

Raising Safe Kids: One Stage at a Time



Safety Checklist for Big Kids (5 to 9 yrs.)

Preventing Falls & Injuries at Play

- Make sure your child wears a helmet and protective gear every time he or she bikes, skates, rides a scooter, skateboards or skis.
- Teach proper playground behavior: no pushing, shoving or crowding.
- Place furniture away from windows and secure it to the wall.

Preventing Motor Vehicle Injuries

- Keep your child in the right type of car seat or booster seat until the adult lap belt and shoulder belt fits correctly.
- Walk all the way around your car to check for children at play.
- Have your child in a booster seat checked by a certified child passenger safety technician to make sure he or she is properly restrained.

Preventing Burns & Scalds

- Talk to your child about fire safety and practice an escape plan with your child.
- Install smoke alarms and carbon monoxide detectors.
- Teach your child not to play with matches and lighters. Lock these items out of his or her sight and reach.
- Set your water heater at 120 degrees Fahrenheit or below.
- Don't let your child use a microwave until he or she is tall enough to reach the items in it safely and understands that steam can cause burns.
- Place hot foods and liquids on the center of the table. Don't set them on the edges of tables or counters.

Preventing Poisonings

- Lock up poisons out of your child's sight and reach.
- Use child-resistant packaging.

Visit www.usa.safekids.org for more information.

