**2 YEARS – 5 YEARS**

- High activity
- Runs, jumps, climbs
- Practises skills
- Adventurous
- Fearless
- Strong

- Provide a safe, shady play area at home and avoid direct sun exposure between 11am and 4pm
- Fit shatter-resistant film to low glass
- Continue to supervise in the bath
- Hold hands near traffic. Use walking reins. Start teaching children to stop, look, listen and think
- Bunk beds are not suitable for children under the age of nine
- Choose low play equipment with soft under surfacing
- Use an approved booster seat in the car
- Supervise children at all times near pets
- Start swimming lessons

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**Growing Safely**

Advice for parents and carers of children from birth to five years

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**Safety Centre**

The Royal Children’s Hospital Melbourne
50 Flemington Road Parkville
Victoria 3052 Australia
Telephone: +61 3 9345 5085
Email: safety.centre@rch.org.au
Website: www.rch.org.au/safetycentre

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Growing Safely

**BIRTH TO 6 MONTHS**

- Rolls over
- Reaches for objects
- Grasps and puts objects in mouth

- Stay within arms reach around water
- Buy car restraints and nursery furniture that meet Australian standards
- Hot water delivered to the bathroom at a maximum 50°C to prevent serious scalds
- Choose firm mattress
- Supervise baby on change table
- Have emergency numbers by the phone
- Install smoke detectors and heater guards
- Don’t have hot drinks when nursing baby
- Choose age-appropriate toys without small parts
- Remove all strings and cords from clothing and toys

**6 – 12 MONTHS**

- Sits up, crawls
- Pulls up to stand
- First steps holding on

- Use barriers for stairs, bathrooms and kitchens
- Use harnesses in high chairs, prams and strollers
- Keep nappy bucket up high
- Empty paddling pools after each use
- Adjust the car restraint every time you use it
- Cushion sharp corners on furniture
- Lock away all poisons, medicines, matches and lighters

**1 YEAR – 2 YEARS**

- Walks, climbs
- Turns knobs, dials and taps
- Imitative play

- Install a standards approved pool fence
- Teach children to sit quietly to eat. Avoid foods such as peanuts until after five years of age
- Guards for heaters and fires should be attached to the wall
- Choose low fire danger nightwear
- Keep hot drinks, kettles and saucepans out of reach
- Get children out of car on the kerb side
- Any large or heavy items must be fixed to avoid tipping over