

## Toddlers 1 to 2 years

### Background

**Children this age are busy, curious and full of energy!**

Around their first birthday, most babies learn to walk. During the next months, they will learn to run and climb, and to open doors, drawers, and bottles. This means that your toddler can now get into places and things that used to be out of reach.

Toddlers are too young to understand or remember about danger. Supervise your child carefully. Make your home a safe place for him or her to explore.

Toddlers need special protection from:

- Poisoning
- Drowning
- Choking on small objects
- Burns and Scalds
- Falls
- Injuries from riding in the car

### Safety Check

- ✓ Make sure you have safety gates at the top *and* bottom of stairs.
- ✓ Lock up medicines, cleaning products, and other poisons. Many toddlers can open child-resistant containers.
- ✓ Install smoke alarms (test them regularly and change the battery on 1<sup>st</sup> April every year).
- ✓ Check that the delivery temperature of the hot water in your home is set to 50 degrees Celsius.

### Safety Tips

#### IN THE BEDROOM

Before he or she is tall enough to climb over the cot rails, move your toddler out of a cot and into a bed.



Keep your child's furniture, including his or her bed, away from windows. Put a window guard in front of your child's window so he or she cannot fall out, or fasten the window so that it does not open more than 10 centimetres (4 inches).

#### IN THE KITCHEN

Many cleaning products and medicines could poison your toddler. Keep these things locked up, where your child cannot reach them. Keep your child safely out of the way when you are using poisonous products.



Keep the cords from electrical appliances where your child cannot reach them. Do not let them hang over the edge of the counter or table. Your child could pull on them and be scalded by the hot food or liquid in the appliance (such as a kettle).

Cut hard or solid foods such as raw fruits and vegetables into easily managed pieces. Do not give toddlers nuts, hard candy, popcorn or gum. Feed children while they are sitting down, not when they are walking or running around. This will help prevent choking.

Keep your child safely out of the way when you are cooking or making hot drinks.

#### IN THE BATHROOM

**Always supervise your toddler in the bathroom. DO not let older children supervise your toddler. They may not know how to keep your toddler safe.**



Keep all medicines and cleaning products locked away.

Use a rubber bath mat or non-slip stickers in the bathtub to prevent falls.

Check that the delivery temperature of the hot water in your home is a maximum 50 degrees Celsius.

At 60 degrees a full thickness scald happens in less than a second, at 50 degrees it takes 5 minutes. Hot tap water can burn your toddler.

## GOING OUT

Use a safety harness to keep your toddler sitting down in a stroller, jogger, pram or shopping trolley.

Always supervise toddlers near ponds, pools, ditches, and at the beach. Never leave your young child alone near water or in water.

## CAR SAFETY

Your toddler needs a car seat every time you ride in the car. Never hold your toddler on your lap.

It is illegal for a child under 4 years of age to occupy the front passenger seat of a vehicle with two or more rows of seats.

Check to ensure the car seat you choose fits in your vehicle before you buy.

Make sure your child rides in the back seat of the car. It is the safest place.

### Fitting your Child Car Restraint

If you need help fitting your child car restraint or advice on which restraint will suit your vehicle and individual needs contact Kidsafe NT on ph: (08) 8941 8234 for more information.

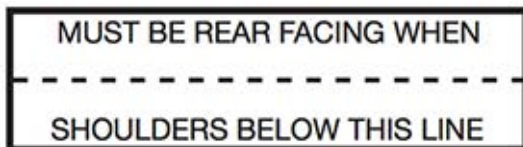
### Children 6 months to 4 years of age

- Must use EITHER an approved:
  - rearward-facing child restraint, OR
  - forward facing child restraint with an inbuilt harness
  - correctly fitted to the vehicle
  - properly adjusted to fit the child's body
- Must not travel in the front seat of a vehicle that has a back row or rows of seats.

### Best Practice Recommendations:

Keep your baby in a rearward-facing restraint until they reach the height marker specific to the child restraint in use.

Only move your child to a forward-facing restraint once they have met the 'MUST BE REAR FACING WHEN SHOULDERS BELOW THIS LINE' height marker, indicating that they have outgrown the rearward facing position.



## AROUND THE HOME

Watch out for things that could choke your child. Your toddler loves to put things in his or her mouth. Some examples of small things to keep out of reach are:



- Keys
- Balloons
- Coins
- Toys with small parts or batteries
- Matches and lighters

Keep hot drinks away from your child. Use a cup with a lid when you are drinking something hot.

Use safety gates at the top and bottom of stairs.



SUMMARY - STAGE OF DEVELOPMENT INJURIES	
Developmental Actions	Hazards/Risks
Walking, running	Traffic accidents
Loves to be chased (18 to 24 months)	Running Away, into streets
Climbing (tables, desks, benches)	Ingestions (poisoning), falls, burns
Going after hidden objects	Ingestions (poisoning), electrocution
Curiosity & increased independence	Ingestions (poisoning), burns, drowning
Expanding World (backyard, garage)	Ingestions (poisoning)
Imitating behaviour	Climbs, follows older children, ingest medicines
False maturity leading to less parental supervision	All accidents
Resisting constraints	Child Restraint – Traffic Accidents
Adult foods introduced	Aspiration

### Other Information available

For more detailed information on any safety topic listed visit [www.kidsafent.com.au](http://www.kidsafent.com.au) or contact Kidsafe NT on (08) 8941 8234 for specific information and advice.

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