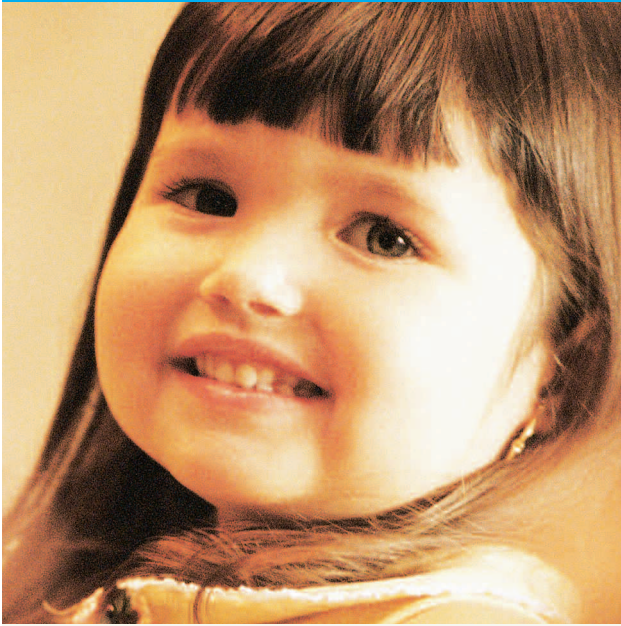


3, 4 & 5 years



Your Child Depends On You

It's normal for your child to get fussy, angry, and have temper tantrums. She's becoming more independent and will test you by disobeying you.

- If your child misbehaves, **NEVER** spank, slap, hit or scream at her to punish her.
- If you ever feel you may lose your temper with your child, or that you could physically hurt her, leave her in her 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.

Keeping Your Child Safe

Your child is getting more independent every day. She has so much energy, and it's amazing what she can do. Although her ability to run, jump and climb is good, her judgment and self-control are still developing.

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

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

3 and 4 Years

- Runs, climbs, hops and jumps
- Goes up and down stairs
- Uses safety scissors
- Curious and interested in new experiences
- More creative in play
- More independent and impulsive
- Cannot judge distances
- Self control, coordination are not fully developed
- Shows independence—will want to do things by himself
- Does not fully understand difference between imagination and reality
- Will sometimes ignore that parent is there and will purposely disobey parent

5 Years

- Runs, climbs, hops and jumps
- Somersaults and swings
- Uses fork, spoon and table knife
- Self-control and judgment are still developing
- Begins to have a clearer sense of time
- Will be more likely to agree to and follow rules, but may not always do so
- Understands the difference between the real world and make-believe



Common injuries in children 3, 4 & 5 years

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

- Allow your child to climb and explore, but make sure that it's safe.
- 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.
- Keep all doors leading to balconies or the outside closed and locked with a latch your child cannot reach.
- Move all furniture, including your child's bed, away from windows. Use window guards or locks. Window screens won't prevent your child from falling out.



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 child, 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 she wears a helmet each and every time she 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 she rides, between her and the street. **Always** supervise your child while she's riding, and **never** let her go into the street.



THE RIGHT SEAT: SAFETY IN A CAR

Forward Facing Seats (40-65 or 80 pounds)

Every time your child 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.

- Up to 40-65 or 80 pounds (forward facing).
- Lower anchors to 40-48 pounds.
- Harness snug at or above shoulders.
- Chest clip at armpit level.
- Attach to car with top tether strap and seat belt or lower anchors.
- Use a 5-point harness to upper weight or height limit of seat.
- **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.

5-Point
Harness



Forward Facing Seat
40-65 or 80 pounds

POISONING

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



- 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 they will slow her down.
- 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.
- If your child swallows something harmful, or if something harmful gets on her skin, immediately call the California Poison Control System at 1-800-222-1222 for instructions.



Common injuries in children 3, 4 & 5 years

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



Home and Public Playgrounds

- Make sure there are rubber mats or at least 12 inches of sand or wood chips under all playground equipment.
- Playground equipment should be free of sharp edges, "S" hooks, or 5-inch to 10-inch rings – where your child's head or fingers could get caught.
- **Never** attach, or allow your children to attach ropes, cords, or pet leashes to playground equipment. Children can strangle on them.
- Frequently inspect your child's play equipment to make sure it's safe.

Dogs and Other Pets

- **Always** supervise your child when she'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.



DROWNING PREVENTION **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's 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 child. The fence gate should open away from the pool.
- Don't let yourself get distracted by reading or talking with others when you and your child are in or around a pool.
- If there's a pond or other body of water on or near your property, make sure that there is fencing around it.

BURNS Your child is curious and will play with things like matches, lighters and cigarettes.



- Keep hot things like irons, curling irons, candles, cigarettes, matches, lighters 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.
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- Place a smoke detector in each bedroom of your house.