



6-12 months

# Safe exploring

veiligheid  nl

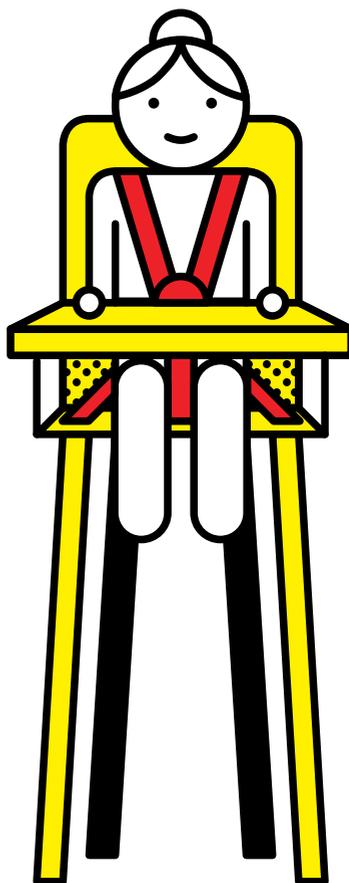
# why you should read this brochure?

Your child is still completely dependent on you, but is a lot more active. After all, playing and babbling are a lot more fun than simply lying on your back. Most babies can roll over by 5 or 6 months. This is followed by the milestones of sitting, crawling and standing. It's all very exciting for your child because suddenly the world becomes a much larger place. But it is exhausting for you because almost nothing is safe anymore.

This brochure helps you prepare for this phase, with practical tips on the following topics:

- In the highchair
- Bicycling with baby
- Safe on the stairs
- Preventing burns (including first aid tips)
- Safe toys

And a handy checklist:  
how crawl-safe is your home?



## → in the highchair

Once your child can sit up unaided, he can use a highchair. To ensure that your child does not fall out or that he and the highchair tip over, we have put together the following tips:

- Always secure your child with the harness belt, so that he cannot stand in the chair or climb out of it.
- Use a seat reducer if the highchair is still too big. This will keep your child from easily sliding out of it.

- Never leave your child alone in the highchair, not even when secured in the harness belt.
- If the highchair has a footrest, adjust it so that it supports your child's feet, but he cannot stand on it. If the footrest is not adjustable, check whether it can be removed.
- Place the highchair so that your child cannot push off against the table or wall.

More information? Have a look at  
[www.veiligheid.nl/kinderstoel](http://www.veiligheid.nl/kinderstoel)

# → bicycling with baby

## How can I bike safely with my child?

Make sure you have a stable bicycle and have it checked annually (brakes, child seat attachment, wheel protection, etc.). It is not uncommon for people to fall down, bicycle and all. Adjust the saddle a little lower, so you can easily stand with both feet on the ground.

## When can my child sit in a bicycle seat?

From the time your child can sit from a crawling position, he can sit in a bicycle seat attached to the handlebars. Recommendations for the first few trips:

- Go on short trips and choose a route that has as few potholes, bumps and speed bumps as possible.
- A bike ride is very exhausting for a young child. If your child starts crying or becomes restless, it's time to take a break or to stop.

## What should I pay attention to when using a bicycle seat?

- Always secure your child with the harness belt.
- Adjust the harness belt and footrest if necessary.
- Do not leave the bicycle standing with your child still in the bicycle seat.
- Always make sure there is a spoke guard.

# → safe on the stairs

A fall down the stairs is one of the most serious types of accidents. Children between the ages of 1 and 2 are at the greatest risk, but a child under the age of 12 months can also crawl all the way up the stairs to the top. Never underestimate your child when it comes to his urge to explore and take the following measures:

- Install stair gates: 1 at the top and 1 at the bottom.
- Always close the stair gate securely.
- Make sure there are carpet treads or non-slip stickers on the steps.
- Do not leave items lying around on the stairs.
- When walking up or down the stairs with your child on your arm, always hold on to the banister.
- Do not use the stairs when wearing socks or slippery shoes.



For advice on choosing a stair gate, see [www.veiligheid.nl/trap](http://www.veiligheid.nl/trap)



## → preventing burns

Hot tea or water are the most common cause of burns in children. A few tips for preventing accidents:

- Never drink hot tea or coffee while holding your child on your lap.
- Pour the tea or coffee in the kitchen, so that there is no pot on the table. Use a thermos instead.
- Do not place tea or coffee on a table with a tablecloth. Your child can pull on the tablecloth, spilling the liquid onto him. It is preferable to use placemats.
- Do not burn candles when there is a child nearby or place them out of the child's reach. It is preferable to use candles that cannot easily tip over (such as tea lights).
- Use a fireplace fence. These are specially designed to keep children away from the flames.

### First aid for burns

If your child suffers a burn, this is how you respond:

- hold the burn under lukewarm running water for 10 minutes. Direct the water just above the wound, so that it does not spray on it directly, but flows softly across it.
- Is there clothing stuck to the burn? Do not attempt to remove it.
- Is your child wearing a nappy and did he get hot liquid on his body? Remove the nappy immediately.
- Never rub anything into the wound.
- Does your child have blisters or broken skin? Call the doctor. Also call your doctor if your child suffers a burn caused by electricity or a chemical, such as cleaning or hobby products.
- Do not give your child anything to eat or drink if you are going to the hospital.

For more information on preventing burns in the kitchen, see [www.veiligheid.nl/keuken](http://www.veiligheid.nl/keuken)

## → safe toys

Playing is fun! But keep in mind that, for children under the age of three, the following toys are **not safe**:

- smaller than 3.5 cm
- with a string or cord longer than 22 cm
- with sharp edges, corners and points
- where little fingers can get jammed
- with small parts that can be pried off
- made of fabric with stitching that can easily loosen or come apart

- made of wood that splinters
- made of wood pieces nailed together (if screws are used, make sure the screws are sunken; glued wood is safest)
- contains the warning: not suitable for children under 36 months
- makes loud sounds
- contains magnets that can be swallowed

Never give a young child a balloon. Children can choke on a popped or deflated balloon.



# checklist → how crawl-safe is your home?

- All outlets at child height have been childproofed.
- An approved stair gate is installed at the top and bottom of the stairs.
- Sharp corners have been covered with, for example, protective corners.
- Hazardous materials are not within your child's reach (such as plants, medications, cosmetics and cigarettes).
- Small and sharp objects like marbles, change, scissors and hobby and other knives are stored safely out of reach.
- Coffee or tea is in a thermos.
- You always stay with your child when bathing.
- You do not use tablecloths.
- Cleaning products are kept out of your child's reach, also when in use.
- You have safe toys in your home that are suitable for your child's age.

## Were you able to check off everything on the list?

Then you are well on your way to making your home as safe as possible for your child. Did you have to skip one or more items? Take care of those aspects right away. In both cases, take a good look around the room with safety in mind.

## want more information?

For all info on growing up safely, have a look at [www.veiligheid.nl](http://www.veiligheid.nl). You can also download the Veilig Groot Worden (growing up safely) app for a quick check as to whether your home is safe for your child.

This brochure is part of the 'Growing Up Safely' series. When your child is around 11 months old, you will be given the 'Safety on the Go' brochure from the health centre (consultatiebureau), which covers the following topics:



- Dealing with falls
- Dealing with hazardous substances
- Dealing with water
- Traffic safety
- Checklist: is your home ready for a toddler?

## © VeiligheidNL

This publication was prepared with the greatest possible care. VeiligheidNL assumes no liability for any inaccuracies.

Amsterdam, May 2014