

# ARKids 1st Growing Healthy ARKids!

## Car Safety

### Prevent car heatstroke

Heat in a parked car rises a shocking 20 degrees within the first 10 minutes even when it's 57 degrees outside.

To prevent car heatstroke:

- Never leave a child alone in a car.
- Look before you lock. Put your purse, briefcase, even a shoe in the backseat to make you look.
- Teach your child never to play in cars. A child may accidentally lock himself in the trunk.
- Lock the doors and trunk when you're not using the car.
- Share these rules with all your child's caregivers.
- Ask caregivers to call immediately if your child doesn't come to school or daycare as scheduled.

Find out more at [nhtsa.gov/road-safety/child-safety/#topic-heatstroke](https://nhtsa.gov/road-safety/child-safety/#topic-heatstroke)

### Buckle up every age, every seat, every day.



**Rear-facing** – Children under age 1 should ride in a rear-facing seat until they reach the highest weight or height allowed by their car seat manufacturer.



**Forward-facing** – Children who have outgrown the rear-facing weight or height limit for their seat should use a forward-facing seat with a 5-point harness.



**Booster** – All children whose weight or height is over the forward-facing limit for their car safety seat should use a belt-positioning booster seat until the seat belt fits properly.

**All children younger than 13 years should ride in the back seat.**

For more information about when to change car safety seats, check the car seat manufacturer guide or visit [nhtsa.gov/equipment/car-seats-and-booster-seats#car-seat-types](https://nhtsa.gov/equipment/car-seats-and-booster-seats#car-seat-types)

## Home Safety

### Your kids are ARKids. Keep them safe!

#### Accident-proof your home:

- Cover unused electrical outlets with safety outlet plugs.
- Raise electrical cords out of reach.
- Put child locks on cabinets and drawers your toddler can reach.
- Keep all chemicals, shampoo, soap, even makeup, out of your child's reach.
- Lock the doors to the outside and to dangerous areas, such as stairwells or utility rooms.
- Use gates at both ends of stairways.



**Fire Safety** – Make sure your smoke alarms work, especially in sleeping areas. Test the alarms every month. Replace the batteries at the same time every year – like on your child's birthday.



**Poisoning** – If your child puts something poisonous in his or her mouth, do not make your child throw up. Call the Poison Help Line at 800-222-1222.



**Street Safety** – Teach your child to always stop at the curb. Tell him never cross the street without an adult.



**Bike Safety** – Helmets protect your child's brain and could save her life. Make sure she always wears a helmet when she rides a bike, skateboard or scooter.

For more safety tips look online at [cdc.gov/safechild](https://cdc.gov/safechild)

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[ARKidsFirst.com](https://www.arkidsfirst.com)

