



Prepared parents. Healthy families.

Parent Newsletter September 2021

September is National Baby Safety Month

There is no better time than now to brush up on some of the top safety tips for your baby. Babies and young children have the highest risk of being injured at home because that's where they spend the most time. A few simple steps can make your home much safer.

Never leave your child unsupervised. It just takes seconds for them to roll, fall, or get into something dangerous, even after babyproofing.

To prevent scalding, adjust your water heater to no more than 120 degrees Fahrenheit. Babies go through phases of being fascinated with knobs and turning things. Keeping your water at a safe temperature will prevent scalds at the sink or in the bathtub.



To prevent shocks, keep cords out of your baby's reach and use outlet covers. Some small outlet covers can be a choking hazard so look for "childproof" covers that require two hands to remove or cover plates that screw on. For double protection, place large furniture in front of outlets.

To prevent accidental drownings, keep bathroom doors locked or babyproofed with doorknob covers and get in the habit of closing the lid of the toilet and get a toilet lid lock. Do not leave buckets or containers of liquid down where your baby might be able to crawl or fall into them.



To prevent accidents, anchor or remove heavy furniture that your child has access to. By nine months old, a baby will begin pulling up on furniture, lamps, TVs, anything they can reach. According to [Safe Kids Worldwide](#), a nonprofit organization working to help families and communities keep kids safe from injuries, over the last ten years, a child has visited the emergency room approximately once every 45 minutes from injuries caused by a TV tipping over.

To prevent poisoning, move cleaning supplies, medicines, garden chemicals, toxic art supplies, and plants up high out of your baby's reach. Install safety latches on cabinets your child can reach. Know how to contact poison control just in case – [Oregon Poison Center](#), 1-800-222-1222



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To prevent falls and injury, install appropriate safety gates to keep your child away from stairs and doorways to any room that's off-limits. Stair gates should be at the top and bottom of the stairs to best prevent falls. The most secure gates are the ones that attach with screws, not just pressure.

To prevent suffocation, do not put pillows, quilts, or plush toys in the crib with your baby. Use a tight fitting mattress. Make sure crib slats are no wider than a soda can so your baby's body can't fit through.

To be prepared in an emergency, learn Infant and Child First Aid and CPR. This training will help you be prepared in the unfortunate case an emergency does happen. You can take a class or learn the basics in just 20 minutes or less online.



To prevent injury in the car, make sure your child is in the right seat and it is installed the right way. Correctly used child safety seats can reduce the risk of death by as much as 71 percent, but more than half of car seats are not used or installed correctly. Not sure about your seat? Check out [The Ultimate Car Seat Guide](#) or contact your local Fire Department for a child safety seat inspection.



To prevent choking, remove any small objects, coins, or toy parts that your baby could put in their mouths. You can create a choke tester from an empty toilet paper tube. Anything that fits easily through the roll is a choking hazard for a young child.



As your baby grows and learns, so will their abilities to get into new danger. Each new milestone is a celebration, and a reminder to make another safety check around your home.

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