



CHILD PROOF ADVICE

Safety Guide





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WHY CHILD PROOF?

Empowering Through Education to Improve Child Safety

When children first begin to crawl their curiosity about the world around them triples as they explore any and everything. Infants are totally dependent and pre-school age children develop motor skills, but they have poor impulse control and judgment.

Children don't have the strength, coordination nor maturity to avoid injury and their curiosity is a powerful force. As a result, they enter one of the most dangerous times of their lives when they are at the highest risk for injury.

Unintentional injuries in the home cause 9,000 children to expire annually from injuries and 120,000 children are permanently disabled. 70% of those children are under the age of four.

If a disease were killing our children at the rate reflected in these statistics, we would be outraged and would demand a cure. Yet, injuries are occurring like a major health epidemic.

Most injuries are recoverable and are not disabilities nor fatalities, but you must ask yourself, just what condition are children in if they are permanently disabled? Did they fall and break their back and become paralyzed? Do they have physical or mental problems from ingesting a poison?

Some parents and care givers may think child proofing is unnecessary. After all, they are adults looking after an infant or

small child.

Just how much trouble can a baby be anyway? Not surprisingly, it's not the baby that causes the trouble, but the adults who don't think through their actions and end up causing injury to a child.

There is absolutely no greater devastation than losing a child and certainly that devastation is compounded when the loss is due to an unintentional accident.

Your question is not "will a child find hazards in your home" but when.....



WHEN TO CHILD PROOF YOUR HOME

6 Months Before a Child is Born

By 6 Months of Age

Repeat Every 6 Months

It is recommended that you make your home safe before your child is born or at least by the time they are six months old.

This will give you time to personally adjust to the changes and to develop new habits such as closing gates and latching cabinets. It is reported that it takes six months for an adult to develop a new behavior, so start early. You want these habits to be very natural so you don't forget something and put a child at risk.

Child Proofing early gives you time to do it properly and completely and without the distraction of a crying baby. After a child is born, you are in such a flurry of activity that child proofing either won't be done properly or it won't be done completely.

Also, a new "safety evaluation" should be done every six months as the child grows and is capable of exploring even more potential hazards.

Don't be like the father who was downstairs making his "To Do" list when the family dog grabbed the newborn infant and took it outside to play with as if it were a toy.



WHAT ARE TOP INJURIES TO CHILDREN IN THE HOME?

1

BURNS

2

CHOKING

3

DROWNING

4

FALLS

5

POISIONS

6

SUFFOCATION



RECOMMENDED CHILD PROOFING PRODUCTS

Empowering Through Education to Improve Child Safety

1. Small Item Tester to check the size of small items that can choke a child

2. Electrical spring loaded outlet covers (not plugs) to prevent electrical shock

3. Toilet lid locks to prevent drowning; toddlers are top heavy and can fall in

4. Cabinet and drawer latches to lock up all chemicals to prevent poisoning

5. Door knob covers and or locks installed higher than four feet on doors

6. Stove knob covers to prevent accidental turning on of gas or electrical burners





7. Edge Guards – head bumps can be fatal

8. Window Cord Windups – prevent strangulation

9. Window Bars with a quick release option

10. Anchors to connect furniture to wall to prevent tipping over and crushing child

11. Gates at the top and bottom of all stairways and at the door of the nursery if you have pets in home

12. Infant CPR/Choking Training DVD and Mannequin for repeated CPR practice



“Don't worry that children never listen to you; worry that they are always watching you.”

— Robert Fulghum



A Quiz - What Do You Really Know?

How much do you really know about child safety in the home? With the help of a short quiz, you can find out. This quiz will help you know the areas where you may want more information and/or practice. Besides, you never know what you may not know until you need to know it...and that may be too late to help a child.

1. What is the recommended temperature of a home hot water heater to avoid scalding a baby?



2. Can a child drown in only one inch of water and in just three seconds?

3. Are toothpaste and mouthwash poisonous?

4. If a child has been poisoned, stick your finger down their throat to gag them and force them to regurgitate whatever they swallowed?

5. Is placing a child to sleep on their tummy with their favorite "blankie" comforting and safe for the child?

Answers: 1. 115-120 degrees 2. Yes 3. Yes 4. No 5. No



How Serious is Child Safety?

It's enough to know the statistics on injuries to children are high and, in some cases, on the increase (SIDS is up 28%). There are many disturbing experiences to cite and most everyone has a story to tell:

- The three-year old who took off through the door when she saw a Butterfly outside. The door had not been locked securely and the child chased the Butterfly to the swimming pool area not understanding walking on water was impossible; she fell in and drowned in three seconds when she inhaled a gulp of water and could not be revived.
- The exhausted parent who placed the open medicine bottle on the counter "for just a moment". A child behind her back reached for the bottle and drank the contents while she was giving the medicine to another child. A visit to the Emergency Room was required where the child was treated and recovered successfully.
- Baby Oil is dangerous. A parent was helping twins when he turned to reach for another diaper while leaving the Baby Oil on the dressing table. Quick as can be, one twin reached for the Baby Oil bottle and drank enough to coat his lungs and prevent him from breathing properly. The oil coated the lungs so badly, physicians could not remove enough to enable recovery.





Statistically Speaking

Details of Unintentional Injuries to Children in 2010 * (excluding motor vehicle accidents)

Causes of death in infants less than 1 year old:

Total Number of deaths from unintentional injuries: 1,110

Top 2 Causes:

Suffocation: 81%

Drowning: 3.5%

Causes of death in toddlers 1-4 years old:

Total number of deaths from unintentional injuries: 1,394

Top 2 Causes:

Drowning: 31.3% (436)

Fire / burns: 10.8% (151)

Causes of death in children from 5 - 9 years old:

Total Number of deaths from unintentional injuries: 758

Top 2 Causes:

Drowning: 17.7% (134)

Fire / burns: 11.7% (89)

Causes of death in children from 10 - 14 years old:

Total Number of deaths from unintentional injuries: 885

Top 2 Causes:

Drowning: 13.2% (117)

Suffocation: 5.4% (48)

**"Children are our most valuable resource."
— Herbert Hoover**

9 million emergency room visits per year for unintentional injuries
9 thousand children lost annually due to unintentional injuries

* National Center for Health Statistics



Baby Development By Month

Some babies may say their first word at eight months, while others don't talk until a little after the one-year mark. And walking may start anytime between nine and 18 months.

Keeping these variations in mind, here's what your baby may be doing during each three-month stage of the first year.

One to Three Months

During this first development stage, babies' bodies and brains are learning to live in the outside world. Between birth and three months, your baby may start to:



During this time period, your baby may:

- Smile. Early on, it will be just to herself. But within three months, she'll be smiling in response to your smiles and trying to get you to smile back at her.
- Raise her head and chest when on her tummy.
- Track objects with her eyes.
- Open and shut her hands and bring her hands to her mouth.
- Grip objects in her hands.
- Take swipes at or reach for dangling objects, though she usually won't be able to get them yet.

"If you want your children to be intelligent, read them fairy tales. If you want them to be more intelligent, read them more fairy tales."

— Albert Einstein



Baby Development By Month

Four to Six Months

During these months, babies are really learning to reach out and manipulate the world around them. They're mastering the use of those amazing tools, their hands. And they're discovering their voices. From 4 to 6 months old, your baby will probably:

- Roll over from front to back or back to front. Front-to-back usually comes first
- Babble, making sounds that can sound like real language
- Laugh
- Reach out for and grab objects (watch out for your hair), and manipulate toys and other objects with her hands
- Sit up with support



"While we try to teach our children all about life, Our children teach us what life is all about."

— Angela Schwindt



Baby Development By Month

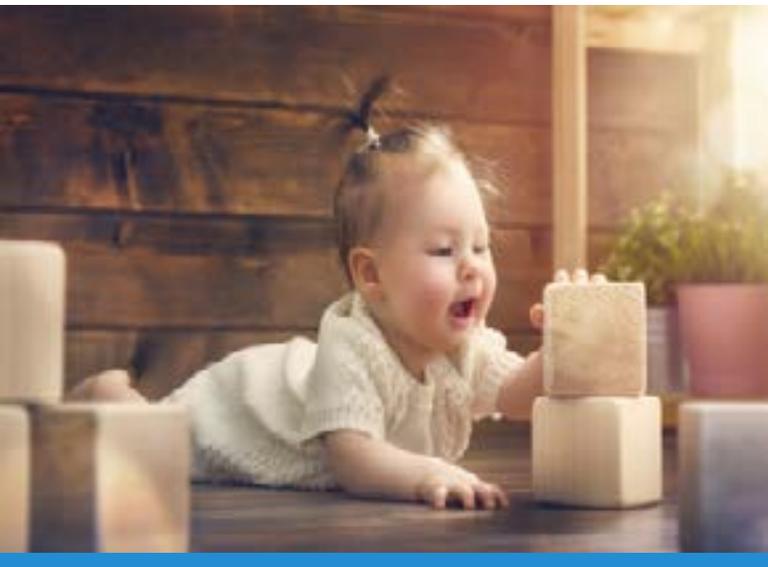
Seven To Nine Months

During the second half of this year, your little one becomes a baby on the go. After learning that he can get somewhere by rolling over, he'll spend the next few months figuring out how to move forward or backward.

You should have childproofed before now; If you haven't, better get on it!

During this time period, your baby may:

- Start to crawl. This can include scooting (propelling around on his bottom) or "army crawling" (dragging himself on his tummy by arms and legs), as well as standard crawling on hands and knees. Some babies never crawl, moving directly to from scooting to walking
- Sit without support
- Respond to familiar words like his name. He may also respond to "no" by briefly stopping and looking at you
- Clap and play games such as patty-cake and peekaboo
- Learn to pull up to a standing position





Baby Development By Month

Ten To Twelve Months

The last development stage in baby's first year is quite a transition. She isn't an infant anymore, and she might look and act more like a toddler. But she's still a baby in many ways. She's learning to:

- Begin feeding herself. Babies at this developmental stage master the "pincer grasp" meaning they can hold small objects such as o-shaped cereal between their thumb and forefinger.

- Cruise, or move around the room on her feet while holding onto the furniture.
- Say one or two words. The average is about three spoken words by the first birthday, but the range on this is enormous.
- Point to objects she wants in order to get your attention.
- Begin "pretend play" by copying you or using objects correctly, such as pretending to talk on the phone.
- Take first steps. This usually happens right around one year, but it can vary greatly.



Grip	-	1 - 3 months
Mouth	-	1 - 3 months
Roll Over	-	4 - 6 months
Crawl	-	7 - 9 months
Pull Up	-	7 - 9 months
Walk	-	9 - 18 months
Talk	-	8 - 12 months
Feed Self	-	10 - 12 months

"Children are likely to live up to what you believe of them."

— Lady Bird Johnson

Child Safety Legislation



Child Safety Protection Act Law Mandate

In 1995 the United States Congress passed and the Consumer Product Safety Commission implemented the Child Safety Protection Act. The CSPA requires, among other things, the banning or labeling of toys that pose a choking risk to small children.



Consumer Product Safety Improvement Act of 2008 Approved by Congress

H.R. 4040 was triggered by well-publicized recalls of imported toys with lead paint and other hazards. It directs the CPSC to create a host of new regulations and procedures, some of which will deal with:

- New Definitions for Toys and Children's Products
- Ban on Lead in Toys and Children's Products



Virginia Graeme Baker Pool and Spa Safety Act

Designed to prevent the tragic and hidden hazard of drain entrapments in pools and spas. This law became effective on December 19, 2008. Under the law, all public pools and spas must have compliant drain covers installed and a second anti-entrapment system installed, when there is only a single main drain. All family YMCA pool drains will be replaced before opening the pools in order to comply with this law.

EDUCATIONAL VIDEO

“How to Child Proof Your Home”



SAFETY CHECKLIST **ROOM BY ROOM**



SAFETY CHECKLIST ROOM BY ROOM

Begin your child proofing by getting on your hands and knees or even lie on your back so you can see your home from the child's perspective. Anything four feet from the floor can be reached by a child. Never underestimate a child's curiosity nor their ability to climb and reach things. A child's first three years are the most hazardous and childproofing must be done before they are six months old; preferably before the birth to allow parents time to adjust to all of the changes.

In The Kitchen (at home and with child care providers)

- Store all toxic products on high shelves
- Install latches on all drawers or cabinets that might contain items harmful to a child
- Put locks on the dishwasher, oven, microwave, refrigerator and clothes dryer doors
- Lock the lid of a chest freezer as it can close and trap a child inside
- Child proof stove knobs within a child's reach; gas ranges are particularly dangerous because you may not be aware of a child turning on the gas
- Keep glass items off of lower shelves in refrigerator; block items in door shelves
- Bolt stove to wall; a child can open and stand on the oven door causing it to topple over
- Pots and pans on the stove should be placed with their handles pointing to the back of the stove; remove the front burner "grills" and only use the back burners
- Store butcher block knife holders; a child can grab a knife while being carried
- Unplug countertop appliances after use and tuck cords away from counter edges
- Place a bath tub decal on a slippery high chair seat to prevent sliding and falling
- Remove magnets from refrigerators as they can fall to the floor and be swallowed by a child
- Outlets near water sources (i.e., your kitchen and bathrooms) should be ground fault circuit interrupters.



SAFETY CHECKLIST ROOM BY ROOM

In The Kitchen (continued)

- Lock all trash containers and keep out of a child's reach; remove plastic liners so baby cannot tear off a piece and choke
- Discard plastic bags from dry cleaners, the grocery store, from food covers and products; a child can tear a piece from one and put it in their mouth and choke or they will place the bag over their head and suffocate

General Information:

- Never feed a child with plastic utensils that can break and cause choking
- Use child resistant containers; but remember child resistant is not child proof
- Don't use pots and pans as "drums"; a child then thinks it is ok to reach for them
- Wash cleaning bottles before trashing them...a drop of cleaning fluid can be fatal
- Keep salt locked in a cabinet; only one to two teaspoons can cause side effects and seizures
- Keep chairs and step stools away from counters and stove
- Avoid using tablecloths and placemats; one tug and items can crash on a baby
- Under the counter mounted toaster ovens and microwaves are hazardous
- Don't heat formula in a microwave; it heats from the inside out and can scald a child
- The door to an oven, dishwasher, or clothes dryer can be opened, and your child can then stand on the opened door causing the appliance to tip over . . . unless the appliance is secured to the floor or wall and the doors are securely closed and locked
- Suffocation in an appliance can occur in less than 10 minutes. Before discarding an old refrigerator or freezer, remove the door or block the door open so it cannot close; or tape / chain the door shut; leave shelves in an appliance so children can't crawl inside. Review additional precautions at the Association of Home Appliance Manufacturers website aham.org



SAFETY CHECKLIST

ROOM BY ROOM

In The Nursery (at home and with a child care provider)

- Install in all rooms protective spring loaded outlet covers on all electrical outlets including those behind a crib; if necessary to use an outlet plug, use larger oval plugs with holes to prevent potential suffocation



Tasks

- Replace all doorstops with one piece doorstops; rubber tips are the number one choking hazard
- Place a child on their back to sleep; placement on the stomach prevents head movement causing re-breathing of exhaled carbon dioxide and suffocation (SIDS- Sudden Infant Death Syndrome); avoid placing them to sleep on their sides as well
- Add an overhead fan to the nursery to improve air circulation and reduce potential of SIDS and Carbon Monoxide poisoning; be sure it is up high and out of baby's reach
- An overheated room can cause SIDS; set the temperature between 68 and 72 degrees
- Discard cribs and car seats more than five years old; they are unsafe
- Measure the distance from the top of the crib side rail to the top of the mattress to be at least 26"
- Remove portable cribs and playpens with mesh netting and collapsible rails; they are unsafe; the mesh can form a pocket an infant can roll into and suffocate or an infant's head can be caught in the "V" of the collapsible area



SAFETY CHECKLIST ROOM BY ROOM

In The Nursery (continued)

- Remove baby walkers and bouncy seats as they are too dangerous
- Measure crib corner posts; they should be no higher than 1/16 inch high
- A crib mattress should fit snugly with no more than 2" between mattress edge and crib side; attach securely to the head and foot board; only a mattress and sheet should be in the crib
- Remove cribs that have cutouts large enough to allow head entrapment
- Replace crib with a bed when child is 36 inches tall or can climb over the sides
- Install all busy boxes, mirrors, or crib attachments on the wall side of the crib ... otherwise the attachment can be used by a child to climb up and out of the crib
- Be sure all car seats, high chairs and strollers have safety straps that are easy to fasten and unfasten so you won't hesitate to use the straps
- Remove drawstrings from the hoods and necklines of clothing; these can become caught in escalators and other places and drag and strangle a child
- Remove the lid of a toy chest if it doesn't have supports to hold the lid open in any position
- Look for holes in the base or sides of a toy chest so a child can breath if they become entrapped
- Store toys in baskets instead of a toy chest that can entrap and suffocate a child
- Use cake deodorizers in diaper pails instead of liquids; dispose of deodorizer outside; lock pale securely at all times; a child can drown in the liquid inside a diaper pail
- Remove cedar chests made before 1987; they lock automatically and can suffocate a child
- Remove chest of drawers with more than three drawers; they are among the most frequent causes of injury as they tip over easily; over 2000 accidents have been reported in 4 years
- Place furniture at least 36 inches away from windows; sunlight through a window can burn a baby's sensitive skin
- Tear the plastic tabs off of disposable bottle liners before feeding a child a bottle; tabs can be torn off and placed in the mouth causing choking; don't prop a bottle while feeding a baby, hold it firmly while feeding



SAFETY CHECKLIST ROOM BY ROOM

In The Nursery *(continued)*

- Don't use soft bedding such as sheepskins, pillows, bumper pads or quilts in a crib; a child can become entangled and suffocate; excessive items reduce the circulation of oxygen risking SIDS
- ASSB (Accidental Suffocation/Strangulation in Bed) results in the suffocation of an infant due to things such as blankets in cribs, sleeping with parents, infants getting wedged between the mattress and the wall, and sleeping in inappropriate places such as on a couch; avoid this possibility; a firm surface is needed
- Look for the JPMA seal on all furniture items (Juvenile Products Manufacturer's Association)



- Do not use furniture made of pressed wood, particle board or plywood as these products may contain Formaldehyde which is a breathing irritant
- Use paper based or natural fiber wallpaper instead of vinyl which emits VOC's and can cause growth of mold; new carpet also emits VOC's; use natural fiber and not synthetic
- Do not leave a child to sleep on an adult bed; a 2 foot fall can be fatal
- Portable bed rails are unsafe
- Remove crib gym when child can push up on hands and knees (about 5 months old)
- Never put wall hangings above a crib with nails; loose nails can fall into the crib and be swallowed
- Do not hang objects with string or elastic (toys or laundry bags) around cribs or playpens; a child can become entangled and choke; use adhesive hangers



SAFETY CHECKLIST ROOM BY ROOM

In The Nursery (continued)

General Information

- Bunk beds are unsafe; recalls of models built as late as 2000 have been frequent
- Do not use rockers with gliders which can function as a Guillotine on tiny fingers
- Ask older siblings to keep their toys away from the baby; lock their toy drawers or use large jars with screw on lids
- When changing a child, the changing strap is not reliable; never leave a child alone
- Baby Oil is toxic if ingested; it coats the lungs causing suffocation; doctors cannot save a child; lock product away when not in use; baby powder can be spilled, inhaled and cause suffocation
- Warmers for baby wipes can electrocute and are not necessary
- Install a gate at the door of the nursery or leading up the stairs to keep pets out of the room
- Do not allow pets to be alone with child; use a toy baby to retrain your pet before the baby arrives
- Family dogs have been known to grab babies from their cribs and play with them
- Family cats will climb into a baby's crib, smell the milk from the baby's bottle and mouth area and curl up on their faces suffocating them while they sleep; keep all pets away from infants



SAFETY CHECKLIST ROOM BY ROOM

Safety In The Nursery

Safe Sleep Habits

ALWAYS

- 1 Place a baby to sleep on their back at nap time and night time. Placement on the stomach prevents head movement causing re-breathing of exhaled carbon dioxide and suffocation (SIDS- Sudden Infant Death Syndrome); also, avoid placing a baby on their side.
- 2 Use a crib that meets current safety standards with a firm mattress that fits snugly and is covered with ONLY a tight-fitting crib sheet. Look for the JPMA seal of approval.
- 3 Remove all blankets and toys from your baby's sleep area (this includes loose blankets, bumpers, pillows and positioners). The American Academy of Pediatrics suggests using a wearable blanket (sleep sack) instead of loose blankets to keep your baby warm.
- 4 Offer a Pacifier when putting baby to sleep; when finished, put the baby in their own safe sleep area.
- 5 Room share, but don't bed share. Bed sharing can put a child at risk of suffocation

NEVER

- 1 Never put your baby to sleep on any soft surface (adult beds, sofas, chairs, water beds, quilts, sheep skins etc.)
- 2 Never dress your baby too warmly for sleep; keep room temperature 68-72 degrees Fahrenheit.
- 3 Never take a nap while holding a baby; while asleep, you may forget the child and turn to be comfortable; the baby can fall to the floor, hit their head and be fatally injured.



SAFETY CHECKLIST ROOM BY ROOM

Safety In The Nursery (Continued)



Learn More About Halo SleepSack
[CLICK HERE](#)



SAFETY CHECKLIST ROOM BY ROOM

Safety In The Bathroom

(at home and with child care providers)

TASKS

- Lock the bathroom door until your child is older to avoid many bathroom hazards
- Install locks on all toilet lids; the head makes a child top heavy; they can fall in and drown in one inch of water in three seconds
- Turn hot water heater down to 115-120 degrees Fahrenheit or lower to prevent scalding; at 140 degrees, three seconds will produce a third degree burn
- Install anti-scald valve to reduce water flow if temperature goes over 118 degrees
Test bath water with thermometer so that it is not over 96 to 100 degrees
- Remove toxic automatic toilet bowl cleaners from the tank and discard in outside trash
- Install door locks that can be unlocked from the inside and outside; have an extra key nearby
- Remove all soaps, shampoos and razors from around the edge of the bath tub and countertops
- Cover tub spout to prevent a child from burning themselves or hitting their head
- Install Ground Fault Circuit Interrupters in all bathroom outlets and near all water sources
- Remove any flammables and other items stored near the hot water heater; allow 12" clearance.
- The JPMA and CPSC do not recommend the use of bathing rings to hold a baby





SAFETY CHECKLIST ROOM BY ROOM

Safety In The Bathroom (continued)

GENERAL INFORMATION

- Do not get out of a bath tub while carrying a child; use a full size nonskid mat in the tub
- Bath tub seats and rings are unsafe and are not recommended by the CPSC
- Never leave an infant alone in the tub; ignore telephone calls and door bells
- Never leave a tub with water in it; a child can drown in just one inch of water in three seconds
- Do not use small appliances like hair dryers or radios near water in the bath tub; even unplugged appliances can cause electrocution if they fall into water
- Use only plastic or paper cups in the bathroom to prevent breakage of glass items on tile floors
- Do not bathe with your baby; should you relax and fall asleep, the baby can easily drown; the baby can also more easily accidentally gulp a swallow of water that blocks their air pipe and causes drowning



SAFETY CHECKLIST ROOM BY ROOM

Safety In The Living Room (at home and with child care providers)

TASKS

- Install light bulbs in all lamps to keep curious fingers from electrical shock
- Install night lights that are a light and electrical outlet cover combination
- Anchor furniture, Christmas trees, large plants and artwork with “L” brackets or furniture straps bolted to the wall or floor. Chests of drawers, dressers, and bookshelves should be no more than three drawers or shelves high, as they tip over easily. Childproof the drawer handles or knobs. Heavy books should be placed only on the lowest possible shelf.
- Remove all throw rugs unless they have non-skid bottoms
- Raise curtains above baby’s reach or remove them
- Remove window blinds that don’t have split cords or tie them high out of reach of a child; a child can pull a cord or accidentally wrap it around their neck, fingers or wrists
- Install extra door locks above where a toddler can reach; a toddler can turn a bolt lock and exit a home unnoticed and into a dangerous environment
- Place corner guards on sharp edges of furniture
- Install gates with a flat front and at least 60” high at the top and bottom of all staircases
- Use wall mounted gates instead of pressure mounted gates that are not resistant to a toddler’s efforts
- Install Plexiglas or mesh guards over stair and balcony railings over 3 inches apart to prevent entrapment of a child’s head



SAFETY CHECKLIST ROOM BY ROOM

Safety In The Living Room (continued)

TASKS

- Check the sofa or couch and chair cushions for loose change that can be swallowed
- Empty all drawers of small and breakable items or latch with a lock
- Remove hanging wires or cords from answering machines, telephones, lamps and appliances; place out of a child's reach; they will chew on cords and be electrocuted or badly burned
- Cover exposed brick or stone on a fireplace with a custom made bumper or place a piece of carpet or foam around the whole base; remove fireplace andirons, the gas jet key and firewood; block entry into the hearth with a screen or glass doors; remember, fireplace glass doors stay hot for as long as one hour after a fire is turned out; place a mesh barrier gate around a fireplace to further reduce injury
- Clean fireplaces regularly to reduce the chance of a fire
- Lock bi-fold closet doors that can crush little fingers
- Move dangerous objects away from the edges of tables and countertops
- Install window guards and don't open windows more than four inches or open from the top (allow for emergency opening); use guards with quick release systems





SAFETY CHECKLIST ROOM BY ROOM

Safety In The Living Room (continued)

GENERAL INFORMATION

- Torchere lamps must have a screen guard over the halogen bulb to be fire safe
- Anchor Christmas trees, large plants, furniture and artwork
- Mini blinds may contain poisonous lead if made outside of the U.S.; babies may chew on these
- Reclining chairs and hide away beds can trap, cut and crush small hands
- Tall lamps or coat racks can be pulled over onto a child and cause injury; remove or block these items with heavier furniture
- Hang holiday decorations and crepe paper streamers out of baby's reach
- Do not use extension cords unless the AWG number is 16 or lower
- Do not use tacks or staples to secure electrical cords to walls; they come loose and are swallowed
- Wicker and children don't mix; wicker can be picked off and will go into a child's mouth
- Glass panels in coffee tables can break under the weight of a child; remove the table or replace the glass with Plexiglas



SAFETY CHECKLIST ROOM BY ROOM

Safety On The Deck or Patio and In The Garage:

TASKS:

- Garages should be off limits for all children as they contain too many hazards
- Lock the covers of hot tubs to prevent use when you are not around. Hot tubs are not safe for children under 5; small organs are more sensitive to hot temperatures; also long hair can be caught in the “jets” and the suction will pull a child underwater and drown them
- Surround swimming pools with fencing and a locked gate; infant swimming lessons are advised
- Install a mesh deck guard to safeguard the railing of a raised deck or balcony
- Segregate the BBQ grill with a hearth gate or keep baby indoors when grill is in use
- Install a garage door opener with an electric eye so it will stop if an object or child is underneath
- Place exercise equipment behind locked doors; fingers can become stuck in the spokes and gears of exercise bikes or weights can fall on a child; tread mills are particularly hazardous
- Remove anything with a “net” as part of its design; a child’s neck can become entangled (basketball nets or hammocks)
- Put colorful decals at child and adult levels on sliding glass doors or glazed doors
- Block pet doors so a child can’t go through the door
- be aware, pet food is a choking hazard
- Lock ice chests / coolers when stored
- children will climb inside and suffocate

NOT THIS!!





SAFETY CHECKLIST ROOM BY ROOM

Safety On The Deck or Patio and In The Garage:

(continued)

GENERAL INFORMATION

- Check that chairs and furniture cannot be used for climbing over railings
- Child proof workshops, garages and outdoor play areas
- Never leave a toolbox within a child's reach; always keep a toolbox locked

Additional Precautions (at home and with child care providers)

- Leave a Medical Authorization with all child care providers (use enclosed form)
- Note on your calendar to follow recalled products on the Child Proof Advice Blog
- Order a home CPR Kit from the CPA website so the whole family can practice infant CPR
- Take a First Aid and/or CPR course from the American Red Cross
- Order a Small Item Tester from the CPA website to test items that are potential choking hazards
- Remove and store space heaters; keep children and stored items away from all heat sources
- Store unloaded guns in locked containers with ammunition stored separately
- Place the attached Emergency Telephone List near every telephone



SAFETY CHECKLIST ROOM BY ROOM

Additional Precautions:

(at home and with child care providers)

- Have and read a First Aid Manual before an accident happens
- Keep children away from open windows on all floors to prevent falling. Window screens are not adequate safe guards; they will not hold the weight of a child and a fall of only 4 feet can cause permanent injury; use safety locks
- Choking can occur on peanuts, grapes, hot dogs, gum, ice cubes, chunky peanut butter, raisins and hard candy until a child is older; cut carrots, bananas and hot dogs lengthwise
- Batteries can be chewed or swallowed; particularly button batteries for watches or small clocks
- Do not allow balloons nor plastic materials of any kind around a child
- Do not leave a pocket book or purse within a child's reach as they can choke on small items and coins
- Check a sitter's references and training carefully; require First Aid, CPR and choking training and fire safety
- Teach children to dial 9-1-1 in case of an emergency
- Beware of the cord to your iron and the ironing board; a child can pull these over very easily

Never Underestimate the Curiosity or Determination of a Child





SAFETY CHECKLIST ROOM BY ROOM

List of Items That Can Choke a Child

Food Items:

- Nuts, sunflower seeds, pumpkin seeds, etc.
- Raw vegetables, such as celery, carrots, peas, whole olives and cherry tomatoes
- Hard candy, jaw breakers, lollipops and cough drops; taffy, marshmallows, caramels and jellybeans
- Popcorn
- Raw, unpeeled fruit slices such as apples and pears, whole grapes, cherries with pits; dried fruits such as raisins or apricots
- Chunks of foods especially meat or poultry; hot dogs or sausages served whole or cut in “coins”; cheese cubes, uncooked carrots and chunks of hard fruit or vegetables; until a child is older; cut carrots, bananas and hot dogs lengthwise
- Spoon full of peanut butter
- Snack chips

Non-Food Items:

- Coins, button-cell batteries
- Buttons, loose as well as those attached to clothing
- Deflated or broken latex balloons
- Pencils, crayons, erasers; pen and marker caps
- Rings, earrings
- Small toys, such as tiny action figures; balls or marbles or toys with small parts
- Holiday decorations, including tinsel
- Small rocks
- Damaged or loose nipples on pacifiers or bottles
- Tops to medicine bottles or any bottle
- Electrical outlet plugs
- Vitamins - be sure children chew Vitamins instead of sucking on them



SAFETY CHECKLIST ROOM BY ROOM

Choking First Aid

Step 1: Assess The Situation Quickly

This material is for informative purposes only. For CPR Certification and additional expertise, we suggest all new caregivers attend the Infant CPR / Choking course offered by your local American Red Cross.



[Visit The Red Cross - Click Here](#)

If your baby is suddenly unable to cry or cough, something may be blocking their airway, and you'll need to help your baby get it out. She may make odd noises or no sound at all while opening their mouth, and your baby's skin may turn bright red or blue.

If your baby is coughing or gagging, the airway is only partially blocked. In this case, let the baby continue to cough. Coughing is the most effective way to dislodge a blockage.

If your baby isn't able to cough up the object, ask someone to call 911 or the local emergency number while you begin back blows and chest thrusts (see step 2, below).

If you're alone with your baby, give two minutes of care, then call 911.

On the other hand, if you suspect that your baby's airway is closed off because the throat has swollen shut, call 911 immediately. Your baby may be having an allergic reaction — to something she ate or to an insect bite, for example — or she may have an infection, like croup.

Also call right away if your baby is at high risk for heart problems.



SAFETY CHECKLIST ROOM BY ROOM

Choking First Aid

Step 2: Try to dislodge the object with back blows and chest thrusts

If your baby can't clear their airway on their own and you believe something is trapped there, carefully position your baby face down on your forearm with your hand supporting the head and neck. Rest the arm holding your baby on your thigh.

Support your baby so that the head is lower than the rest of the body. Then, using the heel of your hand, give the baby five firm and distinct back blows between the shoulder blades to try to dislodge the object.

Next, place your free hand (the one that had been delivering the back blows) on the back of your baby's head with your arm along the spine. Carefully turn your baby over while supporting the head and neck. Support your baby face up with your forearm resting on your thigh, still keeping the head lower than the rest of the body.

Place the pads of two or three fingers just below an imaginary line running between your baby's nipples. To give a chest thrust, push straight down on the chest 1/2 inch to 1 inch, then allow the chest to come back to its normal position.

Give five chest thrusts. The chest thrusts should be smooth, not jerky.

Continue the sequence of five back blows and five chest thrusts until the object is forced out or your baby starts to cough. If she's coughing, let your baby try to cough up the object.





SAFETY CHECKLIST ROOM BY ROOM

Choking First Aid

If your baby becomes unconscious at any time, they will need modified CPR (see full instructions below).

Give your baby two rescue breaths. If the air doesn't go in (you don't see the chest rise), re-tilt the head and try two rescue breaths again.

If your baby's chest still doesn't rise, give 30 chest compressions. Look in the mouth and remove the object if you see it. Give two more rescue breaths, repeat the chest compressions, and so on, until help arrives.

LIMITATIONS OF LIABILITY

Contractor and Caregiver recognize that the information provided in this instruction is available to the public from multiple sources and the application of said instruction and information is strictly at the Caregiver's option. The obligations and liabilities of Child Proof Advice are limited to the sharing of recorded and/or written information and product suggestions and in no way holds Child Proof Advice liable for any accidents, damages or decisions of Caregivers and the involved children whether in contract or in tort, arising out of or in connection with the use, performance, operation or possession of any product or written material provided under these Limitations of Liability. Copyright © 2017 by Child Proof Advice, Inc.



SAFETY CHECKLIST ROOM BY ROOM

Infant CPR

This material is for informative purposes only. For CPR certification and additional expertise, we suggest all new caregivers study the infant CPR/Choking course offered by your local American Red Cross.



[Visit The American Red Cross - Click Here](#)

What is CPR?

CPR stands for Cardiopulmonary Resuscitation. This is the lifesaving measure you can take to save your baby if no signs of life (breathing or movement) are showing.

CPR uses chest compressions and rescue breaths to circulate blood that contains oxygen to the brain and other vital organs until emergency medical personnel arrive. Keeping oxygenated blood circulating can help prevent brain damage — which can occur within a few minutes.

Giving CPR to an infant or child up to two years of age isn't hard to do, but it is different from adult CPR. Follow these steps:



SAFETY CHECKLIST ROOM BY ROOM

Infant CPR

Step 1: Check your baby's condition

Is your baby conscious? Flick her foot or gently tap on her shoulder and call out. If your baby doesn't respond, have someone call 911 or the local emergency number. (If you're alone with your baby, give two minutes of care as described below, then call 911 yourself.)

Swiftly, but gently, place your baby on their back on a firm surface.

Make sure your baby isn't bleeding severely. If there is bleeding, take measures to stop it by applying pressure to the area. Do not administer CPR until the bleeding is under control.

Step 2: Open your baby's airway

Tilt your baby's head back with one hand and lift the chin slightly with the other hand. (You don't need to tilt an infant's head back very far to open the airway.)

Check for signs of life (movement and breathing) for no more than ten seconds.

To check for your baby's breath, put your head down next to the mouth, looking toward the feet. Look to see whether the chest is rising and listen for breathing sounds. If your baby is breathing, you should be able to feel breath on your cheek.

Step 3: Give your baby two gentle breaths

If not breathing, give your baby two little breaths, each lasting just one second. Cover your baby's nose and mouth with your mouth and gently exhale into their lungs only until you see the chest rise.

Remember that a baby's lungs are much smaller than yours, so it takes much less than a full breath to fill them. Breathing too hard or too fast can force air into the infant's stomach or damage their lungs.

If her chest doesn't rise, her airway is blocked. Give her First Aid for choking, above.

If the breaths go in, give your baby two breaths in a row, pausing between rescue breaths to let the air flow back out.



SAFETY CHECKLIST ROOM BY ROOM

Infant CPR

Step 4: Give 30 chest compressions for every two breaths

With your baby still lying on her back, place the pads of two or three fingers just below an imaginary line running between your baby's nipples.

With the pads of these fingers on that spot, compress the chest 1/2 inch to 1 inch. Push straight down. Compressions should be smooth, not jerky.

Give 30 chest compressions at the rate of 100 per minute. When you complete 30 compressions, give two rescue breaths (step 3, above).





SAFETY CHECKLIST ROOM BY ROOM

Infant CPR

Step 5: Repeat compressions and breaths

Repeat the cycle of 30 compressions and two breaths. If you're alone with your baby, call 911 or the local emergency number after two minutes of care. Continue the cycle of compressions and breaths until help arrives.

Even if your baby seems fine by the time help arrives, you'll want to have your baby checked by a doctor to make sure that their airway is completely clear and that no internal injuries have been sustained



Follow this link to the Child Proof Advice website and this product



SAFETY CHECKLIST ROOM BY ROOM

Poison Prevention

- Do not take medication in front of children; they mimic you and will try to do the same as you; never refer to medicine as candy
- Never assume a child will not take a medication because it tastes bad to you; children are notorious for eating things that may be distasteful to an adult
- 1 out of 4 children get into the medications of adults and childproof bottles don't work
- Six ounces of fluoride toothpaste is poisonous as are vitamins, shampoos, cleaners, lotions, air fresheners and aspirin; keep all products in a locked box or cabinet
- Activated Charcoal and Syrup of Ipecac are no longer recommended by the Poison Control Center as poison antidotes
- Carbon Monoxide is odorless, colorless and highly poisonous; have a detector on every floor of your home



SAFETY CHECKLIST ROOM BY ROOM

First Aid for Poisons

Poison in the Eyes

- Flush eye(s) immediately with a continuous flow of room temperature water for 10 to 15 minutes. Remove contact lens before flushing eye(s).
- Rinse from the top of the nose toward the side of the face, away from the other eye
- DO NOT just splash water into eye or wipe with wet wash cloth
- DO NOT use eye drops
- Call Carolinas Poison Center at 1-800-222-1222 for further advice

Poison on the Skin

- Wearing gloves, remove any contaminated clothing
 - Rinse affected area(s) with room temperature water and soap.
 - Call Carolinas Poison Center at 1-800-222-1222 for further advice.
 - A Carolinas Poison Center Specialist will tell you if the clothing can be cleaned or should be thrown away.





SAFETY CHECKLIST ROOM BY ROOM

First Aid for Poisons

Inhaled Poison

- Get the victim to fresh air as soon as possible
- Open doors and windows
- Avoid breathing fumes, then call Carolinas Poison Control Center for additional assistance
- If the victim is unconscious or not breathing CALL 911** immediately and start artificial (mouth-to-mouth) resuscitation
- If you smell gas, call 911 or the fire department and your local gas company to check for gas leaks

Swallowed or Ingested Poison

- Gently remove any remaining poison from the mouth
- Call Poison Control Center for further advice **DO NOT wait for symptoms to appear.**
- NEVER** make the victim throw up. A Poison Control Center Specialist will tell you if this is necessary
- The Specialist may ask you to identify the ingredients, so bring the product with you to the phone
- If you have to go to the Emergency Department, take the container or substance with you



SAFETY CHECKLIST ROOM BY ROOM

First Aid for Poisons

Injections (Bites or Stings)

- STAY CALM-not all bites are harmful.
- Emergency treatment varies depending on the type of bite.
- The most common bites and stings are from bees and wasps, ticks, and non-poisonous spiders. They are usually not harmful.
- If bitten by a poisonous spider, snake, or aquatic creature:
 - NEVER** use a tourniquet
 - NEVER** cover the bite area with ice
 - NEVER** cut the skin and suck the venom
- Do not try to kill a snake that has bitten you. It may bite again.
- Call the Poison Control Center at **1-800-222-1222**.

Follow this link to find your local Poison Control Center:





Look Alike Products ~ Don't Be Fooled Candy & Medicine can look alike



A child's view ... it all looks like candy!
1-800-222-1222

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WHY USE A MEDICAL AUTHORIZATION

Power of Attorney

A Medical Authorization Power of Attorney is a Notarized legal document enabling caregivers to authorize medical care for your child, if you are not available. This should be kept in the diaper bag and/or with the child at all times.

A Day Care has a document comparable to this form as part of their registration process, but other caregivers would not be able to authorize care without this form (yes, that includes your mother, too).

Also, be sure to keep a copy at home and tell all of your caregivers where it is. Place it with their handbag or keys when they arrive; in case of an accident, no time will be lost in treating a child.

A bank officer can Notarize any document without a cost to you.





MEDICAL AUTHORIZATION

POWER OF ATTORNEY

To Whom It May Concern :

As the parents of (child's name) : _____

Address : _____

We hereby authorize the bearer of this document to approve medical treatment for our child if it is required in an emergency and we are unable to be contacted or cannot be in attendance.

Our work/cell telephone numbers are : (Father) _____
(Mother) _____

Our insurance coverage is with : _____ Policy No. _____

Our child's date of birth is : _____

Our child's allergies are : _____

Our child's blood type and weight : _____ Weight _____

Our pediatrician is : _____ Telephone _____

Our child's medications are : _____ Dosage _____

Our child's medications are : _____ Dosage _____

Signed,

(Father) (Mother)

Print Name Print Name

Subscribed and sworn to before me this ____ day of _____, 20__.

Notary Public My Commission Expires

Suggestion: Please complete this form for each of your children and place it in a zip lock bag in your child's travel / diaper bag and the car glove box and handbags of all caregivers.



MEDICINE CABINET CHECKLIST

Alcohol - rubbing alcohol to clean thermometers, tweezers and scissors

Antibacterial ointment for cuts and scrapes;

Aspirin - Infant non-aspirin liquid pain reliever

Calamine lotion or ½% hydrocortisone cream for insect bites and rashes

Decongestant - pediatrician approved children's strength and liquid

Epinephrine kit (if allergies to bee stings exist)

First-Aid manual

Gauze rolls, gauze pads, adhesive tape, cotton balls and cotton swabs

Heating pad, hot water bottle and ice pack

Medicine dropper, oral syringe or calibrated cup

Nasal aspirator bulb for drawing mucus out of a stuffy nose

Rehydration fluids such as Pedialyte

Sunscreen lotion and insect repellent for children

Thermometers and tongue depressors for infants and toddlers

Tweezers for removal of splinters and ticks, safety manicure scissors, and a pair of very sharp scissors

Be sure the medicine cabinet is locked at all times; use of a lockable box stored on a high shelf is recommended



EMERGENCY TELEPHONE LIST

Family Name : _____

Home Address : _____

Home Telephone : _____

Children : Name _____ DOB: _____ Blood Type _____ Weight _____

Allergies _____ Medications _____ Dosage _____

Name _____ DOB: _____ Blood Type _____ Weight _____

Allergies _____ Medications _____ Dosage _____

CONTACT	NAME	TELEPHONE
Police Emergency		911
Poison Control Center		800.222.1222
Doctor/ Pediatrician		
Father's Work/Cell		
Mother's Work/Cell		
Relative/Friend		
Hospital		
Taxi Cab/Uber		



SAFE HOUSE AND GARGEN PLANTS

(non-poisonous)

Abelia	Creeping Jennie	Lipstick Plant	Wild Strawberry
Abyssinian Sword Lily	Crepe Myrtle	Lysima	Zebra Plant
African Daisy	Croton – House Variety	Magnolia	Zinnia
African Palm	Dahlia	Maidenhair Fern	
African Violet	Daisies	Marigold	
Air Plant	Dandelion	Moneywort	
Aluminum Plant	Day Lily	Monkey Grass	
Aralia	Dogwood	Monkey Puzzle	
Araucaria	Donkey Tail	Mulberry	
Asparagus Fern	Dracaena/Dragon Tree	Norfolk Pine	
Aspidistra	Easter Lily	Palm	
Aster	Echeveria	Pansy	
Baby's Tears/Baby's Breath	Eugenia	Parlor / Paradise Palm	
Bachelor's Buttons	Ferns	Peperomia	
Bamboo Palm	Ficus	Petunia	
Begonia	Firethorn	Phlox	
Birds' Nest Fern	Forsythia	Poinsettia	
Blood Leaf Plant	Fuchsia	Prayer Plant	
Boston Fern	Gardenia	Pyracantha/Firethorn	
Bougainvillea	Geranium	Rabbits Foot	
Bromeliads	Grape Ivy	Rose	
Burro's Tail	Hedge Apples	Rubbertree	
California Holly	Hens And Chicks	Salvia	
California Poppy	Honeysuckle	Schefflera	
Camellia	Hoya	Snake Plant	
Cast Iron Plant	Impatiens	Spider Plant	
Christmas Cactus	Jade Plant	Swedish Ivy	
Coleus	Kalanchoe	Tulip (mildly toxic)	
Corn Plant	Lavender	Virburnum	
Crab Apples	Lilac	Wandering Jew	
Creeping Charlie	Lily (Day/Easter/Tiger)	Wax Plant	



FIRE SAFETY AND FIRE EXTINGUISHER USE

- 1.) Test the sound of a fire alarm so children know what to do when they hear it
- 2.) Have two exits for everyone
- 3.) Have a meeting place outside
- 4.) Know which Caregiver is responsible for what children
- 5.) Teach everyone to stop, drop and roll, if clothing catches on fire
- 6.) Have a ladder for second story windows
- 7.) Learn the P.A.S.S. method when using a fire extinguisher

Pull Pin, Aim, Squeeze Handle, Sweep Area

Link to P.A.S.S. Training:





THE SUPER SITTER

- 1.) Do your teenage children and neighbors understand what a responsible position it is to care for a child when they accept a babysitting request?
- 2.) Do they know Choking First Aid, CPR and general First Aid?
- 3.) Do they know how to operate a fire extinguisher?
- 4.) They can't just sit and text their friends and collect money for their Saturday night dates...
- 5.) They must pay attention! You may have seen a police report on the 15 year-old charged with the murder of a small child...he didn't know what to do in an emergency.
- 6.) They must know where the Medical Authorization and Emergency Contact lists are; what to do in case of a fire...
- 7.) Be sure they get the training they need...through the Red Cross Safe Sitter Course and First Aid and CPR training.



Follow this Link to Baby Sitter Training



SAFETY & PARENTING RESOURCES

AARP (grandparents as caregiver)
Amber Alert GPS (child location system)
American Academy of Pediatrics (physician resource)
American Academy of Pediatrics (parenting website)
American Baby Magazine
American Red Cross (CPR and First Aid training)
Babies Travel Too (rent baby equipment)
Baby Center (child safety and development tips)
Baby Bundles (babybundlesnc.org providing clothing to underprivileged newborns)
Belly Guru (pre and post-natal yoga care)
Boot Camp for New Dads.org (father-to-father, community-based men's workshop for men only)
Child Care Planning (child care facility locator)
Child Care Resources Inc. (resource and referral agency)
Child Drowning Prevention (infant swimming lessons)
Child Safety Experts
Child Safety Council
Child Safety Institute (safety information)
Children's Safety Network
Consumer Product Safety Commission recalls of children's products) or (product recalls)
Consumer Reports Video Hub
EZ BZ Child Wristband I.D. ezbzid.com (plastic wristband with parent's contact info)
Fisher Price
Grandparents
Home Safety Council (child proofing tips)
Halo (safe sleep sack resource)
Huggies.com (child proofing tips)
International Association for Child Safety (IAFCS)
Lead Free Kids
Little Ones (magazine subscription)



SAFETY & PARENTING RESOURCES

- My Baby Compass (is your child on target for development)
- Nannies 4 Hire (national matching service of nannies and families)
- National Association of Children's Hospitals
- National Center for Fathering (parenting tips for fathers only)
- National Safety Council (safety reports and research)
- N.C. Healthy Start Foundation - newsletter@nchealthystart.org (pregnancy and infant care)
- Parent Magazine (parenting guidance)
- Parent University (parenting classes in Charlotte NC area)
- Parents for Window Blind Safety (window covering safety)
- Partnership for Children (Smart Start resource agency)
- Planned Parenthood (parental education and advocacy agency)
- Poison Control Center (First Aid for poisonings)
- Pregnancy Magazine (free subscription)
- Private Placements, Inc. (matching service of nannies and families)
- Safe Beginnings (child safety products)
- Safe Kids Worldwide
- Senior Magazine (grandparents as caregivers)
- Smart Start Program (all county child advocacy non profit)
- Sweet Pea Baby Planners (assist parents with all activities and services)
- The Prenatal Picture (3D and 4D ultrasound)
- The National Parenting Center (parenting information)
- Web MD (medical information and terminology)
- We Make It Safer (product recalls and home precautions)
- Wellness Coalition (suggestions for healthy living)
- Window Covering Safety Council (window safety kits)
- World Health Organization (safety and health information)



CONCLUSION

To All Parents and Child Care Givers,

Child Proof Advice has provided comprehensive and valuable information to assist you in becoming responsible parents and child care givers. We are very proud of you for taking this proactive approach in caring for your children.

Remember, our first objective is to SAVE A CHILD'S LIFE.

You now have the knowledge and ability to provide for a safe home environment for children in your care. Let's all "just do it" and reduce the number of injuries and fatalities happening to children everywhere.

REMEMBER, IT CAN HAPPEN TO YOUR CHILD !

For the children you are protecting, we thank you....

**Never Underestimate the Curiosity or
Determination of a Child**

Never Leave a Child Unattended

There is No Substitute for Supervision



LIABILITY LIMITATIONS

Child Proof Advice and Caregiver recognize that the information provided in this instruction is available to the public from multiple sources and the application of said instruction and information is strictly at the Caregiver's option. The obligations and liabilities of Child Proof Advice are limited to the sharing of recorded and/or written information and product suggestions and in no way holds Child Proof Advice liable for any accidents, damages or decisions of Caregivers and the involved children whether in contract or in tort, arising out of or in connection with the use, performance, operation or possession of any product or written material provided under these Limitations of Liability.

Empowering Through Education to Improve Child Safety

