cigarette can be enough to kill a toddler! If a child has swallowed around a third of a cigarette, induce vomiting and call a doctor!
- Please also inform grandparents and friends your child stays with.



Electricity

- Cables from electrical equipment such as lamps, computers, TVs and kitchen devices must be kept out of reach to children. Electrical devices should be disconnected from the socket after use and put away.
- The iron should be left to cool after use in a place that is out of reach to children, and not left on the ironing board. Children can hang on the ironing board and pull it over.
- All sockets should be fitted with a child-proof safety device.

