

## Fire Safety

In the U.S. an average of 462 children 14 and younger die in residential fires each year. About 107,000 children are injured in fire-related accidents each year. The majority of these accidental fires and burns occur inside the child's own home.



### What Parents Can Do:

- Test the temperature of hot tap water. Bath water should not exceed 100 degrees.
- Keep hot pots, pans, cups and dishes out of the reach of toddlers and young children.
- Install smoke alarms on every level of your home.
- Keep matches and lighters in a secured drawer or cabinet.
- Have your children tell you when they find matches and lighters.
- Develop a home fire escape plan and practice it with your children.
- Teach your children not to hide from firefighters, but to get out of a burning building quickly and call for help from another location.
- Show children how to crawl low on the floor, below the smoke, to get out of the house and teach them to stay outside once they have escaped the fire.
- Demonstrate how to stop, drop to the ground and roll if their clothes catch fire.

## Child Abuse and Neglect

Every year about 80,000 children in New York State are the victims of abuse and neglect. If you suspect a child you know is the victim of abuse or neglect, take action!

### Indicators of Child Abuse and Neglect

- Unexplained injuries
- Changes in behavior such as becoming withdrawn or aggressive
- Regressing to earlier behavior such as thumb sucking
- Fear of going home
- Changes in eating
- Changes in sleeping
- Changes in school performance
- Changes in school attendance
- Lack of personal care or hygiene
- Risk-taking behavior
- Inappropriate sexual behavior

Suspected abuse is enough reason to contact authorities. Report your suspicions to the New York State Child Abuse Hotline at **1-800-342-3720** or local law enforcement. All calls to the hotline are confidential.

### Mission of the Southern Tier Child Health and Safety Team

*The mission of the Southern Tier Child Health and Safety Team is to prevent child deaths and promote child safety. By working together, we believe we can enhance the safety and wellness of all children in Allegany and Cattaraugus counties.*

The team is able to pursue its mission through the generous support of the New York State Office of Children and Family Services.

For more information on what you can do to protect children, please visit [www.sthcs.org](http://www.sthcs.org) and click on the Child Health and Safety Team logo.

# Keeping Children Safe

Because caring for children is everyone's responsibility.



## CHILD HEALTH & SAFETY TEAM

A program of  Southern Tier Health Care System Inc.

## The ABCs of Safe Sleeping

- A:** Babies should always sleep **Alone**.
- B:** Babies should always sleep on their **Backs**.
- C:** Babies should always sleep in a **Crib**.

**Suffocation leads to 80 percent of infant deaths annually in the U.S.** A two-year study of infant deaths found that most were caused by suffocation due to sleeping with an adult in bed.

### **Bed Sharing with Your Baby is Always Unsafe! The Danger to Your Child Increases if:**

- You smoked during pregnancy or if you or your partner smoke now.
- Your baby was born too early or at a low birth weight.
- You or your partner consumed drinks, medications or drugs that make you sleepy.

### **What Parents Can Do:**

- Never sleep with your baby in a bed, on a couch or a chair.
- After nighttime feeding, return your baby to his or her crib.
- Remove soft bedding and stuffed animals from the crib.
- Use a one-piece sleep sack to keep your baby warm.
- Lay your baby on his or her back whenever sleeping.



## Car Seats:

Motor vehicle accidents are the leading cause of accidental deaths among children. **Each year about 1,314 children ages 14 and younger die in motor vehicle accidents and 180,000 are injured in the U.S.**



### **What Parents Can Do:**

- Set a good example. Wear a seat belt on every trip.
- Make sure children are buckled up using a seat belt, car seat or booster seat appropriate for their age, height and weight. Infants and toddlers should be in rear-facing child restraints until they are 2 years old.
- To avoid risk of injury or death, infants should never ride in the front seat of a vehicle with an activated passenger-side airbag.

### **Car Safety:**

Never leave a child alone in a vehicle under any circumstances. On a summer day, the temperature inside a car can rise to 120 degrees and can reach 100 even on mild days. Your child could suffer heat stroke, heat exhaustion, dehydration, brain damage and death.



## Water Safety:

**Drowning is the second-leading cause of accidental death for children ages 1 to 4** in the U.S. More than 5,000 children 14 and younger are hospitalized each year due to drowning-related incidents.

### **What Parents Can Do:**

- **W**atch – If you can't watch your child or children yourself while they are in or near water, assign a responsible adult to watch them. Never leave children unattended in or near a body of water.
- **A**larms and locks – Install alarms and locks on doors and gates to pools, spas and hot tubs and floating alarms that sound if someone tries to use them. Install childproof toilet lid locks.
- **T**each – Every child should learn how to swim. Remember that swimming lessons alone can't prevent drowning.
- **E**verything – Gather everything you need to supervise bath time or pool time for your child before you start. Never step away, even just to answer the phone. Focus on your child's safety.
- **R**emove – Never leave temptations such as toys around or near water, pools and tubs. Empty buckets and other water containers immediately after use.