Use a 5 point harness every time
KEY MESSAGE
Nursery furniture such as highchairs, prams and strollers and infant car restraints should have a five-point harness. It is important to use the harness all the time, even when the baby is very small.

Getting started
- What are all the children in the picture wearing?
- What items do you have for your baby with a five-point harness?
- How do they prevent falls?

Activities
- Look at a five-point harness
- Look at the nursery furniture in the home. Does anything require a five-point harness?
- Purchase and install harnesses if required
- Discuss use of harnesses in supermarket trolleys

Did you know?
- Falls are the number one cause of non-fatal injuries in children of all ages
Don’t use baby walkers
KEY MESSAGE
Don’t use baby walkers

Getting started
■ How could baby walkers be dangerous for babies?

Activities
■ Talk about how children have been seriously injured when baby walkers have fallen down stairs or tipped over
■ Discuss how baby walkers make children mobile much earlier than normal, so they face dangers sooner – they can pull boiling kettles down onto themselves and access other hazards including chemicals, open fires and heaters

Did you know?
■ Walkers do not help in a child’s development. Some studies have shown developmental delay associated with prolonged use
Block off stairs and balconies with a safety gate
KEY MESSAGE
Use a safety gate at the top and bottom of stairs and to block off children’s access to balconies

Getting started
■ Do you have any steps or stairs in your home?
■ Do you have a balcony?
■ How could these be dangerous to a child?

Activities
■ Discuss risks associated with any stairs around the home, including verandas and balconies
■ Purchase and install safety gates if required
■ List other places your child may come across stairs and balconies and discuss strategies to keep them safe
Wipe up spills at once
KEY MESSAGE
Children and adults can slip over on spilt liquids or food. Prevent falls by wiping up spills at once

Getting started
■ How could spills be dangerous?
■ Where might they happen?
■ What’s the best way to clean them up?

Activities
■ Discuss how spills can be avoided by ensuring children sit quietly while eating or drinking
■ Discuss the best options for cleaning up spills including a special cloth for the floor, paper towel, mop etc
Change baby on the floor
Getting started
■ Why is this dad changing his baby on the floor?
■ How could this be safer than using a change table?

Activities
■ Talk about why the best place to change baby is on the floor so they can kick and wiggle and not fall
■ Point out the clean rug under the baby
■ Address any hazards on the floor such as pets and small objects
■ If the floor is not an option, discuss card 37

Safety tip
■ When you change your baby have the nappy, baby wipes and everything you need close by
Eyes off, hands on
KEY MESSAGE
Never leave a baby unattended on a change table. If you have to take your eyes off baby, place your hand on them to prevent them rolling or wriggling off.

Getting started
- What could happen to a baby if it wriggled or rolled on a change table?
- What is this mum doing to keep her baby safe from falls?

Activity
- Together check the safety features of the change table – raised sides, a restraint

Safety tip
- If you need to grab something across the room – always take baby with you

Did you know?
- Researchers estimate that 8 out of 10 change table injuries would be prevented by a correctly used restraint.
Always place baby to sleep in a cot with the sides up
KEY MESSAGE
It is important to place the sides of the cot up when putting a baby to bed

Getting started
■ Why is it important to have the sides of the cot up when baby is put to sleep?
■ What could happen if the sides were down and your baby tried to climb out?
■ How might they be hurt if they fell?

Activities
■ Discuss how children have been injured when falling from their cot onto the floor or other furniture such as sharp edged chest of drawers
■ Check the cot is positioned safely within the room in relation to power points, curtain/blind cords, heaters and other furniture
■ Highlight other positive messages in the photograph including the position of the baby at the bottom of the cot, no pillows, toys or bumpers

Safety tip
■ When your toddler starts to climb out of their cot it may be safer to keep the side down or move them into a bed with one side against a wall

Did you know?
■ About 15% of injuries in the first year of life are associated with a fall from nursery equipment
Always have children play on the floor
KEY MESSAGE
The floor is the safest place for children to play

Getting started
■ Have you seen children playing on beds, bunks, couches or tables?
■ Do you know of any children who have been injured after falling while playing on beds, bunks, couches or tables?

Activity
■ Set up a safe, clean play area for floor play. Check that it is free from small items that could choke and away from other hazards such as pets. Use a rug or quilt to define the space

Safety tip
■ Store toys, books and other interesting items down low

Links to card 19
Always place the bouncer on the floor
KEY MESSAGE
Baby bouncers should only be used on the floor

Getting started
■ Do you have a baby bouncer?
■ Show me where you place it?
■ Is this a safe place for your baby?

Activities
■ Discuss how children have been seriously injured when bouncers placed on coffee tables, tables and benches have bounced off
■ Demonstrate a fall in a bouncer using a doll
■ Check safety risks on the floor e.g. pets, other children

Safety tip
■ Stop using bouncers once baby can sit up and make vigorous movements

Did you know?
■ Some of the most serious head injuries associated with nursery furniture are due to bouncers falling from tables or benches