

Each baby develops at their own pace, often through similar stages. Your baby will wriggle from birth, may roll in the first few months and may start to sit up and learn to crawl between 4–8 months. They will also start to reach and grasp for objects and put them into their mouth. As baby becomes more mobile, they will have access to a greater range of potential injury hazards in and around your home, so understanding their development as they grow will help you enjoy all these stages while also keeping them safe.



AT HOME

Reduce the risk of burns and drowning when bathing:

- Always check the temperature of the water before bathing your baby. The water should be no more than 38°C. Fill the bath with cold water first, then add hot water and mix well. Run cold water through the tap last so the tap isn't hot.
- Actively supervise your baby in the bath and keep one hand on them when they are in the water. It takes 20 seconds and just a few centimetres of water for a baby to drown; never leave them unsupervised or in the care of an older child around water.

Prevent burns, choking and falls when feeding:

- When bottle feeding, always check the milk temperature before giving it to baby. Microwaves heat milk unevenly so always shake the bottle to mix the contents.
- Always supervise baby when feeding – never prop up a bottle for baby to feed alone. When starting solids, finely mash foods.
- Secure baby in their high chair with a 5 point harness.
- Always read medication labels carefully and never give more than the recommended dose.

Prevent sleeping accidents:

- Provide a safe sleeping environment night and day in a cot that meets Australian Standards (AS/NZS 2172:2003) or a bassinet, with a firm, fitted mattress and fitted sheet.
- If using a portacot when travelling, make sure it is locked securely and that no extra padding or mattresses are used.
- Sleep baby on their back from birth with their head and face uncovered and their feet at the foot of the cot or bassinet.
- Make sure the cot or bassinet is away from curtain and blind cords, mobiles and other hazards.
- Never use or place soft items in the cot such as bumpers, pillows, quilts or soft toys.
- Dress baby appropriately for the room temperature – comfortably warm, not too hot, not too cold.
- For more information on safe sleeping, please visit [Red Nose](#).

Reduce the risk of falls, choking and burns when dressing:

- Never leave your baby alone on the change table or other raised surfaces.
- Choose clothing that has a low fire danger label and avoid clothing with long drawstrings, ribbons or cords.

Setting up your home safely:

- Crawl around the house to view hazards from a baby's perspective, and use our [Home Safety Checklist](#) to help you spot common hazards.
- Use safety products to reduce the risk of hazards in the home, including furniture anchoring devices, safety gates, power point covers and stove guards.
- Store button batteries and products that use them up high out of reach of babies and ensure battery compartments on devices are secure. If you suspect a child has ingested a button battery, call the [Poisons Information Centre on 13 11 26](#) immediately.
- Store poisons (e.g. cleaning products, pesticides, medications, e-cigarette devices and e-liquids) up high and out of reach in a locked cupboard. If you think a baby has ingested a poison, immediately call the Poisons Information Centre on 13 11 26.
- Make sure the hot water delivery temperature for your bathroom taps is set to 50°C, smoke alarms are installed throughout your home and do not hold hot drinks while near your baby.
- If your baby sustains a burn or scald, remove clothing and nappies from the affected area and immediately run the affected area under cool running water for 20 minutes. Never use ice, butter or oil on the burn.
- Complete CPR and first aid training and update these skills regularly. Visit kidsafevic.com.au for more information on first aid.



AT PLAY

Reduce the risk of injuries such as burns, falls and choking:

- Create a safe play area for your baby away from heaters, stairs, driveways, water and other hazards. A playpen or safety gate can help restrict access to hazards.
- When choosing toys, make sure these are age appropriate, durable and washable, and have no broken parts that can be swallowed. Avoid toys with button batteries or ensure the batteries are not accessible.
- Supervise baby around pets at all times. If you can't supervise, make sure they are separated with appropriate barriers.

Reduce the risk of injury when using nursery equipment:

- If you use a bouncer or rocker, use the harness provided and place it on the floor – never on a raised surface.
- Baby walkers are not recommended due to the risk of injury.
- Actively supervise baby around all sources of water, and empty and pack away paddle pools, buckets, bins and baths after every use.



OUT & ABOUT

Keep baby safe in the car:

- Babies under 6 months of age must use an approved rearward facing child car restraint that is correctly fitted to the vehicle, and adjusted to fit them properly.
- Your baby should remain rear-facing until they no longer fit their restraint's size limit. Restraints with extended rear facing capabilities (rear facing until approximately 2-3 years of age) are available to purchase and use in Australia.
- Have a professional install or check your child car restraint. Our Safe Seats, Safe Kids program uses experienced, accredited fitters to provide free fitting and checking days across Victoria – visit safeseatssafekids.com.au to book your appointment.

Reduce the risk of injury when using nursery equipment:

- Use a pram or stroller that meets Australian Standards, and place all bags under the pram to avoid it tipping. Always use the harness provided.
- If you use a baby sling or carrier, make sure to follow the **TICKS rule** – **tight**, your baby's face is **in view** at all times and **close** enough to kiss, **keep** baby's chin off your chest, and **support** baby's back.

Protect baby from the sun and heat:

- Never leave your baby unattended in the car – the temperature inside a car can be 20-30°C hotter than outside.
- Dress your baby in light-weight, long sleeved clothing and a hat, find shade and use baby sunscreen.

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