

## **Lesson 2: Accidents/Emergencies**

### **Parent/Guardian Instructions:**

- Review the accident and emergency materials with your child (ren).

### **Lesson Discussion:**

Many people usually think of babies and toddlers when they hear the words "baby proofing" or "childproofing." Unintentional injury is the leading cause of death in kids 14 years old and under, with more than a third of these injuries happening at home. The common causes of home-injury deaths are fire and burns, suffocation, drowning, choking, falls, poisoning, and firearms. You can take precautions to make these places safer, but the most important thing to remember is to watch young children at all times. Even if your home is childproofed, it only takes an instant for babies and toddlers to fall, run over to a hot stove, or put the wrong thing in their mouths. Your watchfulness is your child's (ren) best defense. According to the Centers for Disease Control and Prevention (CDC), most home accidents happen where there is:

- Water - in the kitchen, bathroom, swimming pools, or hot tubs.
- Heat or flames - in the kitchen or at a barbecue grill.
- Toxic substances - under the kitchen sink, in the medicine cabinet, in the garage or garden shed, in a purse or other place where medications are stored.
- Potential for a fall - on stairs, slippery floors, or from high windows.

### **Parent/Guardian and Child (ren) Activity:**

- Identify household hazards with your child (ren).
- Teach your child (ren) what to do in an accident; try to remain calm, immediately find a trusted adult, when an adult is not present call 9-1-1, briefly state the problem, give your full name and address, remain on the telephone for questions and instructions.
- Teach your child (ren) how to call for help in an emergency; call for police, fire or rescue emergency by dialing 9-1-1, state the problem briefly, give your full name and address, remain on the telephone, don't hang up unless you are told to do so.