

## A Million Messages (AMM) Quick Reference Sheet Well Child Visits

Child Development Factors	Key Safety Messages for Parents	HPHC Early Years Resource Web and Print	Additional AMM Resources
<p><b><u>2 month visit</u></b></p> <ul style="list-style-type: none"> <li>As babies move, wiggle and kick, they are at risk of falling from raised surfaces.</li> </ul>	<p><b>Preventing Falls</b></p> <ul style="list-style-type: none"> <li>Keep one hand on your baby when he/she is on any high surface such as a change table.</li> <li>Avoid placing car seats and infant chairs on raised surfaces like furniture, counters, or dryers.</li> </ul>	<ul style="list-style-type: none"> <li>Web - <a href="#">Preventing Injuries - Falls</a></li> <li>Print - Preventing Injuries - Falls (pp. 104-106)</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Keeping Your Baby Safe From Falls</a></li> </ul>
<ul style="list-style-type: none"> <li>Babies spend a lot of time sleeping. Some sleep environments can put babies at risk for sleep-related death such as SIDS.</li> </ul>	<p><b>Safe Sleep</b></p> <ul style="list-style-type: none"> <li>Always put your baby on his/her back to sleep in a crib, cradle or bassinet that meets Canadian government safety standards.</li> <li>Keep the crib, cradle or bassinet free of clutter.</li> <li>Keep your baby warm, not hot and keep spaces smoke-free before and after birth.</li> <li>Breastfeed your baby.</li> <li>Sleep in the same room as your baby, but don't share a bed with your baby or sleep together anywhere else.</li> </ul>	<ul style="list-style-type: none"> <li>Web - <a href="#">Safe Sleep</a></li> <li>Print - Safe Sleep (pp. 218)</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">AHS Safe Sleep Brochure</a></li> <li><a href="#">AHS Safe Sleep Bookmark</a></li> </ul>
<ul style="list-style-type: none"> <li>All babies cry. Crying peaks from 2 to 4 months.</li> </ul>	<p><b>Coping with Crying</b></p> <ul style="list-style-type: none"> <li>It is more important to stay calm than to stop the crying.</li> <li>Plan ahead for how you will cope when the crying gets to be too much. It's OK to ask for help.</li> <li><b>Never shake a baby</b> for any reason.</li> </ul>	<ul style="list-style-type: none"> <li>Web - <a href="#">When Your Baby Cries</a></li> <li>Print - When Your Baby Cries (pp. 233)</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">The Crying Plan</a></li> </ul>
<p><b><u>4 month visit</u></b></p> <ul style="list-style-type: none"> <li>As babies learn to roll, move and sit they are at risk of fall-related injuries.</li> </ul>	<p><b>Preventing Falls</b></p> <ul style="list-style-type: none"> <li>Use safety straps in your baby's stroller, high chair, baby swing, car seat and all shopping carts.</li> <li>Change diapers on a clean pad on the floor instead of on a raised surface.</li> </ul>	<ul style="list-style-type: none"> <li>Web – <a href="#">Preventing Injuries - Falls</a></li> <li>Print – Preventing Injuries - Falls (pp. 104-106)</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Keeping Your Baby Safe From Falls</a></li> </ul>
<ul style="list-style-type: none"> <li>Babies have thin, sensitive skin that burns easily.</li> <li>Babies lack head control and can drown in 2.5 cm (1 inch) of water in just a few seconds.</li> </ul>	<p><b>Home Safety</b></p> <ul style="list-style-type: none"> <li>Set the hot water temperature in your home to 49° C (120° F) (or warm).</li> <li>Use lids on hot drinks, even at home. Keep hot liquids away from your baby.</li> <li>NEVER leave your baby unattended in, around, or near water. Baby bath seats are not a substitute for adult supervision. Bath tub rings are not recommended.</li> </ul>	<ul style="list-style-type: none"> <li>Web – <a href="#">Preventing Injuries</a></li> <li><a href="#">Burns and Scalds</a></li> <li><a href="#">Water Safety</a></li> <li><a href="#">Choking and Poisoning</a></li> <li><a href="#">Falls</a></li> </ul>	<p>Home Safety</p> <ul style="list-style-type: none"> <li><a href="#">Drowning Prevention in Pools and Hot Tubs</a></li> <li><a href="#">Preventing Burns</a></li> <li><a href="#">Choking Prevention</a></li> </ul>

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<ul style="list-style-type: none"> <li>Babies explore and learn by putting things in their mouths which increases the risk of choking.</li> </ul>	<ul style="list-style-type: none"> <li>Keep small toys, latex balloons, and household objects like coins and jewelry away from your baby. Objects that fit in a toilet paper roll are choking hazards.</li> <li>Cut blind cords or secure them out of reach.</li> </ul>	<ul style="list-style-type: none"> <li>Print - Preventing Injuries</li> <li>Burns and Scalds (pp. 108)</li> <li>Water Safety (pp. 111)</li> <li>Choking and Poisoning (pp. 107)</li> <li>Falls (pp. 104)</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Poisoning</a></li> </ul>
<p><b>6 month visit</b></p> <ul style="list-style-type: none"> <li>Older babies crawl, pull up to stand and become more mobile, increasing the risk of falls in the home.</li> </ul>	<p><b>Preventing Falls</b></p> <ul style="list-style-type: none"> <li>Install sturdy, wall-mounted gates at the top and bottom of stairs to prevent falls. Pressure-mounted gates at the bottom of stairs are sufficient. Pressure-mounted gates should not be used at the top of stairs.</li> <li>Once your baby can sit, move the crib mattress to its lowest position.</li> <li>Secure heavy furniture such as bookcases and dressers to the wall.</li> <li>Move baby furniture away from windows and install window safety devices.</li> </ul>	<ul style="list-style-type: none"> <li>Web - <a href="#">Preventing Injuries - Falls</a></li> <li>Print – Preventing Injuries - Falls (pp. 104-106)</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Keeping Your Older Baby Safe from Falls</a></li> </ul>
<ul style="list-style-type: none"> <li>Older babies improve their fine motor coordination and continue to explore and learn by putting things in their mouths, increasing the risk of poisoning.</li> </ul>	<p><b>Home Safety</b></p> <ul style="list-style-type: none"> <li>Common causes of poisoning are medicine/vitamins, plants, cosmetics and household chemicals.</li> <li>All poisonous substances (e.g., tobacco, alcohol, cannabis) should be stored out of sight, out of reach, and locked up.</li> <li>If you suspect poisoning, call PADIS: 1-800-332-1414 (Alberta).</li> <li>If you have a fireplace, use a fireplace safety gate.</li> </ul>	<ul style="list-style-type: none"> <li>Web – <a href="#">Preventing Injuries - Choking and Poisoning</a></li> <li>Print – Preventing Injuries - Choking and Poisoning (pp. 107)</li> </ul>	<p>Home Safety</p> <ul style="list-style-type: none"> <li><a href="#">Drowning Prevention in Pools and Hot Tubs</a></li> <li><a href="#">Preventing Burns</a></li> <li><a href="#">Choking Prevention</a></li> <li><a href="#">Poisoning</a></li> </ul>
<ul style="list-style-type: none"> <li>A rear-facing seat provides the best protection for a child's head, neck and back in a sudden stop or crash.</li> </ul>	<p><b>Car Seats</b></p> <ul style="list-style-type: none"> <li>A child is safest in a rear-facing car seat until they are at least 2 years old or reach the maximum weight or height limit for the rear-facing seat (as stated by the manufacturer).</li> <li>Properly install the car seat in your vehicle and buckle up your child correctly every time.</li> </ul>	<ul style="list-style-type: none"> <li>Web – <a href="#">Car Seats and Booster Seats</a></li> <li>Print - Car seats and Booster seats (pp 123-131)</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Take the Rear-facing Car Seat YES Test</a></li> </ul>
<p><b>12 month visit</b></p>	<p><b>Preventing Falls</b></p> <ul style="list-style-type: none"> <li>Before your child is tall enough to climb over the crib rails, move him to a toddler bed.</li> </ul>	<ul style="list-style-type: none"> <li>Web – <a href="#">Preventing Injuries - Falls</a></li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Keeping Your Older Baby Safe from Falls</a></li> </ul>

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<ul style="list-style-type: none"> <li>As toddlers learn to climb, run and jump, they are at risk of falling.</li> </ul>	<ul style="list-style-type: none"> <li>Check that stair gates and window safety devices are being used, and that heavy furniture is both placed away from windows and secured to the wall.</li> <li>Actively supervise toddlers when they are climbing, exploring and are around animals such as dogs.</li> <li>Active supervision means being close by and paying attention.</li> </ul>	<ul style="list-style-type: none"> <li>Print – Preventing Injuries - Falls (pp. 104-106)</li> </ul>	
<p>A rear-facing seat provides the best protection for a child's head, neck and spine in a sudden stop or crash.</p>	<p><b>Car Seats</b></p> <ul style="list-style-type: none"> <li>A child is safest in a rear-facing car seat until they are at least 2 years old or reach the maximum weight or height limit for the rear-facing seat (as stated by the manufacturer).</li> <li>If needed, I'll get a larger car seat, with higher rear-facing height and weight limits, so I can keep my child rear-facing as long as possible.</li> </ul>	<ul style="list-style-type: none"> <li>Web – <a href="#">Car Seats and Booster Seats</a></li> <li>Print - Car seats and Booster seats (pp 123-131)</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Take the Rear-facing Car Seat YES Test</a></li> </ul>
<p><b>18 month visit</b></p> <ul style="list-style-type: none"> <li>Toddlers and preschoolers are attracted to water but do not understand its dangers.</li> <li>Toddlers can reach higher and climb, thus are more able to access dangerous products.</li> </ul>	<p><b>Home Safety</b></p> <ul style="list-style-type: none"> <li>NEVER leave your child unattended in, around, or near water. Devices such as bath seats, lifejackets and water wings are not a substitute for adult supervision.</li> <li>Food is the most common cause of choking for children. Avoid serving nuts, whole grapes, hot dogs, popcorn, gum, and hard candy until your child is at least 4 years old.</li> <li>Check that blind cords are secured out of reach.</li> <li>Use a lid on hot drinks, even at home. Keep hot liquids away from your child.</li> <li>Trampolines are a high-risk activity that can lead to serious injury. Trampolines should not be regarded as play equipment and should not be part of home play areas.</li> </ul>	<ul style="list-style-type: none"> <li>Web – <a href="#">Preventing Injuries</a></li> <li><a href="#">Choking and Poisoning</a></li> <li><a href="#">Water Safety</a></li> <li><a href="#">Trampoline</a></li> <li>Print – Preventing Injuries</li> <li>Choking and Poisoning (pp. 107)</li> <li>Water Safety (pp. 111)</li> <li>Trampoline (pp. 122)</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Keeping Your Toddler and Preschooler Safe from Falls</a></li> </ul> <p>Home Safety</p> <ul style="list-style-type: none"> <li><a href="#">Drowning Prevention in Pools and Hot Tubs</a></li> <li><a href="#">Preventing Burns</a></li> <li><a href="#">Choking Prevention</a></li> <li><a href="#">Poisoning</a></li> </ul>
<ul style="list-style-type: none"> <li>A rear-facing seat provides the best protection for a child's head, neck and back in a sudden stop or crash.</li> </ul>	<p><b>Car Seats</b></p> <ul style="list-style-type: none"> <li>A child who is at least 2 years old or has reached the maximum weight or height limit of the rear-facing seat (as stated by the manufacturer) should ride in a forward-facing car seat.</li> <li>A child should stay in the forward-facing car seat until they reach the maximum weight or height limit of the seat (as stated by the manufacturer).</li> </ul>	<ul style="list-style-type: none"> <li>Web – <a href="#">Car Seat and Booster Seats</a></li> <li>Print - Car Seats and Booster Seats (pp. 123-131)</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Take the Rear-facing Car Seat YES Test</a></li> <li><a href="#">Take the Forward-facing Car Seat YES Test</a></li> </ul>
<p><b>Pre-school visit</b></p>	<p><b>Safe &amp; Active Living</b></p>	<ul style="list-style-type: none"> <li>Web - <a href="#">Outdoor Safety</a></li> <li>Print – Outdoor Safety (pp. 118-122)</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Take the Bike Helmet YES Test</a></li> </ul>

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<ul style="list-style-type: none"> <li>Age-appropriate active living is an important part of healthy child development.</li> </ul>	<ul style="list-style-type: none"> <li>Bike helmets reduce the risk of head injury in a crash by 85% and are required by law in Alberta for children under 18 years old. Make bike helmets a habit for your family.</li> <li>Young children cannot make safe judgments about crossing the street. Make sure your child is supervised by an adult or a responsible older child when crossing the street.</li> <li>Outdoor active play is an important part of child development. Ensure your child is supervised and playing on safe equipment appropriate for their age.</li> <li>Play on playgrounds with safe surfacing. Make sure your child understands safe play and is wearing appropriate clothing.</li> <li>Make sure your children wear protective gear and get appropriate training for whatever sport or recreational activity they participate in.</li> </ul> <p>Trampolines are a high-risk activity that can lead to serious injury. Trampolines should not be regarded as play equipment and should not be part of home play areas.</p>		<ul style="list-style-type: none"> <li><a href="#">Keeping Your Older Baby Safe from Falls</a></li> </ul> <p>Summer Safety</p> <ul style="list-style-type: none"> <li><a href="#">Bike and Small Wheeled Recreation Safety</a></li> <li><a href="#">School Bus Safety</a></li> <li><a href="#">Playground Safety YES Test</a></li> </ul>
<ul style="list-style-type: none"> <li>A booster seat provides the best protection for an older child in a sudden stop or crash. Without a booster seat an adult seat belt rides too high on a child's belly and neck. This can cause serious injuries to a child in a crash.</li> </ul>	<p><b>Booster Seats</b></p> <ul style="list-style-type: none"> <li>Once a child has reached the maximum forward-facing weight or height limit of their car seat (as stated by the manufacturer), they should move into a booster seat.</li> <li>A child is safest in a booster seat until they reach the maximum weight or height limit of the seat (as stated by the manufacturer).</li> <li>A child is ready to ride in the vehicle without a booster seat when the vehicle seat belt fits properly. This is typically when a child is 145 cm (4'9") tall and between 8 and 12 years of age.</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Car Seats and Booster Seats</a></li> <li>Print - Car seats and Booster seats (pp 123-131)</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Take the Booster Seat YES Test</a></li> </ul>