



SEPTEMBER IS

NATIONAL BABY SAFETY MONTH



Child injury is predictable and preventable.

It is also among the most under-recognized public health problems facing our country today.ⁱ 2019 Kansas Vital Statistics data shows that unintentional injuries are the leading cause of death for children ages 1-4, with most of these injuries being preventable. National data mirrors Kansas data, with the Center for Disease Control and Prevention (CDC) reporting the leading causes of child injury include motor vehicle crashes, suffocation, drowning, poisoning, fires, and falls.ⁱ



Traffic Accidents

Improper use of carseats, including resistance to following recommendations on rear-facing guidelines, makes traffic accidents a major contributor to infant harm.ⁱⁱⁱ



Chocking & Suffocation

The majority of suffocation harm can be attributed to unsafe sleep practices.^{iv} Other choking and suffocation risks include cord strangulation, small foreign objects picked up by babies in the home, and inappropriately-sized foods.



Drowning

Unattended or distracted supervision during bath time, near swimming pools, and other standing water in and around the home can prove fatal.^v



Home Hazards

Burns, falls, and furniture-tipping accidents are major contributors to infant injury and death.^{vi}



Our Role as Educators

With over 9 million children harmed by common accidents each year, it's clear that providing information surrounding infant and child safety is a crucial component in parent education. By providing parents with resources to assist them in childproofing, as well as information surrounding best practices for safe sleep and car seat use, we can empower parents to take necessary steps towards keeping children safe and healthy.

Resources

Baby Safety Month

[Baby Safety Month](#), sponsored by Juvenile Products Manufacturers Association (JPMA)
[2021 JPMA Baby Safety Month Toolkit](#)

Providers and Educators

General Childhood Injury Prevention/ Safety Resources

[Child Injury Prevention](#) by CDC
[Safe Kids Worldwide](#)
[Safe Kids Kansas](#)
[Charlie's House](#)
[Home Safety Tips](#) Patient Education
[Home Safety Tips Patient Education Resources](#) –
Infographics for patient education and reports on a multitude of safety topics

Safe Sleep Information:

[Resources for Professionals](#) by Kansas Infant Death and SIDS (KIDS) Network
[KIDS Network Certified Safe Sleep Instructors \(SSIs\)](#)
[Safe Sleep Training for Child Care Providers Safe Sleep Information and Resources](#) by CDC
[SIDS and Other Sleep-related Infant Deaths: Updated 2016 Recommendations](#) Policy Statement by American Academy of Pediatrics (AAP) for a Safe Infant Sleeping

Environment Car Seat Safety:

[Child Passenger Safety Week](#) (Sept. 19-25, 2021)
Toolkit by Traffic Safety Marketing (TSM) [Child Passenger Safety Policy Statement](#) by AAP
[Training Contacts by State for Child Passenger Safety](#)

Parents and Caregivers

Home Safety and Babyproofing

Home Safety for Parents: [Charlie's House Home Safety](#) by Safe Kids Worldwide

[Parent's Guide to Child Safety](#) by Safe Kids Worldwide
[Parent Checklist for Making Baby's Room Safe](#) by healthychildren.org

[Safety Education Resources](#) by the United States Consumer Product Safety Commission

Childproofing Checklists for Parents:

[Childproofing Checklist by Age](#) [Childproofing Checklist](#)
[Childproofing Your Home - 12 Safety Devices to Protect Your Children](#)

Childproofing Supplies for Parents:

[Free Home Safety Supplies](#) from Charlie's House.
[Baby Safety Products for purchase](#) on Amazon.

Safe Sleep Information:

[Safe Sleep](#) by Kansas Infant Death and SIDS (KIDS) Network
[Safe Sleep for Your Baby](#) by March of Dimes (MOD)

Water Safety:

[Infant Water Safety](#) by healthychildren.org
[Water Safety](#) by KidsHealth

Car Seat Safety:

[Find a Child Passenger Safety \(CPS\) Technician](#) in your community
[Car Seats and Booster Seats](#) by the National Highway Traffic Safety Administration
[Car Seat Safety](#) by KidsHealth
[Child Passenger Safety](#) by CDC
Furniture Safety:
[TV and Furniture Tip-Overs Safety](#) for Babies by Safe Kids Worldwide
[Furniture Tip-Overs: Tips to Keep Your Kids Safe](#) by Nationwide Children's

Fire Safety:

[Keep Your Family Safe From Fire](#) by the National Safety Council
[How Can I Prevent a House Fire](#) by safewise
[Household Safety: Preventing Burns, Shocks, and Fires](#) by KidsHealth

Social Media Posts



1. Don't Wait to Babyproof!

There's no better time to babyproof your home than while you're pregnant! Babyproofing your home helps reduce the chances of accidents and keeps your child safe as they begin to explore the world around them. Some easy ways to make your home safer for baby include:

- Install baby gates at the top and bottom of stairwells to prevent the risk of falls
- Test smoke alarms monthly and replace batteries as directed by the manufacturer. Install carbon monoxide detectors to prevent poisoning.
- Cover unused electrical sockets with outlet plugs
- Anchor TVs, dressers, and other furniture items to avoid harmful tipping
- Turn down water heaters to 125 degrees or less to prevent burns
- Find a safe storage space for medicines and cleaning supplies

Modified from information found at: <https://www.womenshealth.gov/pregnancy/getting-ready-baby/making-your-home-safe-baby>

2. Breathe Easy - Avoid Suffocation Risks!

Suffocation is the leading cause of harm to babies and toddlers. With a little preparation you can breathe easy knowing your baby's risks are reduced.

- **Follow Safe Sleep guidelines.** Sleeping Alone, on the Back, in a safety-approved Clutter-free Crib protects your baby from risks posed by blankets, pillows, and bumper pads (ABCs of Safe Sleep). Never allow baby to sleep on couches, chairs, or padded adult mattresses.
- **Food is fun- when it's safe!** When your baby begins eating solid foods (usually around 6 months of age) cutting items into small angular pieces will prevent the risk of choking. This is especially important for foods such as berries, hot dogs, and grapes.
- **Keep your cords high, tied, and out of sight.** To prevent accidental strangulation, cords from curtains and blinds should be kept out of reach of children. Cords from electronics and appliances should also be bundled to prevent low hanging or long cords that are risky and tempting for little hands.
- **Bag it up.** Recycled plastic bags pose a suffocation risk. Bag up those plastic bags to keep them out of reach of infants and toddlers. Source: <https://kidshealth.org/en/parents/safety-suffocation.html>

3. Water Safety is Child Safety

It only takes a few inches of water to pose a risk to babies and young children! To avoid the risk of choking or drowning, always stay at arm's length from your child during bath time and playtime- if you need to step away, take the child with you. Pools should be supervised or inaccessible; small inflatable pools should be dumped and stored upside down when not in use, and more permanent pools should be locked behind a gate when not in use. Fish ponds, puddles, and even buckets can also pose a harm to a young child, be mindful of yard hazards after rain to avoid accidents.

Adapted from: <https://kidshealth.org/en/parents/water-safety.html?ref=search>

4. Not-So-Common Sense for Baby

Babies are natural explorers and are constantly seeking out new and exciting things in the home. While this can be a fun, exciting time to introduce them to their home, there are many hidden dangers that can pose a risk for your tiny adventurer. When baby-proofing your home, it can be helpful to kneel or lay on your floors and assess for dangers that aren't as obvious from adult standing height. Remember to think like a baby and see what might catch your eye- things as simple as houseplants or decorative candles can be harmful and pose a risk to your child, so consider moving these temptations to a higher spot or packing them away for a while. Accidents can happen in the blink of an eye, but with proper preparation, you can help keep your home safer for exploration and play!

Source: https://www.jpma.org/page/baby_safety_month

5. Follow the ABCs of Safe Sleep Guidelines

Most infant suffocation deaths and injuries occur as a result of unsafe sleeping environments.¹ Suffocation risks are predictable and preventable. Sleeping Alone, on the Back, in a safety-approved Clutter-free Crib protects your baby from risks posed by blankets, pillows, and bumper pads (ABCs of Safe Sleep). Never sleep baby on couches, chairs, or padded adult mattresses.

¹Centers for Disease Control and Prevention (CDC), National Action Plan for Child Injury Prevention, published 2012, retrieved from <https://www.cdc.gov/safechild/nap/index.html> (last reviewed February 6, 2019)

²Kansas Annual Summary of Vital Statistics, 2019; https://www.kdheks.gov/phi/as/2019_Annual_Summary.pdf

³CDC, National Center for Injury Prevention and Control, Road Traffic Safety, last reviewed August 12, 2019; retrieved from https://www.cdc.gov/safechild/road_traffic_injuries/index.html

⁴CDC, Press Release: About 3,500 babies in the US are lost to sleep-related deaths each year; January 9, 2018; retrieved from <https://www.cdc.gov/media/releases/2018/p0109-sleep-related-deaths.html>

⁵Healthychildren.org, Infant Water Safety: Protect Your New Baby from Drowning, last reviewed November 5, 2019; retrieved from <https://www.healthychildren.org/English/safety-prevention/at-play/Pages/Infant-Water-Safety.aspx>

⁶Stanford Children's Health, Accident Statistics; retrieved from <https://www.stanfordchildrens.org/en/topic/default?id=accident-statistics-90-P02853>