

# What can parents do to keep their infants and young children safe?

The early years of a child's life are filled with physical growth, motor development, and some tremendous intellectual, social, and emotional changes. Parents and caregivers can model safe behaviors like always wearing a seat belt, eating a variety of healthy foods, frequently washing hands, and demonstrating respect for others.



## Resources for parents:

- Healthy Children (<https://healthychildren.org/>): The American Academy of Pediatrics' parenting website
- Seattle Children's Hospital ([SeattleChildrens.org/Health-Safety](https://SeattleChildrens.org/Health-Safety)): Child Health and Safety website
- Safe Kids Worldwide ([SafeKids.org](https://SafeKids.org)): This page has many helpful injury prevention tips and recommendations for parents and experts alike.



## About Injury Prevention

Kitsap Public Health's Injury Prevention program coordinates with local organizations and the community to promote safety and prevent injuries in our county.

Our priority areas of focus are: mental health; infant, toddler, and preschooler safety; staying safe while recreating outdoors; and TBI/concussion prevention.



### More information



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## Injury Prevention Infant, Toddler, and Preschooler Safety



Contact Us

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## Safe Sleep Recommendations

Your baby needs only a few things to have a safe, cozy, and happy sleep. With just a flat surface in a crib or bassinet, you can create a safe space for your baby to sleep.

- Babies should always be placed on their back for sleep. Research shows this is the safest.
- Remove all toys, pillows, blankets and bumpers from the crib.
- It's OK to swaddle a baby, but stop swaddling as soon as they can roll.
- It's dangerous for babies to sleep on a couch, armchair, or nursing pillow.
- Try giving your baby a pacifier at nap time and bedtime.



## Car Seat Safety Checks

You can get a free safety check with certified car seat technicians in the following Kitsap County locations:

- Central Kitsap Fire and Rescue: 2nd Tuesday of the month and by appointment
- North Kitsap Fire and Rescue: 2nd Saturday of the month, from 10:00 am - 1:00 pm
- South Kitsap Fire and Rescue: 4th Tuesday by appointment

**Virtual car seat inspections** are offered through Mary Bridge.  
Email [childsafety@multicare.org](mailto:childsafety@multicare.org).

## Medication safety and poison prevention



Over-the-counter and prescription medication, as well as vitamins and supplements, can pose a real danger to young children if not stored in a safe place.

- **Keep medicine up and away, out of reach and sight of children, even medicine you take every day.** Kids are naturally curious and can easily get into things if they are kept in places within their reach.
- Save the Poison Help number in your phone and post it visibly at home: **1-800-222-1222.**

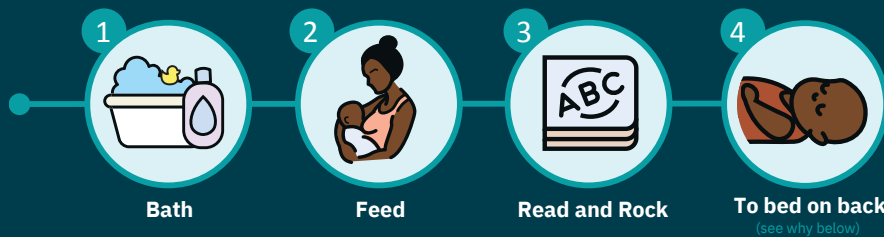
- **Remember products you might not think about as medicine.** Health products such as vitamins, diaper rash creams and even eye drops can be harmful if kids get into them. Store these items out of reach and sight of children, just as you would over-the-counter and prescription medicines.

## Keeping our babies safe by putting them safely to sleep.

African American babies are at higher risk of Sudden Infant Death Syndrome (SIDS) – but we can change that by getting them into safe sleep habits now. These habits also help them know when it's time to get some zzzs. And who wouldn't want that?

**Here's help on making it happen.**

Sleep routine



### The safest way to put your baby to sleep - every nap, every night.

When babies sleep on soft surfaces, in bed with us, or surrounded by soft bedding and toys, they're at greater risk for SIDS. Here are four ways to keep your baby's sleep space safe.

- 1 Put baby to bed on their back. When they're too young to turn themselves over, this is the safest way to sleep.
- 2 Put them to sleep in their own space.
- 3 Use a firm and flat mattress.
- 4 Keep the sleep surface clutter-free (skip the pillows, bumpers, blankets and toys).

