Accidents to watch out for

I can get scalded by:

**Bath Water**
Test the temperature first with your wrist or elbow. **Never** leave me alone in the bath, even for a second.

**Hot Food**
If you use a microwave to heat my baby food or milk, take care. Always shake the bottle or stir the food. Test the temperature before feeding.

**Tea and coffee**
Scalds are very common. I may knock mugs and cups while you cuddle me.

**I Can Choke**
40 babies die each year this way.

Don’t leave me alone to feed with my bottle or food.
Always hold the bottle yourself when I feed.
Small things - stones, buttons and fluff will choke me.
Nappy sacks - always keep nappy sacks and other plastic bags and wrapping away from babies and young children.
**Never** place nappy sacks in a baby’s cot or pram.

**Look in my fist**
Have I picked something up?
Strap me into baby seats and highchairs

Watch Out - use safety equipment NOW!
I may crawl or walk early or do something you don’t expect.
Once I can sit up I can reach even more things.

I don’t want to be hurt in a car accident
Always use my car seat. The law says I need to have and use a car seat, everytime I ride in the car.
For advice visit your nearest car seat supplier or go to: www.thinkroadsafety.gov.uk

I’m not always a lot of fun!
I may cry a lot.
I may be grumpy.
You may be very tired.
It’s OK - we all have bad days.

Please ask for help!
Talk to a friend.

Ring your health visitor, or Crysis - a helpline for families with crying babies.
Let someone else look after me sometimes.

Have a break

This leaflet is available in other formats please telephone 01209 313419

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