



Keep your child away from lawn mowers, overhead garage doors, and electric tools.



Be sure playgrounds are safe. Avoid sharp edges, splinters, or broken equipment, and check for safe surfaces.



Watch your child carefully near streets and driveways.



Practice water safety. Empty pools, tubs, and buckets immediately after use.



Learn signs of illness, and first aid. Know what to do in case of emergency. Keep emergency numbers handy.



Limit time in the sun. Apply sunscreen (at least SPF 15) before your child goes outside.



Be sure that others who care for your child follow these health and safety tips.

#### For Babies



Put your baby to sleep on his back or side (back is best) to reduce the risk of sudden infant death syndrome (SIDS).



Don't use blankets, quilts, pillows, or soft toys in your baby's crib.



Never shake your baby. Shaking can cause severe injury.



Don't use baby walkers. They can tip over or fall down stairs.

#### For Babies and Toddlers



Never leave your child alone in the bathtub or on high places such as changing tables. Keep one hand on your child to prevent falls.



Use safety gates on stairs and safety locks on windows and cabinets.



Childproof your home. Check for sharp objects, dangling wires, and cords. Cover electrical outlets.



Don't give your child plastic bags, latex balloons, or small objects such as marbles, buttons, or coins.



Don't give your child foods that can cause choking, such as peanuts, hard candy, tough meat, or large pieces of raw vegetables.

#### For Young Children



Teach your child safety rules for streets and neighborhoods.



Teach your child not to talk to strangers.



Be sure your child wears a helmet when riding a bike or skating.

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# Bright Futures

## Health Record

From Birth Through  
6 Years of Age



Your Child

Child's Name

Birth Date

Your Child's  
Health Care Provider

Provider's Name

Address

City, State, ZIP

Phone Number

#### A Note to Parents and Caregivers

Use this health record to write down important information about your child's health and development. Work together with your child's health care provider to keep your record up to date.

Some tips for

## Keeping Your Child Safe and Healthy

#### For All Babies and Children



Use a safety seat every time your child rides in a car. Follow the manufacturer's instructions to install the seat. Be sure it is the right size and type for your child's age and weight.



Never place your child's safety seat in the front seat of a vehicle with passenger air bags. The back seat is the safest place for your child to ride.



Keep your home and car smoke-free. Keep matches, lighters, and cigarettes out of sight and out of reach.



Install smoke alarms and check them often.



Remove guns from your home or keep them unloaded and locked up. Use safety locks.



Set your hot water temperature below 120° F. Check bath water with your wrist to make sure it's not too hot.



Keep medicines, household cleaners, and poisons locked in a safe place and out of reach.



Keep hot liquids and hot pots out of reach. Keep your child away from hot stoves, fireplaces, grills, irons, hair dryers, and space heaters.



Never leave your child alone in your home, car, or yard.

