



- 1 Choose the **right car seat** for your child's weight, height and age.
- 2 Keep children in **rear-facing seats as long as possible until the child has outgrown** the seat by height or weight.
- 3 Teach your kids from a young age to **buckle up every ride, every car, every time**.
- 4 Use and install your **car seat according to the directions**.
- 5 A **properly installed car seat** should not move more than 1 inch when the base is tugged.



- 1 **Watch kids** around water. Keep **young children within arm's reach** of an adult.
- 2 Enroll children in **survival swim lessons** and **learn CPR**.
- 3 **Install 4-sided fences** around home pools.
- 4 Teach children that swimming in **open water is different** from swimming in a pool.
- 5 Teach children to **wear life jackets**.



- 1 Install **smoke alarms on every level** of your home, inside bedrooms and near sleeping areas.
- 2 **Test alarms** every month. Create a **home fire escape plan** with two ways out of every room.
- 3 Install **carbon monoxide (CO) alarms** and test alarms every month. In a CO emergency, leave your home immediately.
- 4 Watch children around balconies and windows. **Install window guards** and **safety gates** on stairs to prevent falls.
- 5 **Anchor unstable furniture** to the wall. Use anti-tip brackets or wall straps to secure topheavy furniture to the wall.



- 1 **Place babies on their backs** for naps and at night until they are 1 year old. Make sure babies sleep on a firm, flat surface in their own crib, bassinet or play yard.
- 2 Choose a **firm mattress and fitted sheet** for baby's crib.
- 3 **Remove toys, blankets, pillows, bumper pads and other accessories**.
- 4 **Dress baby in a wearable blanket or onesie**. A loose blanket could cover baby's airway or make their body temperature too high while they sleep.
- 5 **Share your room, not your bed**. Place baby's crib, bassinet or play yard in your bedroom instead of letting baby sleep in the same bed with you.



- Remind your child to wear a **properly-fitted helmet** when biking, skateboarding, riding a scooter or inline/roller skating.
- 2 **Check equipment**. Make sure your child's bike is the appropriate size and works properly.
 - 3 Teach your kids **the rules of the road**. Make sure they know proper hand signals, understand traffic signs and signals.
 - 4 **Be sure your kids are seen** while riding. Wearing bright colors, using lights, and wearing reflectors will help them be seen.
 - 5 Teach kids to ride on the sidewalk when they can. If not, **ride in the same direction as traffic** as far on the right-hand side as possible.



What's
high on
your list?