

6 to 12 months

Keeping Your Baby Safe

Your baby is growing so quickly right now. He's babbling, smiling, and laughing. He's moving more, is curious and wants to explore, reach, and grab at things.

Here are some things you can expect as your baby grows:

As your baby grows, expect the unexpected. Be aware of your baby's surroundings and **never** underestimate what she can or might try to do.

Your Baby Depends On You

It may be hard to tell why your baby is crying or uncomfortable.

- Shaking or hitting your baby to stop him from crying can seriously hurt and possibly kill him.
- If you ever feel you may hurt your baby, call a relative, friend, or 1-800-4 A CHILD (1-800-422-4453) for help.
- Learn child CPR and first aid. Contact your local hospital or the American Red Cross for class information.

6 to 8 Months

- Rolls over
- Sits up
- Reaches and tries to grab things
- Puts things in mouth

10 to 12 Months

- Can pull up to a standing position
- Walks a few steps holding on to furniture
- Finds hidden objects
- Babbling sounds more like talking, and may begin to say simple words
- Responds to simple verbal requests

8 to 10 Months

- Scoots and crawls
- Picks up very small objects
- Can put objects in and take objects out of a container
- Pays more attention to what you say



American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™

Orange County Chapter



Children & Families
Commission of Orange County

Common injuries in children 6-12 months

FALLS



Your baby is rolling over, scooting and crawling, and will start to pull herself up on furniture.

- **Always** keep a hand on your baby when you place her on a changing table (use a safety strap), bed, couch, or any other place above the ground, even if you think she cannot roll over.
- Install gates at the top and bottom of stairs. Be sure to bolt the gate at the top of the stairs to the wall to prevent your child from pushing it loose.
- Keep doors leading to balconies or the outside closed and locked with a latch that your child cannot reach.
- Don't use a baby walker. The walker can tip over, your baby can fall out of it and fall down the stairs. Use a stationary "activity center" instead.

CHOKING

Your baby's throat and airway are very small, and she can easily choke on even very small things. Your baby is still learning how to chew and can choke on hard, round pieces of food, or smooth, sticky foods. Your baby will grab and put things in her mouth that could harm her and cause her to choke.

- Remove all small objects like coins, buttons, safety pins, board game pieces, and small toys from your home, the home of grandparents, and the places where your child is cared for.
- Your baby doesn't yet understand the word "no" and it won't keep her from grabbing the same or other small objects, even if you have said "no" to her.
- When your doctor tells you your baby is ready, give her only soft, easy to swallow foods, cut into very small pieces that she cannot choke on.



Dangerous Food Choices

Whole raw carrots • Peanut butter • Hot dogs • Round, hard candies
Nuts (especially peanuts) • Whole grapes • Raw cherries with pits • Raw celery

Safer Food Choices

(cut into small pieces)

Bread, toast, or cereal • Scrambled egg • Diced cheese • Fruit
Crackers or cookies • Diced tofu • Pasta, rice, potatoes
Well-cooked vegetables • Small pieces of chicken or turkey

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SLEEP SAFETY

Your baby is safest when you put her on her back to sleep.

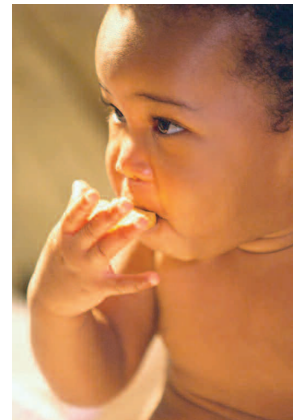
- To help prevent suffocation and SIDS (Sudden Infant Death Syndrome), place your baby on her back in her crib, on a firm, tight-fitting mattress.
- Don't use pillow, quilts, comforters, thick blankets, crib bumper pads, or stuffed toys in her crib, as these things could smother your baby.
- Make sure the slats in the crib are less than 2 $\frac{3}{8}$ inches apart.
- Don't smoke, or allow others to smoke in your home, or anywhere else your baby is.
- Keep drapery, blinds, and window coverings away from the crib. Your child could get tangled in them and strangle.
- Remove crib gyms and mobiles by the time your baby can get on her knees. She could get caught and strangle on them.



POISONING

Your baby is very curious and is exploring his environment. He will grab at things and put them in his mouth, even if they taste bad.

- Keep all medicines, vitamins, iron pills, household cleaners and cosmetics locked up, out of sight and reach of your baby.
- Use safety latches on all drawers and cupboards. These latches may not keep your baby out of the cupboards, but they will slow him down.
- Make sure that all purses and handbags are placed out of reach.
- The bathroom isn't a safe place for your baby. Keep the door to your bathroom closed and latched.
- If your baby swallows something harmful, or if something harmful gets on his skin, immediately call the California Poison Control System at 1-800-222-1222 for instructions.



BURNS

Your baby is curious and will try to reach, grab or touch anything, even if it's hot.



- **Never** heat baby formula in the microwave because the liquid may become very hot.
- Keep hot food, hot drinks, and other hot things like irons, curling irons, candles, cigarettes, and ashtrays away from and out of reach of your baby.
 - Put screens or gates around fireplaces, barbecues, or heaters; fasten electrical cords to the floor or wall, and put safety caps in unused electrical outlets.
 - Make sure your baby's clothing and bedding are made of flame-retardant material.
 - Set your water heater no higher than 120 degrees, or to "warm," and **always** test the water temperature before you use it on your baby.
- Place a smoke detector in each bedroom of your house.
- Keep electrical cords out of reach of toddlers because they can chew on them.

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DROWNING PREVENTION Bathtub and Water Safety: Your baby could drown without a sound. If she falls over in the bathtub, she won't be able to lift herself back up, and can drown very quickly, even in a few inches of water.

- Don't leave your baby in the bathtub alone, even for a second. If you must leave the bathroom, take your baby with you.
- Whenever possible, keep the bathroom door closed and latched.

Pool Safety: Your baby could get to the pool or spa without your knowledge. A baby is curious and will be attracted to water in a pool. She can fall into a pool quietly and without making a splash.



- Keep your hands on your baby at all times when she is near any water.
- Make sure the pool at or near your home has a 4-foot fence around all 4 sides. The fence gate should close by itself and stay shut. It should be self-latching and the latch should be out of reach of your baby. The fence gate should open away from the pool.
- If there is a pond or other body of water on or near your property, make sure that there is fencing around it.

THE RIGHT SEAT: SAFETY IN A CAR

Rear Facing Infant Seats (Up to 22 to 40 lbs) • Convertible Seats (Up to 40 to 50 lbs)
Every time your baby is in a car, she needs to be in the back seat properly buckled in a child car safety seat that is right for her weight, height, and age.

- Rear facing is recommended until highest weight or height is reached as allowed by their car safety manufacturer.
- Harness snug at or below shoulders.
- Chest clip at armpit level.
- Attach to car with seat belt or lower anchors.
- Add nothing to or behind the harness.
- Convertible seat should have 5-point harness attached at the shoulders, hips, and between legs.
- **Never** put your child in the front seat of the car if there's a passenger-side air bag. The air bag in the front seat can seriously hurt or even kill her.
- Don't leave your child alone in the car, even for a minute. It's very dangerous and against the law in California.
- Always read car seat and vehicle manuals for specific directions.



Infant Seat
Up to 22 to 40 lbs



Convertible Seat
Up to 40 to 50 lbs

SAFETY AROUND A CAR



Your baby is very curious about things around him, and can crawl quickly into the street or driveway.

- When you are outside with your baby, either hold him or make sure there is a barrier (such as a fence or wall) between him and cars.
- Your child can be run over by a car backing out of the driveway, because the driver cannot see him. Check behind your car every time you back it out or drive it.