

Your 3 to 5 year old



Safe kids at every stage

3 to 5 years

Children are **small in size** compared to adults.

Seat belts alone do not save children's lives in car crashes. Even preschoolers who seem big or tall for their age need to be secured in a car seat in the back seat of the car.

To find out how to use your child's car seat properly, consult your car seat instruction manual and the section on "child restraints" in your vehicle owner's manual. For further information, contact Safe Kids Canada or your local public health department.



Preschoolers may be **adventurous** and want to **explore the water**.

Preschoolers have drowned in pools, rivers, lakes and ponds. Even children who are learning to swim are not able to keep themselves safe in water. Drowning often happens in silence.

Always stay within sight and reach of your preschooler when they are near open water. Use life jackets when they are near the water.

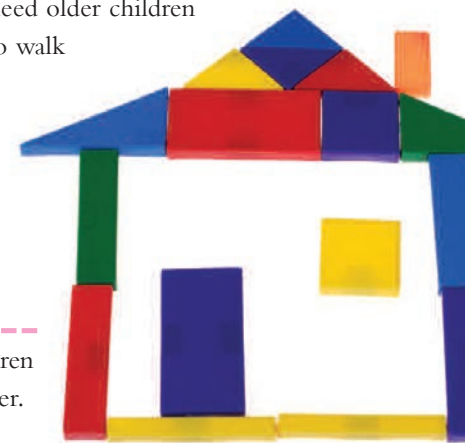
In Canada, preventable injuries are the #1 cause of death for young children.

Every day in Canada, 16 children aged 0-4 and 12 children aged 5-9 are hospitalized because of an injury.* The good news is that injuries are preventable. With the help of a few strategies, you can help to keep your preschooler safe from the devastating effects of injury.



Preschoolers believe that drivers can **SEE** them and will **stop** for them.

Injuries to preschoolers have happened when they dash out onto the street. As you walk and play outside with your child, talk about safe street crossing. Not only do preschoolers need parents to stay close by when they are playing outside, but all children under nine years need older children or parents to walk with them.



Their emerging abilities to **climb** and **jump** higher, run **faster**, and **balance** for longer make preschoolers feel more competent and confident in themselves.

Serious injuries due to falls are the most common cause of hospitalization for preschoolers. Preschoolers have suffered severe injury, such as brain damage from falls. Falls can happen inside your home, as well as outside.

Helmets help to protect your child from a head injury. Using a helmet when your child has his first bike, teaches your child they need a helmet on every ride. When using other wheels, put a helmet on their head as well.

Be nearby when your child is on playground equipment.

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years

Preschoolers enjoy **imaginary, dramatic play**.

Preschoolers may interact with objects in unexpected ways. Window blind cords become rope swings. Skipping ropes become dog leashes. Toy boxes become playhouses.

Ensure there are no draw strings in your child's clothing. Protect your child by keeping window blind cords tied and out of reach.

Preschoolers are very good at **opening bottles and jars**.

Preschoolers are most likely to be poisoned by medication, including non-prescription medication, such as vitamins. Keep all medication out of reach, locked and in its original child-resistant packaging. Keep your local poison control centre number nearby your phone.

Preschool children enjoy **imitating** adults around them. They often want to **help with the cooking**.

Children have had serious burns from hot water – tea, coffee, hot soup – in the kitchen. Set clear limits in the kitchen. Stay within sight and reach of your child when they are in the kitchen.

Preschoolers are **self-centred and impulsive**.

Even though preschoolers can say a safety rule, they will not always follow or understand it. Preschool children still need parents close by.

Your preschooler is becoming more **independent** and learning in lots of ways. They still **need** you to be **close by** to keep them safe.

It only takes a **second** for your preschooler to get into something that can cause **serious** injury.

For more safety information, visit parachutecanada.org

Original concept for a Million Messages was created by Community Health Services and Kidsafe, Alberta Health Services – Edmonton & area.

* Public Health Agency of Canada analysis of 2010/11 hospitalization data from the Canadian Institute for Health Information.

