








Top 5 Injuries for Young Kids and How to Avoid Them

	<p>1. Falls</p> <p>Install safety gates at the top and bottom of steps.</p> <p>Remove all chairs and tables near windows or balcony rails.</p>
	<p>2. Scalds</p> <p>Use placemats rather than table cloths – a baby trying to stand may pull on a table cloth causing hot foods or glass to fall.</p> <p>Always stay with a child in the bath to prevent scald burns and drowning.</p>
	<p>3. Poisoning</p> <p>Keep household cleaners, alcohol, cigarettes, perfume, mouthwash, paint, vitamins, and medicine out of a baby's reach.</p>
	<p>4. Choking</p> <p>Do not give hot dogs to a child under a year old -- they can easily lodge in the throat -- for older toddlers, cut hot dogs length-wise and then again into small pieces.</p>
	<p>5. Suffocation</p> <p>Tie cords from curtains and blinds up high to avoid strangling. Keep plastic bags in a cupboard that children can't reach.</p>