

Age	Development characteristics	Main risk	Main dangers	Some advice
1 week to 1 month		Falls	• Bed, baby scale, changing table	• Do not leave the child alone on the changing table • Use a changing table with sides, change on the ground
		Burns	• Feeding bottle temperature (re use of microwave ovens), hot-water bottle, bath	• Temperature of the bottle heater less than 50°C, check temperature with elbow, check temperature of liquids
		Drowning	• Bath	• Suitable bathtub and/or support seat • Do not leave the child alone
about 2 to 3 months	• Crawling • Can turn on his/her side	Asphyxia / suffocation	• Cords, small chains on neck, bars on bed, coins, small objects	• No cords, no animals in the bedroom, max. 7.5cm gaps between bars on bed, sides of bed made from fabric, no pillow
		Car	• Falls/bangs if the child is not attached to a baby car seat suitable given his/her age and weight	• Never put the baby car seat in the front of a car with a passenger airbag • Use a baby car seat that meets safety standards, suitable given age and weight of the child • Do not leave the child alone in a car
about 4 to 6 months	• Touches everything within reach • Puts things in his/her mouth • Turns from his/her back onto his/her stomach	Falls	• Changing tables, prams, stairs, furniture, bed, high chairs	• Gates at the top and the bottom of stairs, child seatbelted in prams, corners of tables
		Burns	• Hot taps, tablecloths, bathtubs, hot liquids on coffee tables, oven doors	• Place mats, temperature of bottle heater less than 50°C, turn on cold water taps before turning on hot water taps
		Drowning	• Bathtubs, swimming pools, lakes, rivers, sea, canals, etc.	• Bath: supporting device, baby never alone, even if water is not very deep, non-slip mat
		Asphyxia / suffocation	• Chain around neck, cords, plastic bags	• Avoid having objects within reach of baby, objects to be at least the size of a table tennis ball
about 9 to 12 months	• Can stand up using a support • Can sit up unsupported • Takes hold of small objects • Lets go of objects deliberately • Touches everything • Changes position: sitting, on all fours, standing up	Intoxication	• Alcohol on coffee table, medication, cleaning products, insecticides, toxic plants	• Do not leave these items lying around, put them out of baby's reach
		Foreign bodies	• Small objects (buttons, thumb tacks, toys, etc.), small-sized food (nuts, etc.)	• No toys with small parts, put them out of baby's reach
		Electrocution	• Sockets, electrical appliances and wires, extension leads connected to mains power but not to an appliance	• Plug guards, safety sockets, put away electrical wires and appliances
		Cuts	• Objects that can break, sharp objects	• Put them away, out of reach
		Car	• Falls/bangs if the child is not attached to a suitable baby car seat	• Use a baby car seat that meets safety standards, suitable given age of baby, on the back seat • Never leave a child alone in a car
about 18 months	• Walks and goes up stairs alone, walks backwards • Goes up and down stairs supporting himself/herself on walls/balustrades • Is starting to use cups and spoons • Curious about everything, wants to taste and touch everything	Falls	• Stairs, carts, furniture, windows, balconies, bunk beds, slippery carpets and rugs, playgrounds	• Gates fitted to stairs, window safety devices, no chairs on balconies / in front of windows, non-slip carpets and rugs, stable furniture
		Burns	• Hot water taps, ovens, cooking pots, irons, humidifiers, hot liquids	• Cooker/oven protection devices, cooking pot handles turned to the inside, hot food out of reach
		Drowning	• Swimming pools, rivers, lakes, canals, etc., bathtubs	• Never leave baby alone, always be nearby
		Asphyxia / suffocation	• Plastic bags	• Put plastic bags out of reach of baby
		Foreign bodies	• Small objects in body openings – mouth, ears, nose, etc.	• No toys with small parts, put out of reach (objects to be at least the size of a table tennis ball)
about 24 months	• Copies people around him/her • Understands simple explanations	Intoxication	• Medication, cosmetics, cleaning products, insecticides, toxic berries and plants	• Do not leave these items lying around, put them away at a min. height of 1.6 metres
		Bites	• Your own or other people's pets	• Do not leave child alone with animals, respect animals' territory, especially when they are eating
about 3 years old	• Opens drawers and doors • Unscrews recipients • Puts on wooden pearls • Asks questions	Electrocution	• Plugged-in appliances, extension leads/electric wires connected to mains power with no appliances plugged into them	• Unplug appliances, put away equipment
		Cuts	• Objects that could break, sharp objects, lawnmowers	• Put them away out of child's reach, make sure there are no objects that could fall over and onto child
		Car	• Falls/bangs of the child is not strapped into a suitable baby car seat	• Use a baby car seat that meets quality standards, suitable given age, fitted to the back seat of the vehicle • Do not leave child alone in car
		Dangers outdoors	• Lifts, garage, streets, playgrounds, swimming pools	• Talk to your child: you will now be able to explain dangers to him/her • Check ground surface in playgrounds (hard?), light-coloured cloths if he/she is in the street
about 4 years old	• Curious, discovering things • Identifies with adults and imitates them • Wants to do things on his/her own	Falls	• Stairs, windows, balconies, bunk beds • Bikes	• Gates fitted to stairs, window safety devices, no chairs in front of balconies and windows, non-slip rugs and carpets, teach child how to go down stairs safely • Helmet when cycling
		Burns	• Matches, lighters, candles, fireworks, ovens, cooking pots, barbecues	• From age 3½, teach your child to feel the heat of objects, keep matches and lighters out of child's reach
		Drowning	• Rivers, lakes, canals, ponds, etc., swimming pools	• Never leave the child alone, from age 4 teach him/her to swim, cover ponds, swimming pools, etc. outside your home
		Intoxication	• Cleaning products, medication, cosmetics, toxic berries, mushrooms, and plants	• Do not leave these items lying around, put them away at a minimum height of 1.6 metres • Explain to your child why he/she should not eat these things
about 5/6 years old	• Getting more independent • Cannot assess the speed of a vehicle • Identifies with adults and copies them	Bites	• Your own or other people's pets	• Respect animals' territory, be careful when petting them, especially when they are eating
		Electrocution	• Hairdryers, drills and other electrical appliances	• Do not use electrical appliances in humid environments (bathrooms, etc.), use safety sockets, unplug appliances when they are not in use
		Cuts	• Sharp objects, food cans, Do it Yourself and gardening tools	• Put them away out of your child's reach
		Car	• Falls/bangs if the child is not strapped into a suitable baby car seat	• Use a baby car seat that meets safety standards, suitable given age, on the back seat • Do not leave children alone in cars
		Intoxication	• Cleaning products, medication, cosmetics, toxic berries, mushrooms, and plants	• Do not leave these items lying around, put them away at a minimum height of 1.6 metres • Explain to your child why he/she should not eat these things
		Bites	• Your own or other people's pets	• Respect animals' territory, be careful when petting them, especially when they are eating



- Avoid leaving your child alone
- Set a good example
- Praise your child when he/she behaves correctly



QUICK REFERENCE GUIDE FOR CHILDREN BETWEEN 0 AND 5 YEARS OLD

This free leaflet was provided to you by:



PIPAD'ES,

Intercantonal programme to prevent accidents happening to children, supported by the public health authorities in the Geneva, Tessin and Vaud cantons

PIPAD'ES

Les Ligues de la Santé
Av. de Provence 12
1007 Lausanne
Tel.: 021 623 37 57
Email: info@pipades.ch
Website: www.pipades.ch



fondation planètes enfants malades

Planètes Enfants Malades is a non-profit making private foundation. We want to improve:

- The quality of life of children in hospital
- The support provided to parents
- The care provided to differently-abled children and those with chronic illnesses
- The treatment of pain
- The health of sick children

Fondation Planètes Enfants Malades
Ch. de Montétan 16
1000 Lausanne 7
Tel.: 021 627 22 44
Email: contact@fpem.ch
Website: www.fpem.ch

anglais

Health emergencies: call 144

2008

Shaking a baby as part of a game or because you are angry he or she is crying is a dangerous act. Doing so can cause brain haemorrhages which can result in disabilities or even death.

