

# Toddlers on the move

## 9 – 18 months

safe **kids** now

### Toddler is learning

Your baby will become increasingly mobile now and start to walk. Your baby will also become very curious wanting to open cupboards, turn switches on and off and seek out items they know exist even if they are hidden from view. At this age your baby will want to “test” everything by putting it in their mouth.

### Common Safety Concerns

- Choking on unsuitable foods.
- Falling out of the highchair, shopping trolley or pram and falling down stairs.
- Scalds caused by baby turning on the hot tap in the bath and slipping over.
- Pulling saucepans down from the stove spilling hot contents on them.
- Accessing hazardous poisons, medications and household detergents that were previously out of reach.
- Burns caused from heaters and fires without appropriate safety guards.
- Being hit by vehicles in driveways.

### Bathing

- Install a temperature controlled hot water system. The bathroom hot water should be a maximum of 50°C. Talk to your licensed plumber or the Master Plumbers Association for advice.
- When filling the bath, run the cold water first, then hot, then cold again and mix for an even temperature.
- Do not put your child in the bath while the water is still running.
- Always test the temperature of the water before bathing your child. It should be no more than 38°C.
- Always stay with your child when bathing. When household distractions like the telephone or doorbell ring, take your child with you.



### Eating

- Always harness your baby in the highchair – preferably a 5-point harness with shoulder, waist and crotch straps.
- Grate or cook hard foods. Remember that small, hard foods can choke a toddler.
- Always supervise your child while eating.
- Never pick up and hold your baby while you are holding a hot drink. A spill can seriously scald your child.



### Sleeping

- Dress your baby in low fire risk clothing. Check for fire hazard labels on nightwear.
- Remove any objects that would allow your baby to climb out of the cot.
- Remove bib and dummy cords before putting your child down to sleep. They could strangle your baby.



### At play

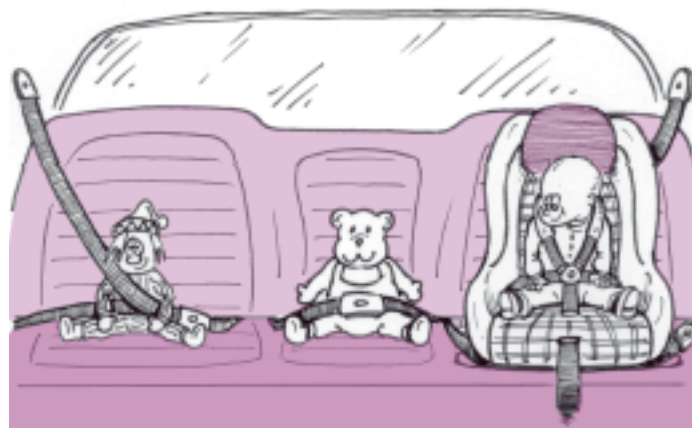
- Never allow your child to play unsupervised with the family dog, particularly when the dog is feeding.

## In the back yard

- Avoid direct exposure to the sun between 11.00 am and 3.00 pm when the risk is highest. Use sunscreen and dress your child in light weight long sleeves and a hat.
- Create a safe shady play area separated from the pool, driveway and other hazards.
- Identify any poisonous plants that may be growing in your garden and remove them.
- Place a wire net over water ornaments like fishponds.
- Lock up and keep all pesticides, mower fuel, paints and herbicides out of the reach of children.
- Erect a pool fence with tension adjustable (self-closing) polymer gate hinges and a safe, magnetic gate latch that complies with Australian Standards. Your local Council will advise you.
- Check the pool fence and gate regularly and remove objects propped against the fence that might allow a toddler to climb over and access the pool.
- Empty wading pools after every use and store them upright or deflate them.



## Out and about



- Use the child restraint in the car on every trip.
- Never leave a child alone in a car. Heat stress can have serious consequences.
- Get your child out of the car on the kerb side.
- Supervise your child on play equipment and choose equipment that is appropriate for their size and level of development.
- Be aware of potential risks such as unguarded pools when visiting friends.
- Little fingers can become trapped in hinges of prams and strollers.
- Young children often get medicines out of handbags - keep other people's handbags out of reach (particularly grandmothers).

## safe kids now General Tips on Safety

1. Attach a CPR instruction card to your pool fence.
2. Ensure your child car restraint suits the toddler's size and weight.  
Have the installation checked by a restraint fitting station.
3. Fence off a safe play area for a toddler that is shaded and well clear of the driveway.
4. Buy or build a lockable cupboard and store all your hazardous chemicals in it to prevent child access.
5. Check with your local Council on your pool fence and gate to ensure they meet building regulations.
6. Establish family rules when in or around your pool.
7. Keep toddlers away from dogs when the dogs are being fed.
8. Only buy toys that are suitable for the age and development of your toddler.

### For more information

Your local Maternal and Child Health nurse

Maternal and Child Health Line 24 hours

13 22 29

Your local Council for pool fence regulations

Telephone Directory

Royal Life Saving Society of Victoria

CPR training courses and pool signs

9568 5822

VicRoads for the location of restraint fitting stations

1300 360 745

The Royal Children's Hospital Safety Centre for advice on Dogs 'n' Kids

9345 5085

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