

### Around the house

- Things to keep out of reach of children:
  - medication and vitamins
  - chemicals and detergents
  - matches and lighters
  - alcohol and other drugs
  - tobacco, snuff and nicotine replacement products.
- Keep detergents, cleaning solutions and other chemicals in their original packaging.
- Have only non-toxic plants inside the house.
- Indoor stairs must have:
  - anti-slip guards
  - handrails with vertical bars that have sufficiently narrow gaps between them.
- Practise walking on the stairs. Children must not run or play on the stairs.
- Every floor must have at least one functional smoke alarm per 60 square metres. Check the functionality of the smoke alarms every month.
- Sockets should be safety protected or covered with plugs.
- Electrical cords should be fastened in place and kept out of reach of children. Extension cords should be kept clean of dust and they should not be plugged into each other.

- Windows should be equipped with brackets to prevent children from falling out.
- Place anti-slip guards below rugs and carpets.
- Ensure that the locks on the toilet and bathroom doors can be opened from outside.
- Only have thermostat and safety taps in the bathroom.
- Equip the floor and the tub with anti-slip guards.
- Always empty the bathtub or whirlpool bath after a bath and cover the hot tub.
- Ensure that there is a safety railing around the sauna heater and that no clothes are dried near a hot heater.
- Check the condition of electric equipment, such as lamps, and only use safe products (CE marking).
- Keep sharp knives and other tools out of reach of children.
- Teach your child about fire safety and practise the use of home appliances, knives and tools together.
- Make it clear to your child that new skills should only be practised in the presence of an adult.

### In the yard

- Playground equipment, such as swings and climbing frames, should be safe, and you should check its condition regularly.
- Play areas for children should be safe from traffic and direct sunlight.
- Protect your child from sunlight with appropriate clothing, by choosing when to go outside and by using sunscreen.
- Children should wear clothes that cannot get stuck on the playground equipment (for instance, no cords in hoods).
- Only one child should jump on a trampoline at a time, and the trampoline must be equipped with a safety net.
- Agree with your child where the child is allowed to go when playing outside.
- The child should wear appropriate safety equipment for each activity (e.g. skating, skiing, cycling and skateboarding).
- Bike helmets should be removed before play.
- Keep hot tubs and other water containers/pools covered when not in use.



# Safety for your child

## CHECKLIST: 4 TO 6 YEARS

Expertise on accidents: Development Manager Riitta Koivula, National Institute for Health and Welfare.

National Action Plan for Safety Promotion among Children and Youth: <https://thl.fi/en/web/thlfi-en/research-and-expertwork/projects-and-programmes/national-action-plan-for-safety-promotion-among-children-and-youth>

Drawing by Antti Metsäranta

Learn to make observations and identify dangerous places together. Consider safe ways to act in dangerous and near-miss situations.

### Road safety

- A child less than 135 centimetres tall must always travel in a safety seat or a booster seat – a safety seat also provides side impact protection and is therefore preferable to booster seats.
- Both children and adults should wear properly fastened bike helmets when cycling.
- Children's clothes and bikes should be equipped with safety reflectors. If needed, visibility can be increased with a reflective vest.
- A bike light should be used in low light conditions.
- Teach your child how to stay safe in traffic and remember to set a good example.
- Check that the speed limit in the neighbourhood is sufficiently low.

### Water safety

- Children and adults should always wear a life jacket when travelling on water.
- Always monitor your child near water: floats or pool toys are not safety equipment.
- Children become familiar with water through play.

### First aid

- Save the following in your phone:
  - **emergency number 112** or
  - **the 112 Suomi mobile app** if you are using a smartphone
  - **the free-of-charge number of the Poison Information Centre 0800 147 111 (24h).**
- The child knows how to ask adults for help in an emergency and how to call 112.
- Ensure the adequacy of your first aid equipment (ask for instructions at the pharmacy or the maternity and child health clinic).

### Other

- Agree on ground rules with your child regarding the use of media (tablet, smartphone, TV and games).
- Instruct your child on the safe use of the Internet and tell them what to do if they encounter disturbing content.
- Encourage your child to be physically active and teach them safety skills: e.g. cycling and traffic rules.

- The child's comings and goings and whereabouts are known at home and have been agreed on together.
- Wearing a wristband or similar accessory that displays the child's name and the parent's contact details increases the child's safety at various events.
- Teach your child to take others into consideration and take care of their own and other people's safety.
- Listen to your child and show interest in their emotions and thoughts.
- Accept your child as they are and raise them with encouragement.
- Make sure that your child gets to enjoy safe cuddles, closeness and time together with the family.



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### Guardians and family members of children,

take care of your own coping capability and discuss your concerns with the people close to you and/or at a maternity and child welfare clinic, for example.

Pay attention to how you use media and smart devices in front of your child.

If you encounter inappropriate material or discourse online, you can report it to the police, for example: <https://www.poliisi.fi/nettip>

If you feel unsafe or encounter violence, call **the emergency number 112** or, in non-urgent situations, other helplines, such as **Nollalinja on 080 005 005** or **the crisis helpline of the Finnish Association for Mental Health on 010 195 202.**

Lower yourself to the floor and look at the view through a child's eyes. What interesting things are within their reach?

Learn emergency first aid and make sure that the first aid equipment in your home is up to date!  
It is important to be able to act immediately in an emergency.

Children imitate your example! Remember that children acquire attitudes early.