

Infants and toddlers

0-24 months



**Preventing injuries in
the early years of life!**

Hôpital de Montréal
pour enfants
Centre universitaire
de santé McGill



Montreal Children's
Hospital
McGill University
Health Centre

TRAUMATOLOGIE TRAUMA

Injuries are a leading cause of death and disability in children under the age of 4.

Did you know that in Quebec...

DUE TO PREVENTABLE INJURIES:

- **1** child under the age of 4 dies **every month** (*L'Institut national de santé publique du Québec*)
- **19** children under the age of 4 are hospitalized **every week** (*MSSS, Fichiers de conversion*)
- Approximately **25** children under the age of 4 visit a pediatric emergency department in Montreal **every day** (*Canadian Hospitals Injury Reporting and Prevention Program – CHIRPP*)

During infancy and early childhood, children are curious and eager to explore their environment. Exploration allows them to develop motor and cognitive abilities. It is important to be aware of the different injury risks that come with each developmental stage.



For more information on important trauma and injury prevention topics, visit: www.thechildren.com/trauma and check out the section for injury prevention.

Developmental milestones



0-3 months

- Reacts to the parent's tone of voice.
- Stops crying when spoken to, picked up, or comforted.
- May have times when their crying cannot be soothed.
- Follows with their eyes and turns their head toward objects or loud noises which may cause them to roll over and fall suddenly.



3-6 months

- Begins to roll over.
- Grasps for objects within arm's length.
- Picks up small objects and puts them in their mouth.



6-9 months

- Rolls easily from stomach to back and back to stomach.
- Maintains a stable sitting position.



9-12 months

- Crawls on hands and knees.
- Pulls up to a standing position by holding onto furniture.
- Walks with support (for example: along furniture).
- Stands without holding on for a few seconds.
- Picks up small objects within reach.
- Eye-hand coordination is becoming increasingly accurate.



12-24 months

- Walks without support.
- Climbs up and down stairs.
- Responds to "NO!" and can follow simple commands such as "DON'T TOUCH!".

There is variability in the achievement of childhood developmental milestones.

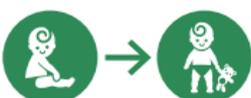
POISON HAZARDS

0-24 months



- Ensure batteries are properly secured in toys. A button can cause serious internal damage if swallowed, and it must be removed within two hours. **Go to a pediatric emergency department immediately.**

6-24 months



- Lock all medication, vitamins, cosmetics and household cleaners in cabinets and keep them out of reach.
- Keep medication in its original child-resistant packaging.
- Never refer to medicine or vitamins as candy. This can be confusing for children.

CANNABIS IS NOT SAFE FOR CHILDREN.

- Keep cannabis products in child-resistant packaging.
- Store cannabis products locked and out of reach of children.



If a poisoning is suspected, call the Quebec Poison Control Centre immediately at 1-800-463-5060. Seek urgent medical attention.

BREATHING/AIRWAY SAFETY

0-24 months



- Only use a crib that was made after 1986 which meets current Canadian safety regulations. Make sure the mattress fits tightly against all four sides of the crib.
- Keep toys, pillows, comforters or bumper pads out of the crib.
- Keep blind and drapery cords short and out of reach.
- Keep small objects out of reach.
- Secure the electrical cord of the baby video monitor at least 1 metre (3 feet) away from the crib.

0-6 months



- Diet should consist of breast milk or infant formula only.

6-12 months



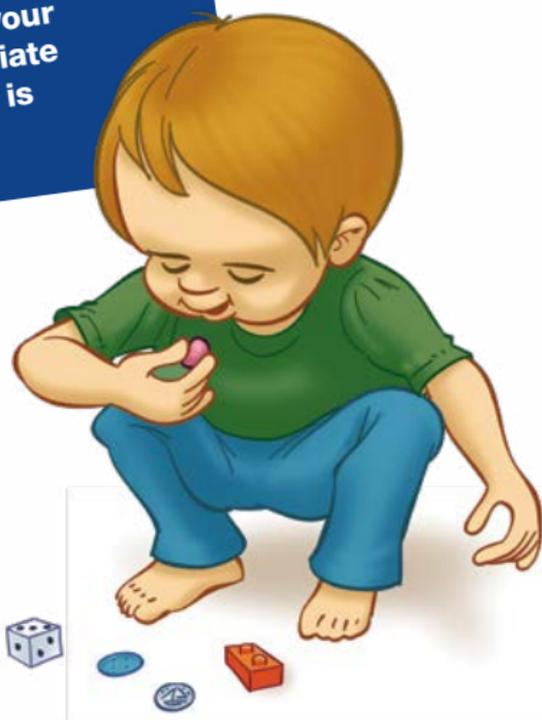
- Diet should consist of breast milk or infant formula, soft foods and purées.

12-24 months



- Food such as hot dogs and grapes should be cut into small pieces, and carrots should be grated for children under 4 years of age.

Swallowing magnets can severely damage your intestines. Immediate medical attention is required.



FALLS IN THE HOME

0-12 months

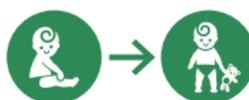


- Infants and toddlers should never be left unattended on an adult bed or sofa.
- Always keep the side rails of the crib up after placing your child in the crib. Lower the mattress when your child reaches 3 to 5 months of age.
- Children in car seats should never be placed on a table, countertop or car top, even if restrained. **The safest place is on the floor.**
- Never place a fussy baby on an agitating dryer.
- Maintain constant hand contact with your child when he/she is on a changing table.



Always secure safety straps when your child is in a swing, highchair, stroller and car seat.

6-24 months



- Place cribs, beds, chairs, tables and other furniture away from windows.
- Secure furniture, such as bookshelves, wall units, and televisions to the wall.
- Install window guards, stops or partial bars on windows. Screens are flimsy and provide a false sense of security.
- Install safety gates at the bottom and top of the stairs. Only use wall-mounted gates at the top of the stairs.

Do not use baby walkers.
They have been banned in Canada since 2004:
www.hc-sc.gc.ca/cps-spc/child-enfant/equip/walk-marche-eng.php

BATH SAFETY

0-24 months



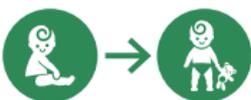
- Maintain constant adult supervision within arm's reach when giving a bath.
- Set the temperature on your hot water heater to 60°C, and to prevent burns, have a plumber install mixing valves to lower the temperature of water at the faucet to 49°C.

(Hydro-Québec, 2015, Health Canada, 2015)

- Turn the cold water faucet off last.
- **AVOID** bath seats. They are not recommended.



6-24 months



- Seat your child facing away from the faucets so that they are out of reach.

Do not let your child play in the bathroom; its surfaces are hard and slippery.



Verify the water temperature before putting your child in the bathtub. The safest temperature is below 37°C (100°F).



BURN AND FIRE SAFETY

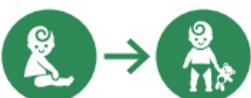
0-24 months



- Install smoke alarms on each floor of your house and change the batteries every 6 months. Keep a fire extinguisher in your kitchen near the exit.
- Install a carbon monoxide detector in your home.
- **NEVER** hold your child in your arms while cooking or carrying hot food or liquids.
- **NEVER** heat baby bottles or cups in the microwave. Warm the bottle in a bowl of hot water.



6-24 months



- Keep all hot liquids, candles, electrical cords and batteries out of reach.
- Keep children away from open oven doors, stove tops and fireplaces.

Hot liquids can burn a child's skin 4 times more quickly and deeply than an adult's!



OUTDOOR FUN

0-24 months



In the summer:

- Keep your child in a shaded area. Make sure he/she is well hydrated.
- Put a wide-brimmed hat on your child.
- After your child reaches 6 months of age, frequently apply waterproof sunscreen with a minimum SPF 30 as recommended by the Canadian Dermatology Association.
- Never leave your child unattended on a balcony.
- Surround your pool by four-sided fencing (minimum of 1.2 metres high) with automatic locking gates. A backyard fence is not enough; a separate one for the pool is important.
- There should be no direct access to the pool from the house or patio.
- Encourage swimming lessons at an early age. This will increase comfort and skill level in the water.
- Ensure your child has adult supervision at all times when around water.
- Inflatable pools should be surrounded by a fence.
- Always empty kiddie pools when not in use.



In the winter:

- To prevent frostbite, dress your child warmly and in layers. Make sure that hands, feet, head and ears are well covered.

12-24 months



- Maintain adult supervision around backyard play equipment.
- Place shock-absorbing material such as wood chips, sand, pea gravel or mulch under play equipment as per manufacturer's instructions.
- Remove all drawstrings from your child's clothing.

Backyard trampolines, with or without enclosure netting, are dangerous and are not recommended. This applies to children of all ages.

The Lifesaving Society offers a "Prevent Drowning at Home" course and expert counselling about pool safety. For more information contact The Lifesaving Society at 514-252-3100.

ON THE ROAD

Car seats

Ensure that the car seat is appropriate for your child's weight and height.

- Car seats must meet Transport Canada approved standards. Follow the manufacturer's installation instructions.
- To ensure that the car seat is safely installed, contact CAA (1-888-471-2424) to have your car seat verified.
- Replace the car seat if the vehicle was in a collision.
- Check and respect the car seat expiry date.
- In the winter, purchase a compressible jacket. In order to ensure a snug fit:
 1. Compress the jacket and tighten the car seat harness. You should not be able to pinch the harness at the shoulder level.
 2. Unbuckle the harness without loosening it, take the child out of the seat.
 3. Remove the jacket and place the child back into the car seat. Buckle up the harness. The strap should remain adequately tight. (as in #1)
 4. If the strap remains tight, the jacket is safe to be worn in the car seat.

Always secure your child in the appropriate car seat.

When car seats are used correctly, the probability of death or serious injury is reduced by up to 70%.
(The Société de l'assurance automobile du Québec)



Visit www.saaq.gouv.qc.ca/en/accident_prevention/childseats to find the free car seat verification centre closest to you.

REAR FACING CAR SEAT



- Infant seat should always be installed rear facing in the back seat of the vehicle.
- Rear facing car seat should be installed at a 45 degree angle.
- Even if your child weighs 10 kg (22lb) and can walk unassisted, keep your child in the rear facing position until your child outgrows the car seat. Rear facing is the safest position even if your child's feet can touch the back of the vehicle's seat.

FORWARD FACING CAR SEAT



- Keep your child in a 5 point harness until your child outgrows the seat. If your child outgrows their seat, but is not ready for a booster, you can purchase a forward-facing car seat that goes up until 30 kg (65lbs).
- Even if your child reaches 18 kg (40lbs) and is legally allowed to use a booster seat, your child is safer in a forward facing car seat as long as he or she still fits in it correctly.

NEVER LEAVE YOUR CHILD ALONE IN A CAR:

- In the summer, the temperature in a car can increase quickly causing heat exhaustion and even death.
- In the winter, the exhaust pipe can become blocked by snow and idling can produce carbon monoxide inside the car leading to death.

Wheeled activities

- Never practice wheeled sports with your child in a baby carrier.
- Bicycle carriers or trailers are recommended for children 1 year of age and older. Your child must wear a helmet in the carrier.
- Ensure that your child wears a properly fitting helmet. Set a positive example by wearing a helmet yourself.

SHAKEN BABY SYNDROME

0-24 months



- **NEVER** shake your baby.
- If you are feeling overwhelmed with your child's inconsolable crying, take a break. Calmly place your child in a crib, leave the room and close the door. Do something you find relaxing.
- If possible, ask someone else to take over comforting your child.

Babies have heavy heads and weak neck muscles. Shaking a baby can cause permanent brain damage or can be fatal!



Product recalls: Health Canada publishes recalls, advisories and warnings when a product has or may have a safety concern. Check Health Canada's consumer product safety website regularly: www.hc-sc.gc.ca/cps-spc/index-eng.php.

TRAUMA CENTRE

Montreal Children's Hospital

1001 Decarie Boulevard, Montreal, Quebec H4A 3J1
Tel.: 514-412-4400, extension 23310
www.thechildrens.com/trauma

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The Montreal Children's
Hospital Foundation