

Raising Safe Kids

Your children need your love and attention in order to grow and succeed. They also need parents who take steps to ensure their safety both in and out of the family home.

Be Prepared

- Make sure children know their full name, address (including city and state), and phone number with area code.
- Teach your children how and when to use the phone to call 911.
- Teach children to go to a store clerk, security guard, or police officer for help if they are lost.
- Help your child understand that no one – not even a teacher or relative – has the right to touch them in a way that makes them feel uncomfortable. It is okay to say no and tell a trusted adult.
- Learn basic first aid and CPR.
- Keep a list of emergency numbers. This should include your child's doctor, emergency services, and Poison Control.

At School & Play

- Encourage children to walk and play with friends. Teach them how to look for areas that may be dangerous or unsafe.
- Teach children to settle arguments with words not violence. Be a role model and use your words to settle disputes in the home in a respectful manner.

- Know whom your child is with and what kind of environment they are in at all times. Be sure to talk to other parents before allowing your child to enter their home or go on trips with them.
- Teach your child to respect authority figures, to respect their own safety, and to be alert to their surroundings.

At Home

- Parents often worry about protecting their children from strange abductions and violence, but many overlook one of the biggest dangers to their children's safety – their own home.
- While it is important to childproof your home when your child is young, it is just as important to childproof it in different ways as your child grows.
- Wash dishes and properly store food to avoid poisoning and illness.
- Put garbage in containers and if pets are kept in the house, clean up after them.
- Always wash produce before giving it to a child.
- Set your water heater at 120 degrees or less. Test the water temperature with your hand and teach your child how to test the temperature before they take a bath.
- Keep matches, medications, and cleaning supplies safely stored away.
- Keep guns unloaded and locked away from children.
- Make sure your home has smoke detectors and carbon monoxide detectors.

Take time to talk to your child about safety. Is it never too early, or too late, to educate your child about being a "safe kid."