First Aid at Home
Be prepared for injuries and emergencies  page 16

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Make sure your home is safe and secure too! page 12

Clean Clothes, Comfy Baby
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Your Home
A Safe Place to Live and Play page 7
Did you know that each year about 2,000 children aged 14 years and younger die as a result of a home injury? Children are naturally curious and love to explore. Before or as soon as children begin crawling or walking, parents and caregivers need to take extra steps to make sure harmful items are out of reach, out of sight, and locked up if possible.

In this safety-themed issue of Healthy Children magazine, the parenting guide for consumers from the American Academy of Pediatrics (AAP), you’ll find information on how to keep your home safe and secure.

Our feature article, “Your Home: A Safe Place to Live and Play,” provides tips to help you childproof 4 areas of your home—the kitchen, bathroom, laundry room, and living/family room (page 7). Other articles we’ve lined up include a first aid primer (page 16) and an excerpt on cleaning baby’s clothes from the award-winning and best-selling AAP book, Heading Home With Your Newborn: From Birth to Reality (page 21).

We’ve also included important information about button batteries—the risks they pose and why they’re a growing danger (page 23). And if you or people you know are receiving child care from grandparents, make certain that you’ve reviewed and adopted the recommendations in the article on page 12.

Keeping your child safe is the most basic responsibility—and a never-ending one.

The AAP is an organization of 60,000 pediatricians committed to the physical, mental, and social health and well-being of all infants, children, adolescents, and young adults, so you can be sure that the information here is from a trusted and reliable source. Practice the safety guidelines advised here, and make sure other parents and care providers are aware of these recommendations as well. After all, children’s safety should be everyone’s priority.

Thomas K. McInerny, MD, FAAP
President
American Academy of Pediatrics
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23  Button Battery Injuries: Awareness Is Key to Prevention  Small, shiny, and appealing to children, button batteries can cause severe injury and even death if ingested.
In June 2012, the US Consumer Product Safety Commission (CPSC) removed certain magnetic toys from store shelves. These stress-relief magnetic desk toys known as Buckyballs and Buckycubes, along with similar products, pose a risk to infants, children, and teens who swallow more than one tiny round magnet. Each product can contain 100 or more such magnets, making it difficult for parents to recognize when one is missing.

The powerful, tiny magnets contained in these toys and other similar products have caused unnecessary surgeries, debilitating injuries, irreversible gastrointestinal damage, and other lifelong health effects in infants, children, and adolescents. Recent reported injuries include bowel perforations or fistulas, twisted bowels, and severe infections among other serious gastrointestinal injuries, which have led to dozens of surgeries, endoscopies, and bowel resections in children and adolescents. A recent survey of North American Society for Pediatric Gastroenterology, Hepatology and Nutrition members identified more than 60 magnet ingestions in 2 years requiring 26 surgeries and resulting in 23 bowel perforations.

In 2008, the American Academy of Pediatrics successfully advocated for CPSC to develop new safety standards to prevent magnets in children’s products from falling out, becoming unattached, or otherwise becoming available for mouthing or swallowing among young children. Unfortunately, these magnet safety standards only apply to children’s products and do not extend to products like Buckyballs, which are marketed toward adults.

Tips to Protect Children From Dangers of Magnets

- Keep products with small or loose magnets away from young children who might swallow them.
- Closely monitor loose magnets and other magnetic products to ensure children do not swallow them.
- Avoid purchasing magnets sold in sets of 100 or more, as it is difficult to recognize if a few magnets have gone missing.
- Talk with your older children and teens about the serious dangers associated with using magnets as fake piercings in their mouths or noses.

Symptoms of Magnet Ingestion

- Children who have ingested magnets may have abdominal pain, vomiting, and fever. Because these symptoms are common in children and not usually caused by ingested objects, the true cause may not be suspected right away.
- Delaying treatment can lead to severe injuries to the stomach, intestines, and digestive tract or even death.
- Contact your pediatrician or nearest emergency department immediately if you suspect your child has swallowed or been injured by a magnet.
Injuries From Inflatable Bouncers on the Rise

Playing in inflatable bouncers, such as bounce houses and moonwalks, has increased in recent years, and so have injury rates.

A study in the December 2012 *Pediatrics* found that from 1990 to 2010, more than 64,000 children were treated in US emergency departments for inflatable bouncer–related injuries.

The authors also noted that from 2008 to 2010, the number of pediatric inflatable bouncer–related injuries more than doubled to an average of 31 children injured per day. Fractures and arm or leg strains or sprains were the most common types of injury, while falls were a common cause of injury, with stunts and collisions also contributing to the injury rate.

The authors say the study underscores the need for guidelines for safer bouncer usage and improvement in bouncer design to prevent injuries.

Injuries From Gasoline and Other Hydrocarbons

Gasoline, kerosene, lighter fluid, and certain other household cleaning products (technically categorized as hydrocarbons) pose a high risk of injury or death when children mistake them for food or drink and ingest these damaging chemicals.

In a June 2013 study, researchers reviewed data from the National Poison Data System and National Electronic Injury Surveillance System over a 10-year period and found that 66,000 calls were made to regional poison centers, resulting in more than 40,000 emergency department (ED) visits for hydrocarbon-related injuries in children younger than 5 years.

Most injuries occur during warm-weather months, with 31% of exposures being reported during warm months versus 17% to 19% reported in the winter months. Most ED visits and calls to poison centers involved boys aged 1 to 2 years swallowing or breathing in gasoline, but most injuries did not require hospitalization.

The study authors conclude that parents need to be vigilant when using and storing hydrocarbons. These products should be kept out of reach of children and in their original, child-resistant containers to avoid accidental exposures at home.

**quick tip**

Store gasoline, kerosene, lighter fluid, and household cleaning products out of sight and reach of children.
Q: Should I test for radon in my home?

A: The US Environmental Protection Agency recommends that all homes be checked. An inexpensive home-testing kit can be obtained from home improvement stores, the National Safety Council, and some local or state radon programs.

The sample obtained should be sent to a certified laboratory for analysis. Mitigation measures should be taken if the level of radon exceeds 4 pCi/L and considered for levels between 2 and 4 pCi/L.

Q: What do I do if my carbon monoxide (CO) detector alarms?

A: Never ignore an alarming carbon monoxide (CO) detector/alarm.

If the CO detector goes off
- Make sure it is your CO detector and not your smoke detector.
- Check to see if any member of the household is experiencing symptoms of poisoning. Symptoms of CO poisoning include headaches, nausea, shortness of breath, fatigue, confusion, and fainting.
- If they are, get them out of the house immediately and call for help (911 or your local emergency number). Seek medical attention at an emergency department. Tell the doctor that you suspect CO poisoning.
- If no one is feeling symptoms, ventilate the home with fresh air and turn off all potential sources of CO, including oil or gas furnaces, gas water heaters, gas ranges, ovens, gas dryers, gas or kerosene space heaters, and any vehicles or small engines.
- Have a qualified technician inspect your fuel-burning appliances and chimneys to make sure they are operating correctly and that there is nothing blocking the fumes from being vented out of the house. Checking appliances and other possible CO sources should be done before they are turned back on.

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Q: How can I tell if a toy has lead paint or is made of lead?

A: Toys are not all routinely tested for lead. Many toys are imported from countries with poorly enforced safety rules by companies that do not test the toys before selling them.

The American Academy of Pediatrics advises parents to monitor the US Consumer Product Safety Commission Web site for notices of recalls and to avoid nonbrand toys and toys from discount shops and private vendors.

Old and used toys should be examined for damage and clues to the origin of the toy. If the toy is damaged or worn or from a country with a history of poor monitoring of manufacturing practices, the safest action is to remove it from use. Be particularly attentive to costume jewelry and other small metal pieces that can be swallowed.
NEW from the American Academy of Pediatrics

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During your children’s first years, their hands love to explore (and get into everything)! Even if you feel pretty confident that you’ve done a thorough job childproofing, chances are you’ve missed something, and with each new stage of your child’s development, new dangers arise at home. To stay one step ahead, parents need to make sure that anything that might be opened, pulled on, or played with in their home won’t cause an injury. Here’s a list of tips to help you childproof various areas of your home.
KITCHEN

- All cleaners, detergents, and other chemicals and poisons should be stored out of the reach of children, even if latches have been installed. Never transfer dangerous substances into containers that look as if they might hold food; this may tempt a child to taste it.
- Knives and sharp objects should be kept toward the back of drawers even if latches have been installed.
- Unplug appliances when they are not in use so your child cannot turn them on. Don’t allow electrical cords to dangle where your child can reach and tug on them, possibly pulling a heavy appliance down on himself.
- Keep your dishwasher locked or install an appliance lock. If latching is not possible, point sharp utensils downward. DO NOT add dishwashing detergent until you plan to run the washer. The detergent is poisonous and should be kept out of sight and reach of children.
- Use the back burners on the stove to reduce risk of burns. If using front burners, always turn pot handles inward. With gas stove ranges, install stove knob covers or remove knobs completely, leaving one at the back of the counter or in the top cupboard. Stove shields and oven locks should be installed, where appropriate, to prevent little hands from getting burned. Whenever you have to walk with hot liquid such as a cup of coffee or a pot of soup, be sure you know where your child is so you don’t trip over him.
- Keep a fire extinguisher in your kitchen and make sure matches and lighters are out of reach and out of sight.
- Avoid using tablecloths, as they and everything on them can be pulled off the table.
- Do not use small refrigerator magnets that your young child could choke on or swallow.
**BATHROOM**

- Never leave a young child alone in the tub or sink, even for a moment. If you can’t ignore the doorbell or phone, wrap your child in a towel and take her along when you go to answer them. Bath seats and rings are meant to be bathing aids and will not prevent drowning if an infant is left unattended. Never leave water in the tub when it is not in use.
- Install a tub spout pad and a tub mat in the bathtub to reduce head injuries and risk of slipping.
- Install toilet and cabinet locks to reduce risk of drowning and help keep children out of the toilet.
- Do not use automatic bowl cleaners. They contain chemicals and only make the water more attractive to children.
- Keep all medicines in containers with safety caps. Remember, however, that these caps are child-resistant, not childproof, so store all medicines and cosmetics high and out of reach in a locked cabinet. Don’t keep toothpaste, soaps, shampoos, mouthwash (which has greater alcohol content than wine), and other frequently used items in the same cabinet. Instead, store them in a hard-to-reach cabinet equipped with a safety latch or locks. Never take medication in front of a child or call it candy when administering to a child.

**Laundry Detergent Packets: Warning for Parents**

Between May 17 and June 17, 2012, the Centers for Disease Control and Prevention said there were 1,008 reports of laundry detergent poisonings. Of these, 485 (48%) were from exposures to laundry detergent contained in packets.

Detergent in single-use laundry packets is very concentrated and can be toxic. Even a small amount of the detergent can cause serious breathing or stomach problems or eye irritation.

- Never let your children handle or play with the packets. The packets dissolve quickly when in contact with water, wet hands, or saliva.
- Remember to seal the container and store it in a locked cabinet after each use. Make sure the container is out of sight and reach of children.
- Adults should follow the instructions on the product label.

**Call Poison Help at 1-800-222-1222 immediately if your child puts a packet in his mouth or gets any in his eye.**

**LAUNDRY ROOM**

- Be sure to unplug electrical appliances like hair dryers and curling irons and store them in a cabinet with a safety lock when they aren’t in use. It is better to use them in another room where there is no water. An electrician can install special bathroom wall sockets (ground-fault circuit interrupters) that can lessen the likelihood of electrical injury when an appliance falls into the sink or bathwater.

- Make sure laundry chutes are not within the reach of a small child.
- Keep laundry products in their original containers with the original label intact. Immediately put products away in a secure location after use, out of the reach of children and pets.
- Read and follow all recommended instructions on the laundry product label prior to use. Familiarize yourself with product labels and know where the safety information is located on the label. Know what to do before an unintended exposure happens.
• Never combine laundry detergents with ammonia or other household cleaning agents because some chemical mixtures may release irritating gases.
• Remember to clean up any spills and immediately wash your hands and any items used to dispense or measure products.

**Living/Family Room**
• Block access to fireplaces, and cushion brick and concrete hearths.
• Place lamps and breakables out of a child’s reach.
• Keep recliners in the closed position, as small children can get trapped underneath.
• Use furniture brackets or straps to secure bookshelves and wall units. And don’t forget about using television anchors.

**Did you know?**

3,000 kids are injured, some fatally, by falling furniture and televisions every year!

• Cushion the dangerous edges of coffee tables and dressers with corner and edge shields.
• Use cordless window coverings in all homes where children live or visit. If this is not possible, make sure drapery and blind cords are tied up high with no loops. The cords on blinds and curtains are strangling hazards.
• Place heavy artwork and pictures out of reach and away from furniture to prevent children from climbing on furniture to pull them down.

**Staircase**
• When your child is just learning to crawl and walk, install safety gates at the top and bottom of stairs. Avoid accordion-style gates, which can trap an arm or a neck.
• Make sure there is enough lighting on or around your staircase to avoid falls.
• How large is the space between your banister rails? If the distance between them is wider than 2¼ inches, it increases your child’s risk of injury. While that might seem narrow, children are notorious for wedging themselves into impossibly small spaces.

**Did you know?**

Every 6 minutes, a young child in the United States is treated in the emergency department for a stair-related injury.

• Keep all objects off of your staircase. In addition to being very active, toddlers are curious, and when they see things sitting on the staircase such as shoes, a coat, or a purse, it will give them a reason to want to get on the stairs.
• Minimize the use of stairs while carrying a child, and do not carry other items in addition to a child while using stairs. The free hand should be placed on the handrail.

**Smoke Alarm and Carbon Monoxide Detector**
• Install smoke alarms outside every bedroom (or any area where someone sleeps), in furnace areas, and on every level of your home, including the basement. Buy alarms with long-life lithium batteries. Standard batteries should be changed every year. Test alarms every month to make sure they are working properly. Develop a fire escape plan and practice it so you’ll be prepared if an emergency does occur.
• Install carbon monoxide detectors on each floor of your home. Carbon monoxide is a toxic gas that has no taste, no color, and no odor. It comes from appliances or heaters that burn gas, oil, wood, propane, or kerosene.

**Keeping your child safe is a never-ending process.**

Remember, there may be other safety concerns in your house aside from those listed, and every house is different. A more thorough safety check is recommended at least every 6 months.

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A Message for Grandparents

As a grandparent, your grandchild’s well-being and safety are extremely important to you. Particularly when she is in your care—at your home, in her own home, in the car, or elsewhere—make sure that you’ve taken every step possible to ensure that she’s safe and secure.

Before you have your grandchild visit or stay at your home, make certain that you’ve reviewed and adopted the recommendations you’ll find here.
SAFETY INSIDE THE HOME
There are plenty of safety measures you should implement in your home to protect your grandchild. To keep some of these guidelines in the forefront of your mind, use the acronym SPEGOS to help remind you of the following:

- **S**moke detectors should be placed in the proper locations throughout the house.
- **P**ets and pet food should be stored out of a child’s reach.
- **E**scape plans should be thought about in advance, and fire extinguishers should be readily available.
- **G**ates should be positioned at the top and bottom of stairs.
- **O**utlet covers that are not a choking hazard should be placed over sockets to prevent your grandchild from putting herself at risk of an electrical shock. Use furniture or other objects to block access to electrical outlets, wherever possible.
- **S**oft covers or bumpers should be positioned around sharp or solid furniture.

In addition to these general rules, be sure to keep important phone numbers by the telephone. In an emergency, you’ll not only want to call for help (911 or your local emergency number) when appropriate, but certain specific family members as well. Another safety consideration: Your special chairs or walking aids could be unstable and present a risk; if possible, move them into the closet or a room that your grandchild won’t be able to enter when she visits.

NURSERY/SLEEPING AREA
- Guidelines for children’s furniture and equipment have changed dramatically. If you saved your own child’s crib, stored in your attic or garage, perhaps awaiting the arrival of a grandchild someday, there is a good chance it no longer meets today’s safety standards and you will need to invest in a new one. (Use the same approach for other saved and aging furniture that could pose risks to children, such as an old playpen.)
- Buy a changing table or use your own bed or even a towel on the floor to change a baby’s diapers. As she gets a little older and becomes more likely to squirm, you may need a second person to help in changing her diaper.
- Don’t allow your grandchild to sleep in your bed.
- Keep the diaper pail emptied.

KITCHEN
- Put “kiddy locks” on the cabinets; to be extra safe, move unsafe cleansers and chemicals so they’re completely out of reach.
- Remove any dangling cords, such as those from the coffeepot or toaster.
- Take extra precautions before giving your grandchild food prepared in microwave ovens. Microwaves can heat liquids and solids unevenly—they may be mildly warm on the outside but very hot on the inside.
BATHROOMS

• Store pills, inhalers, and other prescription or nonprescription medications, as well as medical equipment, locked and out of the reach of your grandchild.

• Put nonslip material in the bathtub to avoid dangerous falls.

• If there are handles and bars in the bathtub for your own use, cover them with soft material if you’re going to be bathing the baby there.

• Never leave a child unattended in a tub or sink.

BABY EQUIPMENT

• Never leave your grandchild alone in a high chair or in an infant seat located in high places, such as a table or countertop.

• Do not use baby walkers.

TOYS

• Buy new toys for your grandchild that have a variety of sounds, sights, and colors. Simple toys can be just as good as more complex ones. Remember, no matter how fancy the toys may be, your own interaction and play with your grandchild are much more important.

• Toys, CDs, and books should be age appropriate and challenge children at their own developmental level.

• Avoid toys with small parts that the baby could put into her mouth and swallow.

• Because toy boxes can be dangerous, keep them out of your home or look for one without a top or lid.

• Make sure sports equipment, including safety gear, is in good condition and age appropriate.

GARAGE/BASEMENT

• Make sure that the automatic reversing mechanism on the garage door is operating.

• Keep all garden chemicals and pesticides as well as tools in a locked cabinet and out of reach.

OUTSIDE YOUR HOME

• Buy a car safety seat that you can keep inside your own car. Make sure you install it properly (or have a trained professional install it for you) and that you can strap your grandchild into it easily. Experiment with the buckles and clasps before you buy the car seat because their ease of use varies. Make sure you know that your grandchild is out of harm’s way before backing your car out of the garage or down the driveway.

• Purchase a stroller to use when taking your grandchild for a walk in your neighborhood.

• On shopping trips, whenever possible, choose stores that offer child-friendly shopping carts with seats that are low to the ground. Don’t place your own car seat into a shopping cart.

• If you have a tricycle or bicycle at your home for your grandchild, make sure you also have a helmet for him. Let him choose a helmet in a special design or color.

• Although playgrounds can be fun, they also can be dangerous. Select one that has been designed to keep children as safe as possible; those at schools or at community-sponsored parks are often good choices.

• Inspect your own backyard for anything hazardous or poisonous.

• If you have a backyard swimming pool or if you take your grandchild to another home or a park where there is a pool, there should be a 4-foot-high fence with a locking gate surrounding the pool. Make sure pool gates open out from the pool and self-close and self-latch at a height children can’t reach.

• Supervise your grandchildren when they are playing outside.
The number of grandparent caregivers continues to grow, and while these older adults may be experienced in caring for young children, many are unaware of more recent safety and other recommendations—including those related to appropriate child sleep position, crib safety, and car seat and walker use, according to research presented at the American Academy of Pediatrics (AAP) National Conference & Exhibition in New Orleans, LA, in 2012.

In a 2011 American Community Survey, an estimated 2.87 million grandparents are primary caregivers to their grandchildren—a nearly 20% increase since 2000. In the study, researchers attended regularly scheduled grandparent/kinship care support groups. Forty-nine participants completed a 15-question survey that addressed common pediatric safety and anticipatory guidance topics for children of all ages.

When asked, “What is the best position for a baby to sleep in?” 33% of respondents chose “on the stomach,” 23% “on the side,” and 43.8% “on the back.” The AAP recommends that infants be placed to sleep on their backs to prevent sudden infant death syndrome (SIDS). When asked about correct car seat positioning, 24.5% responded that a 22-pound, 9-month-old child should be facing forward, and yet the AAP recommends that children remain in a rear-facing car seat until age 2.

The AAP also recommends that bumpers, stuffed animals, and blankets be removed from infant cribs, yet 49% of grandparent caregivers thought these items were acceptable. Nearly 74% of respondents stated that a walker is a good device to help babies learn to walk. The AAP does not recommend walker use and in fact urges caregivers to dispose of them because of serious safety concerns.

“Pediatric health and safety recommendations are constantly evolving,” said study author Kathryn C. Hines, MD, a University of Alabama at Birmingham (UAB) physician who sees patients at Children’s of Alabama. “Many recommendations are likely to have changed since these grandparent caregivers parented their own children.”

“Discussion of health and safety recommendations is an essential part of routine well-child care, and pediatricians must recognize knowledge deficits that may exist in grandparent caregivers and be comfortable addressing these deficits,” said primary study author Amanda Soong, MD, FAAP, also of UAB.
Bumps, bruises, cuts, and other minor injuries are inevitable during childhood, especially as your children become more mobile and adventurous. Often a bandage and a lot of hugs will help the injury (boo-boo) feel better. However, parents should be prepared with general knowledge of how to care for minor injuries and when emergency medical attention is necessary.

**GENERAL**

Know ahead of time how to get help. Keep an in-case-of-emergency (ICE) list with you at all times. Call 911 or your local emergency number right away for a severely ill or injured child. Call 1-800-222-1222 (Poison Help) if you have a poison emergency.

- If your child has been injured, move to a safe area if necessary. However, DO NOT move your child if she may have a neck or back injury (from a fall, motor vehicle crash, or other injury, or if the child says her neck or back hurts) unless she is in danger.
- Position your child appropriately if her airway needs to be opened or cardiopulmonary resuscitation (CPR) is needed.
- When possible, personal protective equipment (such as gloves) should be used.
- Emergency medical identification jewelry should be worn or paperwork should be carried by children requiring special medical attention.
SKIN WOUNDS

Make sure your child is up to date for tetanus vaccination. Any open wound may need a tetanus booster even when your child is currently immunized. If your child has an open wound, ask your child’s doctor if your child needs a tetanus booster.

Animal or Human Bites

• Wash wound well with soap and water.
• Call your child’s doctor. The child may need a tetanus or rabies shot or antibiotics.

Bruises

• Apply cool compresses.
• Call your child’s doctor if your child has a crush injury, large bruises, continued pain, or swelling. Your child’s doctor may recommend acetaminophen for pain.

Cuts

• Rinse small cuts with water until clean.
• Use direct pressure with a clean cloth to stop bleeding and hold in place for 1 to 2 minutes.
• If the cut is not deep, apply an antibiotic ointment, then cover the cut with a clean bandage.
• Call your child’s doctor or seek emergency care for large or deep cuts or if the wound is wide open.
• For major bleeding, call for help (911 or your local emergency number). Continue direct pressure with a clean cloth until help arrives.

Scrapes

• Rinse with clean, running tap water for at least 5 minutes to remove dirt and germs. Do not use detergents, alcohol, or peroxide.
• Apply an antibiotic ointment and a bandage that will not stick to the wound.

Splinters

• Remove small splinters with tweezers, then wash until clean.
• If you cannot remove the splinter completely, call your child’s doctor.

Puncture Wounds

• Call for help (911 or your local emergency number).
• Do not remove large objects (such as a knife or stick) from a wound. Such objects must be removed by a doctor.
• Call your child’s doctor for all puncture wounds. Your child may need a tetanus booster.
Bleeding

- Apply pressure with gauze over the bleeding area for 1 to 2 minutes.
- If still bleeding, add more gauze and apply pressure for another 5 minutes.
- You can also wrap an elastic bandage firmly over gauze and apply pressure.
- If bleeding continues, call for help (911 or your local emergency number).

Bloody Nose

- Keep your child in a sitting position with his head tilted slightly forward.
- Apply firm, steady pressure to both nostrils by squeezing them between your thumb and index finger for 5 minutes.
- If bleeding continues or is very heavy, call your child’s doctor or seek emergency care.

FRACTURE AND SPRAIN

- If an injured area is painful, swollen, or deformed or if motion causes pain, wrap the injured area in a towel or soft cloth and make a splint with cardboard or other firm material to hold the arm or leg in place.
- Do not try to straighten.
- Apply ice or a cool compress wrapped in thin cloth for not more than 20 minutes.
- Call your child’s doctor or seek emergency care.
- If there is a break in the skin near the fracture or if you can see the bone, cover the area with a clean bandage, make a splint as described earlier, and seek emergency care.
- If the foot or hand below the injured part is cold or discolored (blue or pale), seek emergency care right away.
**BURNS AND SCALDS**

**General Treatment**
- First, stop the burning process by removing your child from contact with hot water or a hot object (for example, hot iron).
- If clothing is burning, smother flames. Remove clothing unless it is firmly stuck to the skin.
- Run cool water over burned skin until the pain stops.
- Do not apply ice, butter, grease, medicine, or ointment.

**BURNS**
- Do not break the blisters.
- Ask your child’s doctor how to cover the burn.
- For burns on the face, hands, feet, or genitals, seek emergency care.

**Large or Deep Burns**
- Call 911 or your local emergency number.
- After stopping and cooling the burn, keep your child warm with a clean sheet covered with a blanket until help arrives.

**Electrical Burns**
- Disconnect electrical power.
- If your child is still in contact with an electrical source, do NOT touch your child with bare hands. Pull your child away from the power source with an object that does not conduct electricity (such as a wooden broom handle) only after the power is turned off.
- ALL electrical burns need to be seen by a doctor.

**EYE INJURY**
- If anything is splashed in the eye, flush gently with water for at least 15 minutes.
- Call Poison Help (1-800-222-1222) or your child’s doctor for further advice. Any injured or painful eye should be seen by a doctor.
- Do NOT touch or rub an injured eye.
- Do NOT apply medicine.
- Do NOT remove objects stuck in the eye.
- Cover the painful or injured eye with a paper cup or eye shield until you can get medical help.
New From the AAP! Apps for Families!

Available on iTunes and Google Play

**Iron Kids**
Includes everything a young athlete (ages 8 and up) needs to safely build strength, balance, and fitness. Also contains content from the DVD *Home Strength Training for Young Athletes.*
Price: $3.99 Note: Available on iTunes only.

**Car Seat Check**
Quickly learn what car seat is right for your child based on age, height, and weight using expert advice from the AAP!
Price: $1.99

**KidsDoc**
Is your child sick? Whether you’re on the go or at home, this app will help you know what to do next.
Price: $1.99

**ADHD Tracker 1.0**
Makes completing and submitting a behavioral assessment easier for parents and teachers of children aged 4 through 18 years who have already been diagnosed with and treated for ADHD.
Price: FREE Note: Available on iTunes only.

**Healthy Children**
Includes hundreds of articles, a Healthy Children e-magazine, and many other resources.
Price: FREE
Clean Clothes, Comfy Baby

It shouldn’t come as a surprise that newborns are just as likely to appreciate wearing soft fabrics and well-designed clothes as their parents. In an excerpt from their book, *Heading Home With Your Newborn: From Birth to Reality*, Laura A. Jana, MD, FAAP, and Jennifer Shu, MD, FAAP, outline a few things parents should take into account when it comes to keeping baby’s clothes clean and comfy.

Washability is definitely something to consider. Be sure to look at the labels not only for size, flame-resistance, or snug-fitting information but also for washing instructions. Unless you relish the thought of hand-washing a lot of baby clothes and frequently replacing those that don’t hold up well, we suggest you give some serious thought to the durability and washability of the baby clothes you buy—especially your baby’s everyday outfits, body suits (for example, Onesies), and sleepers.

- **Washing.** Because newborns tend to have sensitive skin (and because you don’t know who has handled the clothing and with what before it made its way into your possession), it’s generally a good idea to wash all clothes prior to using them. An exception might be outerwear such as coats and jackets that don’t have much contact with the skin (and tend not to wash and dry easily). As a helpful hint, consider putting small items such as socks in a
mesh bag for washing and drying and remember to fasten any Velcro tabs (such as on bibs) before tossing them into the fray to avoid snagging other clothes.

- **Detergents.** It is a common recommendation that baby clothes should be washed separately, using special “baby” detergents that supposedly leave fewer residues and are therefore less likely to cause skin irritation. In reality, we’ve found that many, if not most parents simply toss their baby’s clothes in with the rest of the family’s laundry without causing any problems. That said, it is worth paying attention to the fact that detergents in general don’t strip away the flame-retardant properties of sleepwear but soap flakes can. Given that information, you can choose your detergent as we do—buy one that smells good and gets the dirt out, and only feel compelled to invest in a milder “baby” detergent (or hypoallergenic/fragrance-free “adult” detergent) if your baby develops any signs of skin irritation.

- **Stain removal.** The best approach to managing stains made by breast milk, formula, spit-up, or poop is to try wiping or rinsing off the offending substance as much as you can while it’s still relatively fresh. We realize that this may be easier said than done—especially if you find yourself in the middle of a diaper change or feeding with a clothing stain that is settling itself in for the long haul—but if you can remove even some of it with a baby wipe or soak the clothes in some water and detergent, you’ll be glad you did. We also suggest stocking your laundry room with a good stain remover and designating a place for soaking stained or soiled clothing.

On the surface, decorative collars, frills, bows, and lace can definitely add to the appeal of an outfit, but cute isn’t always what it’s cut out to be. Be sure to consider whether added frills might get in the way or, worse yet, irritate your baby’s skin. Additionally, the more ornate an outfit is, the more challenging it will probably be to clean.

Small, shiny, and appealing to children, button batteries are everywhere and could be a hidden danger in your home. More than 3,000 button batteries are ingested each year in the United States. Button batteries can cause severe injury and even death if ingested. Button batteries also can be harmful when children put them in their noses and ears. The key to preventing these injuries is to keep button batteries out of the hands of young children. Following is information about button batteries and what parents and care providers can do to help childproof their homes.
WHAT ARE BUTTON BATTERIES?
Button batteries are small, round, metallic batteries found in games, toys, and other devices like remote controls, key fobs, and cameras. As more homes use these small electronics, the risk of these batteries getting into the hands of curious and crawling infants and young children increases.

WHEN ARE BUTTON BATTERIES DANGEROUS?
Button batteries can harm a child if the battery gets caught in the ear, nose, or throat because the batteries produce a charge even when they no longer can power devices. This charge can injure the tissues in the nose; injuries in the ear canal may include hearing loss.

When a button battery is swallowed and lodged in the body, the electric currents can cause significant tissue injury even within 2 hours. Death also can result from hemorrhaging (significant blood loss).

WHAT YOU CAN DO
• Be aware of button batteries in your home and where they are located.
• Remote controls
• Games and toys
• Key fobs
• Thermometers
• Hearing aids
• Calculators
• Bathroom scales
• Electronic jewelry
• Cameras
• Holiday ornaments
• Make sure the battery compartments of all electronic devices are secured and taped shut. (Battery compartments are not always secure or may open when the device is dropped.)
• Products like electronic jewelry and holiday ornaments should be kept out of sight and reach of children if the batteries cannot be secured and taped shut.
• Store loose batteries out of sight and reach of children.
• Remember to keep purses and other bags out of reach if they hold key fobs or other devices that use button batteries.

IF YOU SUSPECT YOUR CHILD HAS INGESTED A BUTTON BATTERY
When a child ingests a button battery, his symptoms could be virtually absent or similar to those of a common infection. This makes it challenging for health care professionals who are evaluating the child.

If you think your child has ingested a button battery, it’s important to take your child to the emergency department for immediate evaluation. All health care professionals need to consider any metallic foreign body in the nose, ear canal, or esophagus as a button battery until proven otherwise.

If your child has swallowed a button battery, it needs to be removed right away to minimize local tissue damage. After the battery is removed, the area from which the battery was removed needs to be examined and treated if needed. Follow-up care is important to make sure no additional care or treatment is needed. ☺️
As fall quickly descends upon us and we still have sweet summer memories lingering in our minds, we all find ourselves thrust into the chaos that accompanies a new school year. It’s altogether exciting and quite exhausting. But once all the hustle and bustle dies down, it’s the perfect time to do a safety survey of your entire home and see where adjustments need to be made. It doesn’t necessarily have to be a huge, daunting task. Simply going room to room is a great way to do it. Use the following tips to help make sure you don’t miss these home safety must-dos.

**Fires and Fumes**
- Make sure your home has smoke alarms in every bedroom and every level of the house. Check monthly that they’re working properly. A great way to remember when it’s time to change those batteries is changing them during daylight savings time (bi-annually).
- Don’t forget the carbon monoxide detectors. As the weather starts to chill, we see more and more families relying on furnaces and other heating appliances to warm their homes. Unfortunately, faulty furnaces, portable generators, or leaving cars to run in a garage can all be a source of deadly carbon monoxide fumes. And it’s undetectable until it’s too late. Get these installed today on every level of your house.
- Keep a fire extinguisher easily accessible in the kitchen and on every floor in the house.

**Toddler-Musts**
- Daily floor checks are very important. Check daily for any wayward buttons, small batteries, pills, or tiny toys. Remember that toddlers inspect first with their mouths and ask questions later. Keeping choking hazards out of sight and out of reach is a must.
- Protect tiny fingers from electrical outlets with plastic plug covers.
- Watch out for cord blinds. If you have looped cord blinds, this presents a real strangulation risk for small children. Be sure they are not left dangling, and are instead tied up using a permanent tie down device or forgo them altogether by installing cordless blinds.
- Using safety gates at both the top and bottom of the stairs is a must with busy toddlers. It will give you peace of mind too. Knowing you can get a few things done around the house without constantly retrieving your curious toddler from those tempting stairs will make all the difference.

**Doors**
- If you have young children at home, safety latches on front doors, garage doors, and slid-
ing doors that lead to the backyard are very important. Just because they can’t turn and open that lock today, doesn’t mean they won’t tomorrow; kids always surprise us with their new found skills. Stay one step ahead of their next move.

• Little fingers can get caught in door hinges. I’ve seen one too many near fingertip amputations. Use soft door hinge protectors instead and protect those precious fingers.

The Kitchen

• Use safety latches on all cabinets that you don’t want little ones getting into. Pay special attention to the under the sink cabinet where many of us keep liquid soaps and detergents.
• Keep all cleaning products locked up and/or high and out of reach. Never leave an open cleaning container out on the counter.
• Never use a generic spray bottle for cleaning products or chemicals. No doubt a child (or even an adult) may mistake it for water. Keep all products in original containers.
• Make sure all medicines are kept high and out of reach—not left on the countertops for easy access or visual reminders.

The Laundry Room

• Consider a safety latch on the door that leads to the laundry room.
• Never leave standing water. Toddlers are top heavy and can drown in mere inches of water because they don’t have the strength to right themselves.
• Keep all detergents and laundry products high up and out of reach, NOT on top of the washer and dryer.
• Clean the lint tray every single time. Clogged lint ducts are a big fire hazard.
• Be sure to only use your washer and dryer when you’re awake and home—NOT asleep or out of the house. This way, you’ll be able to quickly address any emergency machine malfunctions.

Bathrooms

• Be sure all vitamins and medicines are kept up high, out of sight, and out of reach from little ones.
• Again, make sure all cleaning products remain in a locked cabinet and not left out on countertops.
• NEVER leave a child unattended in a bathtub—not even for a moment to answer the phone.
• Keep all electrical appliances (like hairdryers and electric razors) away from water and tubs.

Other safety essentials:

• Have at least two first aid kits ready to go. One for home use and one you can take with you to the park or your kids’ sporting events. Be sure to include some tweezers, antibiotic ointment, a cold pack, and extra bandages.
• Talk to your kids about medicine safety and that they should only use medicine if it’s given to them by you. Educate them about the dangers of medicine abuse.
• Make your safety rules known and insist that the whole family follows suit.
• Keep the number for the Poison Help Line handy and visible at all times: 1-800-222-1222.

Program it into your phone and never hesitate to call if an accident arises.

• Keep all TVs and electronics out of your child’s room. This applies to kids of all ages. While you may not think of it as a traditional home safety concern, those screens can interfere with your child’s sleep and that can certainly be an emotional and physical hazard to your child’s health.

As parents, we are constantly worried about the safety of our children. From the moment we send them off to school with a quick kiss until they rush through the front door ravenous for an afternoon snack, we worry. By making some simple changes today, we can rest assured the place they lovingly call home is as safe and comfortable as possible.

For more home safety tips, visit P&G’s Safe Home page (HomeMadeSimple.com/safehome) as well as the AAP’s website (HealthyChildren.org).