When your baby gets a bit older you might want to ask for our booklet called
Now I can crawl...
I can help you care for me...

- **Hello!** If you’ve got a baby like me, this booklet is for you.
- **Why?** Because it's here to help you keep me safe until I start to crawl.
- It tells you about some of the ways I can get hurt in an accident.
- And it tells you how to try and make sure that I don't.

The accidents I’ve chosen are the ones I’m most likely to get hurt in.

- Falling
- Fire in my home
- Burns to my skin
- Getting into trouble
- Riding in the car

Turn over to find out more...
I'm only a baby but...

- I'm growing and changing all the time.
- I need you to look after me so I don't get hurt by mistake.
- At first I mostly sleep, eat and cry. But you still need to know how to keep me safe.
- And it’s not long before I learn new things like rolling over and sitting up.
- So you need to think about that too.

Watch out!

- Every year, lots of babies like me are rushed to hospital because we've been hurt in accidents.
You need to keep me safe...

- I know you’re really busy looking after me. And you may be really tired too.
- So I’m making it as quick and easy as I can.
- Look at a page with a sad face.
  
  *Sad faces show you how babies like me can get hurt.*
- Now look at a page with a happy face.
  
  *That’s how to keep me safe.*
I could get badly hurt if I fall...

I can’t crawl or walk yet so you’ll need to carry me all the time.

But as I grow, I’ll learn to use my arms and legs so that I can roll about.

Make sure I don’t have a fall...
You could trip over something while you're holding me.

Watch where you're putting your feet.