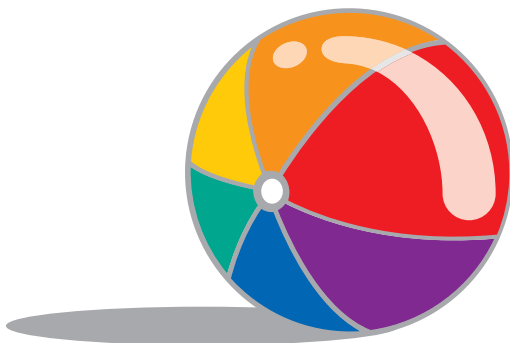


safety builders



Toy Drop

Your one year old can still choke on toys or other objects that are small enough to fit in her mouth. Here's an easy way to test if a toy or other object is too small for her to play with. Take an empty toilet paper roll and hold it with the open side up. Drop a toy into the opening. If the toy or object can fit through the opening of the empty toilet paper roll, it is too small. If a toy or object is too big to fit through the toilet paper roll, then it is safe for your one year old to play with.



Tub Time, Teaching Time

Always stay with your child when he is in the tub. Use this time as fun teaching time. For example, read to your child or talk to him, to help him learn new words. Or make up a silly rhyme for the tub and teach it to your child (he is learning language and rhythm). Teach him about numbers by counting his fingers and toes and tell him the names of his body parts as you are washing him. Play peek-a-boo with a wash cloth to help him learn to solve the "problem" of where to look for you.



Update Your Phone List

Sometimes it's hard to find a phone number fast – especially when you most need it! Take a few minutes and make up your own emergency phone list.

Include things like:

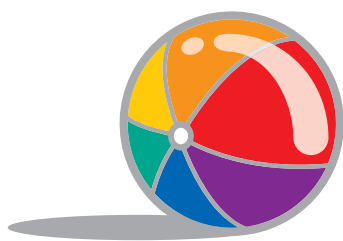
- ☐ Family phone numbers
- ☐ Doctor and dentist numbers
- ☐ Insurance information
- ☐ Poison Control System: 1-800-222-1222
(this is the place to call if you think your child has swallowed something poisonous)
- ☐ Your address for 9-1-1 emergencies

If you already have a list made from doing this activity with your infant, take a few minutes to check and make sure the numbers are up to date. Make a copy of this list for family members, baby sitters or others who also care for your children. It is important to write your address at the top of the list so that if a baby sitter ever has to call 9-1-1, he or she can quickly find it and read it to the operator.

Smoke Alarm Test

Purchase a smoke alarm for each level of your home (first floor, second floor). For extra protection, you can put a smoke alarm in the rooms that you sleep in, and outside the room too. If you already have fire alarms, take a few minutes to test them and make sure the batteries are still working. (The alarm may be too loud and scare your child, so you may want to test it when he is in another room or with another adult.) If you rent, ask your landlord to install smoke alarms and to check them twice a year.

You should change the batteries in your smoke alarm twice a year, such as when time changes to daylight savings, and back.



Car Safety Week

Make this week “car safety week.” When riding in a car, the safest place for your one year old is in a rear-facing car seat, in the back seat of the car.

Never leave your child alone in the car, even for a minute.

This week, every time you take your child for a ride in a car, talk to her about being safe in the car. Talk about how it is safe for her to ride in the back, and how you put her in her car seat and buckle her up every single time she rides – even if it’s just a short distance! Talk about how it’s important for her to stay in her car seat for the entire ride (some little ones will try and unbuckle themselves!). Let her know you will never leave her in the car without an adult. Once you’ve talked with her a few times about car safety, try asking her questions the next time. For example: **Where does Lauren ride? That’s right, in the back in your car seat.** Pretend to forget to buckle up the car seat straps around your child. Ask, **Oops! What did I forget to do? Are you buckled in? NO! I need to buckle you into your car seat, every time! Don’t let me forget!**

My Own Drawer

Your one year old is good at getting around, and is curious about everything. Remember, he's growing fast, and the doors he cannot open today, he might be able to open tomorrow! Anything poisonous or small enough for your one year old to choke on should be kept out of his reach. Move anything that can be harmful to your child like medicine or cleaning liquids high and out of his sight and reach, and put child-proof locks or latches on the doors.

To see just what your one year old sees, get down on the floor with him and explore each room of your home. How high can he reach? What cupboards or drawers is he drawn to? Watch to see if your child can open the doors or drawers on his own. If your child loves to open and close things, you can set up a low drawer or cupboard just for him, with items you know are safe like plastic storage containers and lids, or plastic cups and bowls.



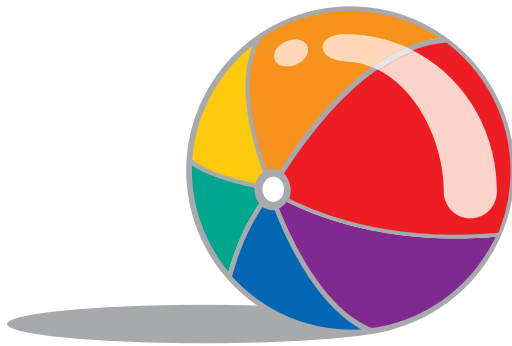
Let's Climb Together

This is an active age for your one year old. She may want to climb and crawl on top of anything she can find. It is important for her to learn to use her muscles to climb and pull herself up, and to steady herself as she goes down. But it can be dangerous too. So when you have time to supervise, make an obstacle course just for your little climber, and help her so that she doesn't fall. You can use things like chairs, sturdy boxes, small step stools, or even stairs. Hold her hand or hands as you help her climb up, and then show her how to climb down, holding her hands or steadying her body as she climbs up and down, up and down.



A Safe Tantrum

It's common for one year olds to have tantrums. Your child is starting to understand that he is his own person, and has his own desires which may not be the same as mom or dad's desires! If your child kicks or hits or acts aggressively during a tantrum, he can hurt himself or others around him. You can help your child through a tantrum safely by creating a safe place for him to be like a safe room, a bed or other spot where he cannot hurt himself or others. You can also try and figure out what triggered the tantrum. Sometimes if your child is hungry, tired, or frustrated, he will be more likely to have a tantrum. Thinking about these things can help prevent a tantrum, or improve the situation once the tantrum is over.



The Child Watcher

Whenever you get together with family or friends and there are children around, have the adults take turns being the Child Watcher. When it is his or her turn (perhaps for 30 minutes or so), that adult will have the special job of watching the children to make sure they are safe at play. The Child Watcher should focus all his or her attention on the child or children, being aware of toys or play equipment, and any water such as pools or buckets of water that small children could fall into. If the gathering is in an open area, the Child Watcher should make sure that no children wander off from the group or are approached by a stranger. Talk with the children about the idea of a Child Watcher, so they know an adult is watching them, and is available for help.

Helmets Please

Your one year old is not riding a bicycle yet, but if she is in a seat on the back of your bike, rides a tricycle, or is around older siblings that have bicycles, scooters, or skateboards, start now teaching her to wear a helmet. Find a toddler helmet that fits her head, and use it every time your one year old is on a bike or playing around scooters or skateboards. Young children like to copy older children, so make sure that older brothers or sisters are wearing helmets too!



10

one year old

Notes