

2-4
ANS

Preschooler



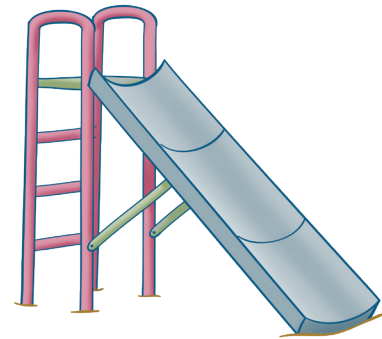
HELMET

- A properly fitted helmets should be worn for all wheeled sports and winter activities such as skiing and tobogganning (image of how to fit a helmet).



PLAYGROUNDS

- Make sure equipment is appropriate for your child's age and stage of development.
- Always supervise children while they are at the playground.



DROWNING

- Active adult supervision is essential near water. All eyes must be on the water.
- Swimming lessons are strongly recommended for children.

REMINDER

POISONING

- Remember to keep all poisonous substances, including cannabis, medications and cleaning products locked up out of sight and reach of young children.

 **Quebec poison hotline 1 800 463-5060**

REMINDER

HOME

- Anchor furniture such as bookshelves, wall units and televisions to the wall.

FALLS

- Most falls occur in and around the home.
- Install stops or guards on all windows.
- Place furniture away from windows and balconies.

CAR SEATS

- Children should remain rear facing until they outgrow the weight and/or height limits of their car seat as per manufacturers instructions.



REMINDER

CHOKING

- Foods such as grapes, cherry tomatoes and hot dogs should be cut into small pieces and carrots should be grated.
- Avoid food such as hard candies, popcorn and peanuts.

DOG BITES

- Teach your child to:
 - **Always** ask the owner before petting a dog.
 - Let the dog sniff you before petting them.
 - Do not run towards or away from a dog.
 - **Never** tease dogs, pull their tails or ears or squeeze them too tight.
 - **Never** take a toy or a bone away from a dog.
 - **Never** bother a dog while they are eating.

REMINDER

BURNS

- Always check the bath temperature before placing your child in the bath.
- Seat your child facing away from the faucets so that they are out of reach.

