Babies and safety
Always put your baby or child in an approved restraint when travelling by car.
Always use the five-point safety harness in your highchair, stroller or pram. This harness goes over your baby’s shoulders, round their waist and between their legs.
Put your baby to sleep on their back and keep fluffy toys and doonas out of the cot.
Do not let anyone smoke in the house, in the car or near your baby.

Providing a safe environment is an important part of caring for your new baby. Babies need to be safe at home and when they’re away from home. There are some simple things you can do to help keep your baby safe and secure. Always consult your healthcare professional if you have concerns about your baby.

Injuries to babies are preventable

Injuries are the most common cause of death in childhood beyond the first year of life and are a major reason for children needing medical attention. Most injuries to babies do not occur by chance or by bad luck, and are not an act of fate. The majority of injuries are predictable and largely preventable. The term ‘injury’ is now used rather than ‘accident’ (accident implies that the event could not have been prevented).

By their very nature, babies are active, curious and often excitable. These are all attributes that put them at risk of injury. As a parent or carer, you can do a lot to prevent injury to your baby.

Keeping your baby safe

Make your baby’s safety a priority. Some of the key areas you must keep in mind are:

Take your baby home from hospital in a capsule or other suitable child restraint that faces the back of the car.
Make sure your baby travels in a child restraint at all times in a vehicle.
Provide a safe sleeping environment for your baby – this includes taking precautions to reduce the risk of sudden unexpected death in infancy (SUDI), which includes SIDS (sudden infant death syndrome) and fatal sleep accidents.
Provide a safe environment at home.
Check the safety of your environment when you are away from home.

Baby safety in the car

Babies learn from watching others. They copy what they see adults doing in the car. Make sure you act safely and do the right thing when you are with babies and young children.

Babies under six months of age must be restrained in a rearward facing child restraint when travelling in the car. The law states that children aged under seven years old must travel in an approved child restraint or booster seat. The restraint must be:

- an approved child restraint. When buying your child's restraint, look for the standard's sticker on the restraint and wording on the package that states it complies with AS/NZS 1754
- suitable for the child's age and size. Children need different restraints as their bodies grow. The restraint that you use must match the size of your child's body. As children of the same age can differ in size, age is only a rough guide to the correct restraint
- properly fitted to the vehicle. Follow the manufacturer's instructions. For assistance, visit your nearest child restraint fitter. For an RACV restraint fitter, visit www.racv.com.au
- adjusted to fit your child's body correctly
- purchased in Australia. It is illegal to use a child restraint that has been purchased overseas.

Other safety issues to keep in mind include:

- Your baby and any other children under four years of age must travel in the back seat of the car if it has two or more rows of seats. In fact, it is safer for children of any age to travel in the back seat. By law, the driver is responsible for ensuring that all passengers under the age of 16 are restrained correctly.
- Never leave your baby unattended in the car – not even for a short time. It is illegal.
- Even in cooler weather, the temperature in a car can reach dangerously high levels in a short period of time. Babies and children may overheat. On a hot day, your baby may just need a light singlet or nightdress when in the car. Avoid long car trips in hot weather.
- Use the restraint for every journey, no matter how short. Most crashes occur close to home.
- Develop good car safety habits. Always put your baby in and out of the car on the kerb side, away from traffic.
- Never reverse your car until you know where the children are.

Slings for carrying babies

If used correctly, baby slings are safe and practical tool for parents, but infants can be at risk of suffocation if they are not placed in the correct position in the sling.
because they are not yet old enough to move out of a dangerous position that can block their airways.

The two positions that can cause significant danger are when the baby is lying in the sling with a curved back with its chin resting on its chest and when the baby is lying with its face pressed into the wearer’s body or the fabric of the sling.

Premature, low birth weight babies or babies who are unwell are at greater risk and parents should talk to a doctor before using a sling.

The good news is that by following the ‘T.I.C.K.S.’ rule, parents can easily remember how to position their baby correctly. The T.I.C.K.S. rule for baby sling safety is:

- **Tight** – the sling should be tight, with the baby positioned high and upright with head support. Any loose fabric may cause the baby to slump down, restricting its breathing.
- **In view** at all times – the wearer should always be able to see the baby’s face by simply looking down. Make sure the baby’s face, nose and mouth remain uncovered by the sling and the wearer’s body.
- **Close enough to kiss** – the baby should be close enough to the wearer’s chin that by tipping their head forward, they can easily kiss the baby on top of its head.
- **Keep chin off the chest** – make sure the baby’s chin is up and away from its body. The baby should never be curled so that its chin is forced onto its chest as this can restrict breathing. Regularly check the baby. Babies can be in distress without making any noise or movement.
- **Supported back** – the baby’s back should be supported in a natural position, with its tummy and chest against the wearer. When bending over, support the baby with one hand behind its back and bend at the knees, not at the waist.

**Baby safety in the home**

Newborn babies have very little protection against infection, so it is important that you provide a clean, hygienic environment. One of the most important things you can do is to make sure that anyone who handles your baby, including you, has washed their hands first.

People who have infections, for example, colds, flu or cold sores (herpes simplex), should not come in contact with your baby. Cold sores can be particularly dangerous to a newborn baby. Vaccinations are available to protect your baby against some infectious diseases. Your maternal and child health nurse can advise you.

Because babies can develop new skills quickly, adults can be caught unaware and injuries may happen. If you understand a child’s development, this will help you plan ahead for safety. Different risks appear at every stage of development and change takes place very rapidly in the early months and years.

To make sure your baby is safe at all times you should:

- Supervise young children whenever they are near the baby.
- Keep animals away from the baby. The change in the household when there is a new baby may upset some pets.
- To avoid serious scald burns, do not drink hot drinks when holding your baby.
- When you change your baby, make sure you put them down in a safe place, for example, on a change table with raised edges to prevent the baby rolling off.
- Remember to keep one hand on the baby at all times. Never leave your baby alone on the change table. To prevent falls, some parents choose to change the baby on the floor.

**Safety for babies in the bath**

When you give your baby (or child) a bath:

- Always supervising them in the bath. You should be within arm's reach of the child at all times.
- Do not use a baby support or bath seat to prop the baby up in the bath.
- Never leave an older child to supervise a younger child in the bath.
- If your telephone or doorbell rings, take your child with you.
- Empty the bath immediately after use.
- To avoid the risk of drowning, always keep the doors to the bathroom and laundry securely closed.

**A safe sleeping environment for your baby**

Many parents worry about sudden unexpected death in infancy (SUDI), which includes sudden infant death syndrome (SIDS) and fatal sleep accidents. Research has shown that there are some simple things you can do to reduce the risks:

- Put your baby to sleep on their back.
- Breastfeeding your baby provides important immune factors, such as antibodies, to help protect babies from SIDS. Breastfed babies are also more easily aroused from sleep at two to three months of age, which is the peak age of SIDS occurrence.
- Do not have fluffy toys, ‘bumpers’ or doona covers in the cot or bassinet as they can cause babies to overheat or can smother a baby.
- Make up the bottom of the cot with blankets and sheets, like you would a normal bed. Place your baby with their feet at the bottom of the cot.
- Keep your baby’s head uncovered while they sleep.
- Do not let anyone smoke in the house, in the car or around your baby.

**Tips for baby safety in the home**

- Prevent scalds in the bathroom. Reduce the temperature of the hot tap water at the basin, bath and shower to 50 °C or fit a thermostatic mixing or tempering valve.
- Use door barriers across kitchen and bathroom doors.
- Store medicines and cleaning products out of reach and in lockable cupboards.
- To prevent choking, choose age-appropriate toys with no parts of the toy smaller than a ‘D’ size battery. Check toys regularly for any small loose parts. Small parts can be a hazard and can choke a child less than three years of age.
- Avoid feeding your baby raw pieces of carrot and raw apple. Shred, grate or steam hard fruit and vegetables to reduce the risk of choking. Peanuts are not suitable for children under the age of five. Teach children to sit quietly while they are eating, and enjoy an unhurried meal.
- Be aware of foods that can choke children, such as lollies, meat and nuts.
- Keep cups of hot tea and coffee out of reach of children.
- Stay with children at all times when they are in the bath.
- Keep nappy buckets off the floor and make sure they have a firm, well-fitting lid.
- Place a fixed guard around heaters and open fires, install smoke detectors and practice your evacuation plan.
- Choose nursery furniture that meets Australian Standards. Read more about baby furniture safety tips.
Keep your baby safe outdoors

Make sure you use a baby stroller or pram correctly:

- Don’t hang shopping bags from the handles as it may cause the stroller to tip over.
- Make sure you read the manufacturer’s instructions and use the safety features.
- Always put the harness on your baby (even for short trips) to avoid fall injuries.
- Create safe play areas for children – separate play areas from driveway and roads.
- Children must be within eyesight of an adult at all times while outdoors.
- Mulch, river sand, rubber and other soft materials can create a softer landing space in case of falls from play equipment.
- Riding on tractors, mowers all-terrain vehicles (ATVs) and trailers is dangerous for children.

Remember to protect your baby from the sun and wind. A simple cloth thrown over the stroller may be enough, but make sure it’s very light to avoid trapping heat inside the stroller. Sunshades can be bought from baby supply stores.

Where to get help

- Maternal and child health nurse
- Maternal and child health services
- Your doctor
- Maternal and Child Health Line (24 hours) Tel. 132 229
- Red Nose (formerly SIDS council of Australia) Tel. 1300 308 307
- The Royal Children's Hospital Community Information team Tel. (03) 9345 5085
- Kids Health Info (KHI) Tel. (03) 9345 6429
- VicRoads, Road Safety Telephone Information Service Tel. 1300 360 745
- RACV Tel. 137 228
- Consumer Affairs Victoria Tel. 1300 55 81 81

References

Home safety checklist (pdf), The Royal Children's Hospital, Safety Centre. More information here.

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Please note that we cannot answer personal medical queries.
If you are looking for health or medical advice we recommend that you:

- talk to your doctor or pharmacist
- dial triple zero (000) in an emergency
- ring NURSE-ON-CALL Tel. 1300 60 60 24.

2/4 Your Comments

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Select an option

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Babies and toddlers (0-3)

The following content is displayed as Tabs. Once you have activated a link navigate to the end of the list to view its associated content. The activated link is defined as Active Tab.

- Babies and toddlers basics
- Newborn babies
- Feeding your baby
- Growth and development
- Behaviour and learning
- Healthy eating
- Care and wellbeing
- Health conditions and complaints
- Sleep
- Safety
- Grief and trauma

Babies and toddlers basics

- Baby bath - bathing (video)
  Detailing on bathing from the Royal Women's Hospital.
- Baby bath - preparation and safety (video)
  Detailing on baby bathing from Royal Women's Hospital.
- Baby bath - skin care (video)
  Detail on baby skin care from Royal Women's Hospital.
- Childhood immunisation
  Being immunised from an early age helps protect your child against serious childhood infections.
- Children and health services
  There is a range of subsidised and free health services, including services for mental health and dental health, available for children in Victoria.
• Early support for a child with disabilities
  For children diagnosed with a disability, getting the support they need as early as possible will give them the best chance of minimising the long-term effects of the disability.

• Immunisation – deciding which vaccines you need
  Everyone’s immunisation needs are different and are influenced by your health, lifestyle, age and occupation.

• Maternal and child health services
  Your local maternal and child health service will be a great source of support after your baby is born.

• No Jab No Play
  No Jab No Play – from 1 January 2016, all parents/guardians seeking to enrol their child at an early childhood service in Victoria must provide evidence that the child is fully immunised for their age.

• Parenting services
  Parenting is one of the most important tasks we undertake but it doesn’t always come naturally.

Newborn babies

• Baby bath - bathing (video)
  Detailing on bathing from the Royal Women’s Hospital.

• Baby bath - preparation and safety (video)
  Detailing on baby bathing from Royal Women’s Hospital.

• Baby bath - skin care (video)
  Detail on baby skin care from Royal Women’s Hospital.

• Jaundice in babies
  If your baby is full-term and healthy, mild jaundice is nothing to worry about and will resolve by itself within a week or so.

• Newborn bloodspot screening
  Every newborn baby in Australia is offered a newborn bloodspot screening test to identify those at risk of rare, but serious, medical conditions.

• Phenylketonuria (PKU)
  PKU is an inherited disorder that prevents the normal breakdown of a protein found in some foods.

• Phototherapy at Home
  Jaundice is very common in newborns, so it’s nothing to be too worried about. Treatment is very easy and safe. It all happens using blue light from a special blanket that you wrap your baby in.

• Sudden unexpected death in infants (SUDI and SIDS)
  You can reduce your baby’s risk of sudden unexpected death by providing a safe sleeping environment and avoiding tobacco smoke.

• The Maternal and Child Health phone app
  The Maternal & Child Health app (MCH) provides reliable maternal and child health (MCH) information that families can use every day.

• Vitamin K and newborn babies
  With low levels of vitamin K, some babies can have severe bleeding into the brain, causing significant brain damage.

Feeding your baby

• Asthma - pregnancy and breastfeeding
  Pregnant women with asthma need to continue to take their asthma medication as it is important to the health of both mother and baby that the mother’s asthma is well managed.

• Baby care - weaning
  Be guided by your baby and let them set the pace when weaning and introducing solid foods.

• Bottle feeding - nutrition and safety
  Breastmilk or commercial infant formula is necessary for all babies less than 12 months.

• Breastfeeding

betterhealth.vic.gov.au
Breastfeeding positioning and attachment come naturally to some babies and mothers, but many need time and practice to get it right.

- **Breastfeeding and travel**
  Breastmilk protects your baby from illness and infection, so it is the safest drink for your baby while travelling.

- **Breastfeeding and work**
  You can successfully combine breastfeeding with work if you have support from your employer, colleagues and family.

- **Breastfeeding and your diet**
  Breastfeeding women need to eat regularly and include a wide variety of healthy foods in their diet.

- **Breastfeeding - dealing with mastitis**
  Mastitis affects some breastfeeding women and may be caused by blocked milk ducts or a bacterial infection.

- **Breastfeeding - dealing with nipple problems**
  Your nipples may be sensitive in the first few days after birth, but nipple pain is not a normal part of breastfeeding.

- **Breastfeeding - deciding when to stop**
  It is up to you and your baby to decide when breastfeeding should stop.

- **Breastfeeding - expressing breastmilk**
  Expressing breast milk by hand is a cheap and convenient method.

- **Breastfeeding - the first days**
  Let your baby feed as much as they want in the first few days to help establish good breastfeeding patterns.

- **Breastfeeding - when to start**
  Breastfeeding within the first hour after birth allows your baby to behave instinctively and breastfeed with little intervention.

- **Food for babies - tucker talk tips**
  Before six months, breastmilk or formula is the only food and drink that your baby needs.

- **Lactose intolerance**
  Symptoms of lactose intolerance include bloating, gas, abdominal pain and diarrhoea.

**Growth and development**

- **Child development (1) - newborn to three months**
  Infants in the first eight weeks have no control over their movements and all their physical activity is involuntary or reflex.

- **Child development (2) - three to six months**
  Younger babies still have a notion that the whole of life is happening inside themselves, and they are 'making it all happen'.

- **Child development (3) - six to nine months**
  Fun activities, such as shaking or banging objects, helps a baby understand they have an effect on the world.

- **Child development (4) - nine to 12 months**
  At nine months your baby is moving around by crawling or pulling along with their arms. Safety is very important now. Your baby is also 'talking' with recognisable sounds and may even say simple words.

- **Child development (5) - one to two years**
  Between the age of one and two, your toddler understands they are a completely separate person from you.

- **Child development (6) - two to three years**
  Parents can be tricked into thinking our toddlers are more grown up than they really are.

- **Children's feet and shoes**
  A child learning to walk receives important sensory information from the soles of their feet, and shoes can make walking more difficult.

- **Growth charts for children**
  Babies and young children do not usually grow in a perfectly smooth way, but instead grow in 'bursts'.

- **Teeth development in children**
  betterhealth.vic.gov.au
Teething symptoms are common in children and can be managed without medications...

- The Maternal and Child Health phone app
  
  The Maternal & Child Health app (MCH) provides reliable maternal and child health (MCH) information that families can use every day...

- Toilet training
  
  When toilet training your toddler, praise every little success and remain calm about accidents...

Behaviour and learning

- 10 tips for managing sibling rivalry
  
  Teach your children to sort out minor differences themselves...

- 10 tips to raise an optimistic child
  
  Be a positive role model...

- Anxiety and fear in children
  
  You can help your child overcome anxiety by taking their fears seriously and encouraging them to talk about their feelings...

- Children and shyness
  
  If your child's shyness is especially debilitating, you may like to consider professional help from a counsellor or psychologist...

- Children and sibling rivalry
  
  Sibling rivalry is a common problem, particularly among children who are the same sex and close together in age...

- Discipline and children
  
  Disciplining your child means teaching them responsible behaviour and self-control...

- Dummies
  
  Dummy sucking should stop before school age to avoid teeth or mouth problems...

- Left-handedness
  
  If your child is naturally left-handed, don't try to force them to use their right hand...

- Tantrums
  
  When a young child is having a tantrum, it is because the emotional (limbic system) part of the brain is dominating the child's behaviour...

- Thumb and finger sucking
  
  Finger or thumb sucking should stop before school age to avoid mouth problems...

- Toddlers and fussy eating
  
  If you restrict yourself to a narrow range of foods, your child will notice and copy your wariness...

- Toddlers and mealtime manners
  
  Some toddlers do most of their eating on the run, refusing to sit down at the table at all...

Healthy eating

- Baby care - weaning
  
  Be guided by your baby and let them set the pace when weaning and introducing solid foods...

- Breakfast
  
  Children who skip breakfast may lack sufficient vitamins and minerals including iron, calcium, zinc and vitamin B2...

- Childcare and healthy eating
  
  Childcare centres should provide healthy meals for your children...

- Children's diet - fruit and vegetables
  
  If you eat and enjoy fruit and vegetables every day, your child may eventually follow your lead...

- Eating tips for babies
  
  First foods for babies can be prepared easily and cheaply at home without salt, seasonings and sweeteners...

betterhealth.vic.gov.au
• Eating tips for children (3) - older toddlers
  Offer children the same foods as the family, with a variety of textures and flavours for balanced nutrition...

• Eating tips for young toddlers
  Children have a natural ability to sense when they are hungry and when they are full...

• Soft drinks, juice and sweet drinks - children
  Encourage children to drink and enjoy water. Sweet drinks such as juice, cordial and soft drinks may cause health problems for children if consumed in large amounts...

• Toddlers and fussy eating
  If you restrict yourself to a narrow range of foods, your child will notice and copy your wariness...

• Toddlers and mealtime manners
  Some toddlers do most of their eating on the run, refusing to sit down at the table at all...

Care and wellbeing

• Baby bath - bathing (video)
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• Baby bath - preparation and safety (video)
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• Childhood immunisation
  Being immunised from an early age helps protect your child against serious childhood infections...

• Children and health services
  There is a range of subsidised and free health services, including services for mental health and dental health, available for children in Victoria...

• Child safety in the car
  Taking care to restrain children correctly while travelling in a car is the best way to prevent injuries...

• Dental checks for young children
  Children should have an oral health check by the time they turn two...

• Immunisations - vaccinations in Victoria, Australia (video)
  Vaccinations are encouraged for all individuals living in the state of Victoria, Australia. The immunisation program in Victoria may be different than other countries, and individuals who have moved...

• Melissa's story (video)
  Melissa shares her story of how her baby caught chickenpox at 5 weeks old...

• No Jab No Play
  No Jab No Play – from 1 January 2016, all parents/guardians seeking to enrol their child at an early childhood service in Victoria must provide evidence that the child is fully immunised for their age...

• Phototherapy at Home
  Jaundice is very common in newborns, so it’s nothing to be too worried about. Treatment is very easy and safe. It all happens using blue light from a special blanket that you wrap your baby in...

• The Maternal and Child Health phone app
  The Maternal & Child Health app (MCH) provides reliable maternal and child health (MCH) information that families can use every day...

• Travelling with children
  If your child is old enough, involve them in planning a trip so they can get excited about it...

Health conditions and complaints

• Asthma in childhood - triggers (video)
Parents and children talk about some of the factors that can cause a child's asthma to flare up...

- **Back pain in children**
  Children with back pain may grow into adults with chronic bad backs, so it is important to encourage sensible back care.

- **Bedwetting**
  Bedwetting is a problem for many children and punishing them for it will only add to their distress.

- **Bronchiolitis**
  Bronchiolitis is a common chest infection in babies under six months of age.

- **Colic**
  Caring for a crying baby with colic can be stressful, so take some time out to calm down.

- **Constipation and children**
  A healthy diet, plenty of fluids, exercise and regular toilet habits can help relieve constipation in children.

- **Cradle cap**
  Cradle cap is not contagious and it is not caused by poor hygiene or bad parenting.

- **Croup**
  Croup is a viral infection of the throat and windpipe that causes noisy breathing, a hoarse voice and a harsh, barking cough.

- **Fever - children**
  Fever is a way in which the body fights infection. A fever is not dangerous and does not always indicate a serious illness.

- **Gastroenteritis in children**
  Gastroenteritis or Gastro can be dangerous for very young babies. Gastro is common in young children and spreads easily. Gastro is a bowel infection which causes diarrhoea (runny or watery poo) and...

- **Nappy rash**
  Most babies get nappy rash at some stage, no matter how well they are cared for.

- **Phototherapy at Home**
  Jaundice is very common in newborns, so it’s nothing to be too worried about. Treatment is very easy and safe. It all happens using blue light from a special blanket that you wrap your baby in. The...

- **Roseola infantum**
  Roseola is a mild viral infection with associated fever and rash that affects babies and young children.

### Sleep

- **Baby care - moving from cot to bed**
  Some children are unsettled the first few nights in a 'big bed'. Try to be patient, loving and reassuring.

- **Sleep and your baby**
  Sleeping habits are learned, so try to set up a bedtime routine for your baby as soon as you can.

- **Sleep - children and naps**
  A child needs a daytime nap until they are around two and a half to three years of age.

- **Sleep - children and nightmares**
  Your child may have only a few scary dreams a year, or be troubled by nightmares much more often.

- **Sudden unexpected death in infants (SUDI and SIDS)**
  You can reduce your baby's risk of sudden unexpected death by providing a safe sleeping environment and avoiding tobacco smoke.

### Safety

- **Animals and child safety**
  Children should always be closely supervised near animals and taught how to behave safely around pets.

- **Babies and safety**
Most injuries to babies do not occur by chance - many are predictable and largely preventable...

- **Baby care - moving from cot to bed**
  Some children are unsettled the first few nights in a 'big bed'. Try to be patient, loving and reassuring...

- **Baby furniture - safety tips**
  Even if your baby furniture meets every safety standard and recommendation, your child still needs close supervision...

- **Bicycle safety and children**
  As they grow and develop, and with the help of adults, children become increasingly aware of how they can manage their own safety and become safer road and bicycle users...

- **Burns and scalds - children**
  Most hot tap water scald injuries to children happen in the bathroom...

- **Child safety and injury prevention**
  By making a few practical changes to your home, you can dramatically reduce the risk of injury to your child...

- **Child safety – at home**
  The best way to reduce the risk of injury to children is to remove a potentially dangerous item or add a safety product...

- **Child safety in the car**
  Taking care to restrain children correctly while travelling in a car is the best way to prevent injuries...

- **Family violence and children**
  Children exposed to domestic violence are more likely to experience emotional and behavioural problems...

- **Farm safety – children**
  Children who live on farms are at greater risk of injury and death than their parents or other farm workers...

- **Hot weather and child safety**
  Babies and children can quickly lose body fluids in hot weather, which can lead to dehydration...

- **Playgrounds and child safety**
  Play environments can be safe and beneficial for your child. With proper planning, you can make sure your child gets plenty of playtime activity...

- **Poisoning and child safety**
  Call the Poisons Information Centre on 13 11 26 immediately if you suspect your child has been poisoned or given the wrong medicine or the wrong dose of medicine...

- **Road and traffic safety for children**
  As they grow and develop, and with the help of adults, children become increasingly aware of how they can manage their own safety, and become safer road users...

- **Sudden unexpected death in infants (SUDI and SIDS)**
  You can reduce your baby's risk of sudden unexpected death by providing a safe sleeping environment and avoiding tobacco smoke...

- **Water safety for children**
  Toddlers are most at risk of drowning because they are mobile and curious but don't understand the danger of water...

**Grief and trauma**

- **Child Protection Service**
  Child Protection provides child-centred, family-focused services to protect children from harm caused by abuse within the family...

- **Death of a baby**
  Miscarriage, stillbirth or neonatal death is a shattering event for those expecting a baby, and for their families. Grief, relationship stresses and anxiety about subsequent pregnancies are common in...

- **Sudden unexpected death in infants (SUDI and SIDS)**
  You can reduce your baby's risk of sudden unexpected death by providing a safe sleeping environment and avoiding tobacco smoke...

- **Trauma and children - newborns to two years**
Babies and toddlers can be as affected by trauma as any other family member...

- **Trauma and children – tips for parents**
  Tell your child the facts about a distressing or frightening experience using language they can understand...

- **Trauma and children - two to five years**
  Preschoolers may not have the words but will show their distress at traumatic events through changes in behaviour and functioning...

**Related Information**

- **No Jab No Play**
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**Home**

**Related information on other websites**

- Banned products – Consumer Affairs Victoria.
- Child restraints – VicRoads.
- Find a child car seat – Child Car Seats.
- SIDS and Kids.

**Content Partner**

This page has been produced in consultation with and approved by: Royal Children's Hospital - Safety Centre

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Page content currently being reviewed.

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