

# INQUISITIVE AND INVINCIBLE 1½ – 3½ YEARS



## SKILLS YOUR CHILD IS LEARNING

Your child is now actively exploring their environment. They want to do **everything** without parental help! Your child will begin to run and jump without fear of heights or danger. The smell, taste and texture of things will become fascinating.

## FEEDING TIPS

- Always use a 5 point harness in the high chair.
- Always supervise your child while eating.
- Do not allow your child to eat while walking or running around.
- Model appropriate eating behaviours for your child.

## BATHING TIPS

- Keep children out of the bathroom unless supervised.
- Never leave your child unsupervised in the bath.
- When filling the bath, run the cold water first, then hot, then cold again and mix well, to keep the tap cold to touch and the water temperature even.
- Keep electrical appliances out of children's reach.

## SLEEPING TIPS

- Your child might start to climb out of the cot. This means it may be time to move your child into a bed or mattress on the floor.
- Bunk beds are not recommended for children under 9 years of age.
- Install night-lights to allow your child to confidently find the toilet.
- Secure curtain and blind cords out of reach of children with safety devices.

## COMMON CAUSES OF INJURY

- Transport injuries as passengers, pedestrians and in driveway run over incidents.
- Drowning, particularly in backyard pools.
- Choking and suffocation from small objects and curtain and blind cords.
- Accessing poisons and medicines.
- Falling from play equipment, wheeled devices such as bikes and scooters and furniture.
- Running into hard objects or sharp corners.
- Scalds from hot food, drinks or the contents of saucepans.
- Burns from touching hot objects such as stoves, fireplaces, heaters, irons and hot water.
- Cutting and piercing from knives, scissors, glass and other sharp objects.

## IN THE HOME

- Choose toys appropriate for your child's age.
- Ensure that poisons including cleaning products, pesticides and medications are stored out of reach, preferably in a cupboard with a child resistant lock that is 1.5m above the floor.
- Use safety glass or shatter resistant film on low windows and doors. Enhance visibility by placing brightly coloured stickers at the child's height on any glass panel or sliding door.
- Pad sharp corners of furniture.



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### AT PLAY

- Only buy or build play equipment that meets the Australian Standard and is suitable for your child's age, size and stage of development.
- Install playground equipment and cubbies away from hazards such as hard paths, garden edging and stakes. Install and maintain soft fall (e.g. tanbark) under and around equipment to a **minimum** depth of 30cm.
- The fall height from play equipment should be less than 1.5 metres.
- Supervise your children when they are playing and interacting with animals.
- Safety barriers are required for all pools and spas with a depth greater than 30cm. Regularly check and maintain your barrier and gate to ensure they are in proper working order.
- Dress your child in a hat and long sleeves and use sunscreen that is suitable for children.
- Make sure your child wears a correctly fitted and fastened helmet when riding a tricycle, scooter, bicycle, rollerblades, skateboard or any other wheeled device.
- Make sure children do not play on the driveway, footpath, road or in a carpark.

### OUT AND ABOUT

- Use an extended rear facing or forward facing child car restraint until your child outgrows the size limit.
- Never leave your child unattended in a car- always take them with you, even for short errands.
- Look out for water hazards- anything that can hold a few centimetres of water can pose a drowning hazard, including creeks, dams, swimming pools, fountains, fish ponds, buckets, pet bowls and wheelie bins. Never take your eyes off children when they are playing near water.
- Always hold your child's hand near the road and start to teach them safe pedestrian behaviours such as 'Stop, look, listen and think.'

### GENERAL TIPS ON SAFETY

1. Ensure you have current CPR/first aid skills.
2. Have Emergency Services telephone numbers in your mobile phone in case of an emergency.
3. Create a safe play area for your child that is shaded and well clear of any hazards such as driveways or bodies of water.
4. Always supervise children around animals.
5. Only buy toys that are suitable for the age and development of your child.
6. Be a good role model. Obey traffic signals and talk about how you decide when and where to cross the road.
7. Fit smoke alarms outside bedroom areas, test them each month by pressing the test button and replace batteries annually. Only working smoke alarms save lives.



For more detailed information on any of the topics covered in this fact sheet, including on child car restraints and regulations for swimming pool and spa barriers, please visit [www.kidsafevic.com.au](http://www.kidsafevic.com.au)

### FOR MORE INFORMATION

Kidsafe Victoria	9251 7725	St John Ambulance for First Aid courses	1300 360 455
Maternal and Child Health Line 24 hours	13 22 29	Raising Children Network	<a href="http://www.raisingchildren.net.au">www.raisingchildren.net.au</a>
VicRoads for advice on choosing and using car restraints	1300 360 745	Parenting Hotline Vic	132 289
Consumer Affairs Victoria Toy and Nursery Safety Line Poisons Information Centre	1300 364 894		
	13 11 26		

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