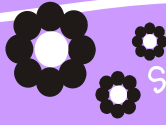


# Safety Never Hurts

Beamer the Safety Bug's  
Bulletin for parents and caregivers of young children



Spring/Summer Edition



## Coping With Crying

A sleeping baby can remind us that life is full of miracles. A crying baby can remind us that life is full of frustrations. Unfortunately, there are times when a caregiver becomes so frustrated by the crying that they shake the baby.

Shaken Baby Syndrome happens when a baby or young child is violently shaken by someone, with or without the baby's head hitting against something. This violent shaking causes brain damage that will last a lifetime.

### What is "Normal" Crying?

It is important for parents to understand that it is normal for babies to cry. After birth, beginning around two weeks of age, babies start to cry more often. Expect the peak crying to occur around six weeks of age. It is normal for babies at this age to cry for as long as five hours each day. The crying is often worse during the evening. It is important to understand that unsoothable crying will occur in the first few months of life regardless of the caregiver's efforts. The good news is that this peak period of crying usually comes to an end by 4-5 months of age, and often earlier.

### What if the Crying Doesn't Stop?

#### Carry, comfort, walk and talk

- Check if the baby is hungry, hot, cold, or needs his/her diaper changed
- Walk around and talk with the baby
- Wrap them in soft blankets
- Put them skin-to-skin with you

#### It is OK to walk away

- Place the infant in a safe place and take a break for 5 to 10 minutes.

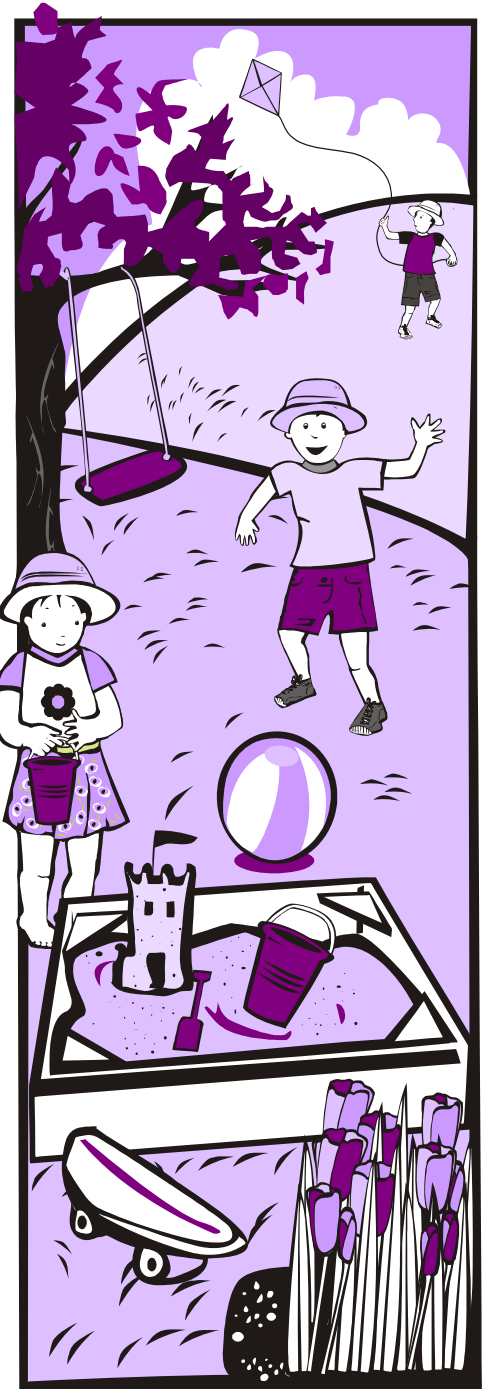
#### Never shake or hurt a baby

- Under no circumstances is it okay to shake or hurt an infant.

If you are concerned that the crying is due to an illness, have the baby checked by the doctor.

Parents want the best for their baby and in order for that to happen parents must take care of themselves. Happy parents make happier babies...but remember that doesn't always mean quiet babies.

For more information about infant crying go to [www.dontshake.org](http://www.dontshake.org)



# Hot Tub Tips

Hot tubs are popping up in more backyards every year, offering adults a place to sit back and relax.

However, hot tubs can quickly result in physical danger and drowning when children are involved. In order to safely enjoy your time in the hot tub, keep in mind the following tips:

- Children younger than 5 years of age should not be allowed in the hot tub as their bodies can quickly overheat.
- Small children and those who can't swim should wear a life jacket and stay in no longer than 5 minutes.
- Make sure all drains have anti-entanglement drain covers to prevent hair or body parts from becoming trapped in the suction.
- The temperature of the water should not be higher than 40°C or 104°F.
- Always be within an arm's reach to properly supervise children younger than 12 years of age when playing in or around the hot tub.
- The hot tub needs a locked hard cover or fencing when not in use. Safety experts suggest that if a hot tub or pool should be fenced if it is too large to be emptied each day.
- Know where the shut-off switch to the pump is located, in case of an emergency

For more hot tub safety information you can go to [www.smartrisk.ca](http://www.smartrisk.ca)

# Lawn Mower Safety

The sun is shining, the blossoms are starting to open, and the grass is finally green and growing. Every year many children are hurt by lawn mowers, both push mowers and riding lawn mowers. Some simple safety tips can help prevent these injuries, including:

- Keep children inside or a safe distance away from the area to be mowed when mowing the grass.
- Do not allow anyone to ride as a passenger on a riding lawn mower.
- Pick up any objects like rocks, twigs, and toys that could be thrown by the mower and hit anyone nearby.
- Never pull the mower backward or mow in reverse unless you must and, in this case, be sure to look for children behind you before you move.
- Children should be 12 years of age to use a push mower and 16 years of age to operate a riding mower. Ensure anyone who is mowing wears proper gear, including close-toed shoes, close-fitting clothes, safety goggles, and hearing protection.

For more information on mowing your lawn safely, please visit: [www.fs4jk.org](http://www.fs4jk.org)

# Camp Fire Fun

As camping and cottage season starts up again, it is important to remember although a campfire can be a lot of fun for the whole family, it can also become a danger quickly.

Remember the following pointers when enjoying a campfire:

- Do not build a fire close to anything that can catch fire like tree branches and tents.
- Mark a clear "do not cross" line around the fire pit for children to prevent them from walking over the burning coals.
- Keep a bucket of water or sand close by to put out the fire in case it gets out of hand.
- One adult should always stay with a burning fire.
- Never use gas or any other flammable liquid to start your fire.
- Continue practising campfire safety when using a portable backyard fire pit.
- Completely extinguish the fire using water so that it is no longer smoking or hissing.

For information on how to safely enjoy your outdoor fires, please visit [www.stayingalive.ca](http://www.stayingalive.ca)



## Did You Know?

Merry-go-rounds and inflatable jumping rides are leading causes of amusement park ride injuries.

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