

Your 6 - 12
month old



6
months

**Keeping Your Baby Safe
From Injury**



In Atlantic Canada, preventable injuries are the #1 cause of death for babies and children.

Between 6 and 12 months, your baby is learning about what his body can do. He is busy exploring his world. His new skills mean that you will need to think about safety in new ways.

Your baby may start to explore by crawling and pulling on things to stand up.

At this stage, babies often fall because their balance is just starting to develop. Another reason for falls is that their heads are big and heavy. Try to stay within arm's reach of your baby. When you are not within arm's reach, place your baby in a safe place, like a playpen, crib or highchair.

Soon after he can sit up, your baby will start trying to pull himself up to stand using the bars of the crib. Lowering the mattress will help prevent your baby from falling out of his crib.



Your baby may start to sit up.

Always use the harness strap when your baby is in his highchair, stroller or car seat.



Babies are injured more often when there is a change in routine.

Take extra care when visiting other homes.

12
months

Your baby may start to walk and to climb.

Your baby is learning new skills every day. This can get him into trouble very quickly. Your baby is becoming more independent but it is still too soon to leave him alone, even for a minute or two. Any time you are not able to watch your baby, put him in a safe place, like a playpen or crib.

Once he begins to get around on his own, watch your baby closely. Kitchen and stairs can be dangerous. Many kitchen injuries happen when a baby pulls something hot, heavy or sharp down from a counter or table. Keep cords and hot food and drinks far back on counters. Install sturdy wall-mounted gates at the top of your stairs, and pressure-mounted gates at the bottom.



Adapted with permission from Safe Kids Canada

Your baby is interested in different kinds of food.

Feed your baby soft food until his molars (the teeth at the back of the mouth) come in. Your baby needs molars to grind harder foods. Always cut your baby's food into tiny pieces, smaller than your fingernail.

Your baby is starting to be very interested in toys.

Make sure your baby's toys are safe for his age. Follow the age labels on toys. They are there to tell you what is safe for your baby.

Your baby puts things in his mouth as he explores his world.

Your baby can choke on food and small toys. Babies have small airways. Choking will block your baby's airway and prevent him from crying or coughing. Watch your baby while he eats and plays. This will enable you to respond quickly if he starts to choke. Keep anything that is small enough to fit in a toilet paper roll out of your baby's reach.

Medicines, vitamins, alcohol, makeup and household cleaners can all poison your baby. Keep them out of reach and locked up. Place plants high and out of reach and make sure that there are no leaves, flowers or seeds on the floor, as these can be a choking risk. Be aware of what types of plants you have in both your house and garden, and get rid of any poisonous ones.

You are your baby's best defence against injury.

You can reduce the risk of falls, choking, poisoning and other injuries by **staying close** and **guiding** your baby safely through this first year of life. To learn more, call 1-866-288-1388 or visit our website at

www.childsafetylink.ca

