

Miller Children's Hospital Long Beach

Safety Tips For Kids



Miller Children's Hospital Long Beach is devoted to promoting the health, safety and wellness of children, by educating both children and their families. We want to ensure that all children have positive, healthy lifestyles and are protected and cared for, in order to successfully grow into adulthood.



Miller Children's Hospital Long Beach wants kids of all ages to be safe inside and outside the home. Here are some tips on how to prepare them for an emergency and to make the home as safe as possible.



Always be Prepared

- In an emergency, planning ahead is the key to safety.
 - Create a Family Emergency Plan and make sure everybody in the family understands it.
 - Have a list of emergency phone numbers by all phones in the house.
- | | |
|--|--|
| <ul style="list-style-type: none">□ Water□ Non-perishable food□ Clothing and sturdy shoes□ Flashlight and battery radio□ Extra batteries | <ul style="list-style-type: none">□ Bathroom supplies□ Cash and important documents□ Medications and first-aid kit□ Sanitation and hygiene supplies□ Tools |
|--|--|



Know the Basics

Teach your children to know the basics of what to do in case of an emergency. Review the information with them often so they don't forget. Have your child fill out their information below:



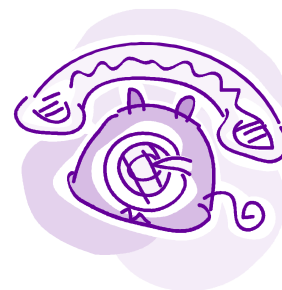
Full Name: _____

Address: _____

Phone Number: (____) _____ - _____

In Case of Emergency Dial:


9-1-1



Make a contact list with phone numbers and other information so each person can be reached in case of emergency. Put this information in a visible spot.

Household Members		
Name	Work/School Address	Phone



Make a contact list of friends, family members or neighbors that can be called in case of an emergency.

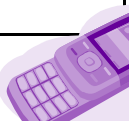
Emergency Contacts 		
Name	Phone	Other



Be sure to have an out-of-town contact that everyone in the household can reach during an emergency or disaster. Your emergency contact should have everyone in the household's contact information, too. Your contact should also live far enough away that they would not be affected by the same event.


Out-of-Town Contact Name:	

Address	
 E-mail	
 Home #	
Work #	
Cell #	



Parents, make sure to keep emergency contact information up-to-date at each child's school. It is also important to know each school's disaster plan.

School Name	Disaster Plan



Safety Tips For Infants



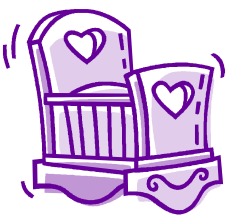
Infant Car Safety



- Infants should ride in a rear-facing car seat until they are at least 1 year old **and** weigh 20 lbs.
- It's recommended that all rear-facing seats are put in the back seat.
- The worst place in the car for a baby is in your arms, keep babies in a properly installed car seat at all times.
- Remember to bring your car seat wherever you go — you'll need to bring a car seat to the hospital when your baby goes home.
- Keep pillows, toys and blankets out of the crib.

Crib and High Chair Safety

- Have no more than $2\frac{3}{8}$ inches between crib slats.
- Do not hang anything with strings or ribbons over the crib.
- The crib's headboard and footboard should be free of large cut-outs.
- Keep high chairs a safe distance away from tables and walls so that the child won't be able to use them to push off or possibly push over the high chair.
- Use a safety belt when a baby is sitting in a high chair.



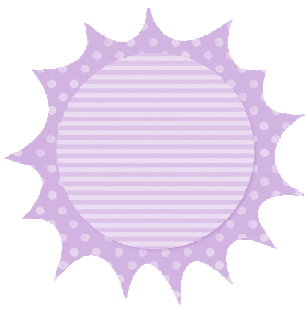
Safe Sleeping Tips

- Do not place a baby to sleep in an adult bed, the baby could become entrapped between the bed and the wall, or in headboards, footboards and bed frames.
- Place babies to sleep on their backs only, and in a crib that meets current safety standards and has a firm, tight-fitting mattress.
- Do not place a baby to sleep on soft bedding, babies can suffocate in soft bedding.



More Safety Tips for Infants

- To prevent choking, never leave small objects or plastic bags in baby's reach.
- Avoid exposing baby to too much sun .
- Apply sunscreen after baby is six months old.



Safety Tips For Kids



Tips for Toddlers

- Children over 1 year and weighing between 20 - 40 lbs should ride in forward-facing car seats in the back seat of the car.
- When bathing your child, test the water temperature before they get in the bathtub and stay within arms length at all times, and never leave your child alone in the tub for any reason.
- Install lid locks on all toilets.
- Use safety caps to keep kids from putting objects into electrical sockets.
- Children can choke on small items — if it can fit through a toilet paper roll, it is not safe for little children.
- Use safety gates at the top and bottom of stairs to prevent falls.
- Protective padding should be installed on any corners of coffee tables, furniture and countertops that have sharp edges.



Tips for School-Age Children



- Children ages four to eight years between 40 - 80 lbs should ride in a car seat restrained with lap and shoulder belts, not a regular safety belt.
- Teach children to swim when they are ready, usually around age 4.
- Remember children who sit in booster or car seat should always be in the back seat.

Bike, Skateboard & Scooter

Helmet Fitting Tips

The helmet should cover your forehead and you should be able to fit two fingers between your eyebrows and the helmet.

* Photo courtesy of AAA



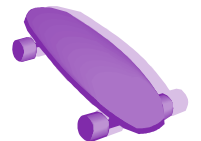
If the helmet moves more than one inch when rocked back and forth, you should tighten the straps or use thicker pads.

Straps should form a “V” right below each ear. The chin strap should always be buckled and one finger should fit between your chin and the strap.

The foam pads inside the helmet should be snug. When the helmet is rocked back and forth, the skin on your forehead should move.



Skateboard, Bike & Scooter Safety



- Always wear a helmet, it's the law!
- Obey traffic rules and signs.
- Always ride your bike the same direction as traffic, as close to the right side of the road as possible.
- Avoid busy streets and intersections.
- Don't carry passengers.
- Wear sturdy shoes.
- Ride scooters on smooth, paved surfaces — don't ride on the street or down steep hills.
- Walk your bike or scooter across busy intersections.



On the Road & At Home

Car Safety Tips for All Ages

- Everyone riding in a car or truck needs their own seat belt, nobody should ride in storage areas or on people's laps.
- Children should always ride in the back seat. It has been proven that these are the safest seats in the car.

Stay Safe in the Kitchen

- Kids should never turn on a stove without an adult present.
- Make sure all pot handles on the stove are turned inward or placed on the back burner.
- Set the water heater at 120 degrees Fahrenheit or less or just below the medium setting.
- Have child safety caps on all chemicals, medications and cleaning products.



Prevent Poisoning

- Do not take medicine in front of children, they may try to copy you.
- Keep a small bottle of a substance used to induce vomiting, such as syrup of ipecac, in the house. Use it only with instructions from the poison center or a pediatrician.





Tips for Inside the Home

- Place cribs, beds and other furniture away from windows.
- Televisions, computers and stereo equipment should be positioned against walls.
- Secure dressers, bookshelves and other large furniture items with wall brackets.
- If there is a gun in the home, keep it and the bullets locked in a separate place.
- Keep all appliances unplugged and their cords out of reach when not in use.
- Install child-proof latches on all cabinets.
- Place non-slip pads or strips on the bottom of bathtubs and under loose rugs.
- Any bottles containing alcohol should be stored out of reach.



Be Safe by the Pool

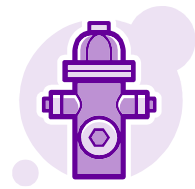
- Pools should have at least a four-foot high fence with a self-closing gate on all sides.
- Teach children to never run, push or jump on others around water
- Children should never swim alone.





Smoke Detectors Save Lives

- Remind children if they smell smoke, they should tell an adult immediately.
- Install smoke detectors on each floor of the home and near all sleeping areas.
- Explain to kids what a smoke detector does, show them where they are in the home and teach them never to ignore a smoke alarm.
- Test smoke alarms every month, replace the batteries at least once a year and replace smoke detectors after 10 years.
- Consider installing carbon monoxide detectors in the home, especially if the home has an attached garage.



Prevent Fires

- Lock up all matches and lighters.
- Keep items that easily catch fire (such as paper) away from heat sources, such as stoves, heaters and fireplaces.
- All working fireplaces should have a screen, and gas fireplaces should be secured with a valve cover or key.
- All electric space heaters should be at least three feet away from beds, curtains and anything flammable.
- Fire extinguishers should be installed on every floor of the house and in the kitchen.
- Children should never be left alone with an open flame.

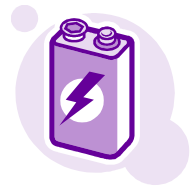


Check Your Smoke Detectors

Check smoke alarms on the ___ day of each month

Replaced batteries on: ___/___/___

And replace batteries again in one year.



Smoke detectors replaced in the year: _____

And replace again in 10 years.



Smoke detectors in my house are located:

- _____
- _____
- _____
- _____
- _____
- _____

Make Your Own Safety Checklist for Your Home



She may think she's grown-up,
but we know better.

She needs specialized Care just for *kids*.

Children and adults are different and so are their health care needs. Many children's illnesses are rarely seen in adults or affect kids differently. That's why children need access to Miller Children's Hospital in Long Beach — a hospital dedicated exclusively to the quality and compassionate care of kids.

Miller Children's — named among the nation's top children's hospitals for quality and safety—provides specialized care to treat children of all ages from newborns to young adults, with conditions ranging from common to complex. Physicians and health care teams at Miller Children's understand children's specific needs and partner with parents in the decision making and treatment process.

Even healthy children and their families benefit from Miller Children's healing touch. By pioneering new vaccines and treatments, training many pediatricians and pediatric specialists and using the most sophisticated technology fit just for kids, Miller Children's helps all children grow up healthy.



millerchildrenshospitallb.org



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