

1 and 2 years



Your Child Depends On You

It's normal for your toddler to get fussy, angry, and have temper tantrums.

- If your child misbehaves, **NEVER** spank, slap, hit or scream at him to punish him.
- If you ever feel you may lose your temper with your child, or that you could physically hurt him, leave him in his room or in another safe place and try slowly counting to ten to calm yourself down. Or, 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.

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™



Orange County Chapter



Children & Families
Commission of Orange County

Keeping Your Child Safe

Your child has turned into a toddler right before your eyes! He's walking, climbing, talking and laughing. He's curious and watching you and others to learn how to do new things every day.

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

As your child grows, expect the unexpected. She has limited understanding of hazards around her, yet is very impulsive. This may cause her to get into some dangerous situations. Be aware of your child's surroundings and **never** underestimate what she can or might try to do.

12 to 18 Months

- Walks and climbs
- Pulls and carries toys and other objects
- Picks up small objects and puts them into mouth
- Imitates others

18 to 24 Months

- Runs and climbs
- Finds hidden objects
- Turns knobs and turns over containers
- Can follow simple instructions, but may easily forget
- Says words

2 to 3 Years

- Walks, runs, jumps, hops and climbs
- Screws or unscrews container lids and caps
- Opens drawers and doors
- Makes mechanical toys and objects work
- Imitates others
- Plays "make-believe"
- Curious



Common injuries in children 1-2 years

FALLS

Your child is running, climbing on everything, and exploring the world around her.



- Install gates at the top and bottom of the 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 all doors leading to balconies or the outside closed and locked with a latch your child cannot reach.
- Move all furniture, including the crib, away from windows. Use window guards or locks. Window screens won't prevent your child from falling out.
- Bolt tall, narrow furniture, like bookshelves or television stands, to the wall – so they won't tip over on your child if she climbs on them.

POISONING

Your child is very curious and is exploring his environment. He can open containers, and will find things, even if they're hidden. He'll put things in his mouth, even if they taste bad.

- Make sure that all purses and handbags are placed out of reach.
- The bathroom isn't a safe place for your child. Keep the door to your bathroom closed and latched.
- Keep all medicines, vitamins, iron pills, household cleaners and cosmetics stored in their original containers, locked and out of sight and reach of your child.



- Use safety latches on all drawers and cupboards. These latches may not keep your child out of the cupboards, but it will slow him down.
- If your child 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.



CHOKING

Your child will find things, grab them and put them in his mouth that could harm him and cause him 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.
- Give your child only soft, easy to swallow foods, cut into very small pieces that he cannot choke on.
- Don't let your child eat or drink while walking or playing.

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

Common injuries in children 1-2 years

BURNS Your child is curious and will try to reach, grab or touch anything, even if it's 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 child.
- 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.
- Set your water heater no higher than 120 degrees, or to “warm,” and **always** test the water temperature before you use it on your child.
- Place a smoke detector in each bedroom of your house.
- Keep electrical cords out of reach of toddlers because they can chew on them.



SAFETY AROUND STREETS AND DRIVEWAYS

Your child is very curious about things around him, and can run quickly into the street or driveway. Even if you tell your child “no” or “danger,” he may forget the next time he’s near a street. Your child doesn’t understand the dangers of cars and streets.



- When you’re outside with your toddler, either hold him or make sure there’s 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.
- Don’t let your child play in or near a street. Even if you’re watching him, he can dart into the street before you know it. Find an enclosed yard, a nearby park, or a playground where your child can play.
- When crossing streets, hold his hand and **always** observe traffic safety laws.

Tricycles, Scooters and other Wheeled Toys

- If your child is riding a tricycle or other wheeled toy, make sure he wears a helmet each and every time he rides. The helmet should be approved by the Consumer Product Safety Commission (CPSC), and should be the right size for your child. Be sure to follow the instructions for proper fitting and adjustment.
- If your child is riding near a sidewalk, **always** follow alongside as he rides – staying between him and the street. **Always** supervise your child while he’s riding, and **never** let him go into the street.

SAFE AT PLAY Your child loves to play and explore, but doesn’t always understand that some things, even while playing, are dangerous.

Dogs and Other Pets

- **Always** supervise your child when he’s playing with or around animals, including your own pets.
- **Never** let your child go near a dog that you don’t know, even if it’s on a leash. Even a friendly dog can snap or bite without warning.



Common injuries in children 1-2 years



Convertible Seat
*5 lbs to 30-45 lbs
in rear facing position*

THE RIGHT SEAT: SAFETY IN A CAR

Convertible Seats (5 lbs to 30-45 lbs in rear facing position)
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 to upper weight or height limit.
 - 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 harness.
- **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.

DROWNING PREVENTION

Bathtub and Water Safety: Your child could drown without a sound, even in a few inches of water. If he falls over in the bathtub, he may not be able to lift himself back up, even if he can sit and stand on his own.

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



Pool Safety: A child is curious and will be attracted to water in a pool or spa. She can fall into a pool quietly without making a splash, and can drown in just a few seconds.



- Keep your hands on your child 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's a pond or other body of water on or near your property, make sure that there is fencing around it.