

Your 6 to 12 month old



Safe kids at every stage

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

Every day in Canada, 16 children aged 0-4 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 baby safe from the devastating effects of injury.



6  
months

Your baby may start to **explore** her surroundings by **crawling** and **pulling** on something in order to stand upright.

At this stage, babies often fall because their balance is just starting to develop. Also, their heads are bigger and heavier in relation to their bodies. Research suggests that even mild injuries to young children have caused long-term effects, such as hyperactivity and difficulty paying attention. Protecting your baby from these threats is not always easy.

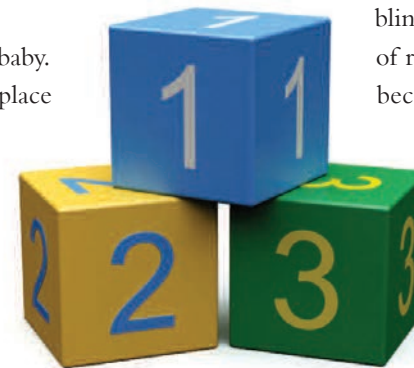
Try to stay within arms reach of your baby. When you are not within arms reach, place your baby in a safe place, like a playpen, crib or highchair.

Install sturdy wall-mounted gates at the top of your stairs, and pressure-mounted gates at the bottom of your stairs.

As soon as your baby can sit up, move her crib mattress to its lowest position. This will help to prevent your baby from falling out of her crib.

Install window stops or guards on windows above the first floor of your house. Window screens do not protect your baby from falling out of windows.

Make sure that window-blind cords are kept out of reach. Babies can become entangled and, in some instances, strangled.



Your baby may start to **sit up**.

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

6

months

Babies have large, heavy heads and small, weak necks.

Did you know that more babies die or are badly hurt in car crashes than from any other type of injury? This is because they were not buckled in a car seat or the car seat was not used correctly. A car seat can save your baby's life.

Every time your baby rides in a car, buckle him into a rear-facing car seat.

Use a rear-facing car seat until your baby is at least one-year-old and weighs at least 10 kilograms (22 pounds).

If your baby outgrows the height or weight limit for his infant car seat, before age one, choose a convertible seat that can be used rear-facing up to a higher height and weight limit. Always follow your car seat instruction booklet and car owner's manual to be sure you are installing the car seat correctly.

12

months

Babies may start to walk and begin to climb.

Your baby's physical abilities are changing and this can get her into trouble quickly. As babies become more independent, parents often believe that they can be left alone "just for a minute".

For the short time that you are not able to watch your baby, put her in a safe place, like a playpen or crib.

Babies are showing an interest in different types of food.

Feed your baby soft food until the molars (teeth at the back of the mouth) have grown in. Molars are needed to grind harder foods.

Always cut food into tiny pieces (smaller than a fingernail).

Babies are exploring their world, often by putting things in their mouths.

Your baby can choke on food and small toys. Babies have smaller breathing airways than older children and adults. Choking will block your baby's airway and prevents her from crying or coughing.

Watch your baby while she eats and plays, then you can respond quickly if she starts to choke.

You can reduce your baby's chances of choking by keeping objects that are small enough to fit through a cardboard toilet paper-roll tube out of reach.

Poisoning is also a serious threat to your baby. Store medicines, vitamins, alcohol, makeup, and cleaners out of reach and locked up. Place plants out of reach as well.

The best defense your little one has against injury is YOU. You can reduce the risk of injury by staying close and guiding your baby safely through this first year of life.

For more safety information, visit [parachutecanada.org](http://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.*