

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	



- 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](mailto:info@pipades.ch)  
Website: [www.pipades.ch](http://www.pipades.ch)



## fondation planètes enfants malades

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

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- 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](mailto:contact@fpem.ch)  
Website: [www.fpem.ch](http://www.fpem.ch)

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## Health emergencies: call 144

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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.

