

Check 2 Creating a safe environment at home

The following are easy ways you can prevent accidents at home. This safe environment must be kept until your child turns three.

These things are so easy to do!



Fit a non-slip material inside the bathtub, etc.!

The bathroom floor and bathtub interior are very slippery when wet. Make them less slippery by fitting a mat and/or self-adhesive sheet.



Once your child begins to crawl, fence off the stairs!

Once your child begins to crawl, he/she will want to explore everywhere in your house. Fence off the stairs and kitchen.



Prevent accidental pinching of fingers by door!

Children often break their fingers by inserting them into small gaps. Attach empty milk cartons to the gap to keep fingers out.



Prevent access to a stove!

Prevent access to a stove by installing a protective fence. If you are buying a new one, note that gentle heating devices like oil heaters are safer for children.



You can see these tips demonstrated in an accident-free model house at the Aichi Children's Health and Medical Center. If you wish to see them, please contact staff at the Health Care Section.

Check 3

Watch out for this!



Eight points to check for preventing accidents

- 1 **Accidental ingestion and suffocation:** Objects smaller than 39 mm in diameter (identifiable by an accidental ingestion checker tool) should be kept at least 1 m above the floor.
- 2 **Brachial blockage:** Don't let your child eat dry peanuts before turning three.
- 3 **Prevention of falling down the stairs:** Install fences to protect your child from falling down the stairs.
- 4 **Prevention of falling from verandah:** Don't leave any object like planters and a pile of newspapers which your child could step on.
- 5 **Drowning in bathtub:** Don't leave water in the bathtub after use. Prevent easy entrance to the bathroom.
- 6 **Burns:** Set the hot water temperature appropriately. Prevent access to heat sources. Be careful with fireworks.
- 7 **Car accidents:** Use a child-seat. Don't leave any infant alone in the car.
- 8 **Bicycle accidents:** Make your child wear a helmet. Protect your child's legs and take other necessary measures when riding a bicycle.

★Class on preventing children's accidents★

Program

Learning about accident prevention at the accident-free model house and emergency life-saving techniques

Date and time

Third Saturday of the month
From 10 a.m.

Venue

Aichi Children's Health and Medical Center
Accident-free model house (1F atrium)

Contact

Please call the Health Care Section of the Aichi Children's Health and Medical Center.

Reservations

Phone: 0562-43-0500 (main) (extension 4042)

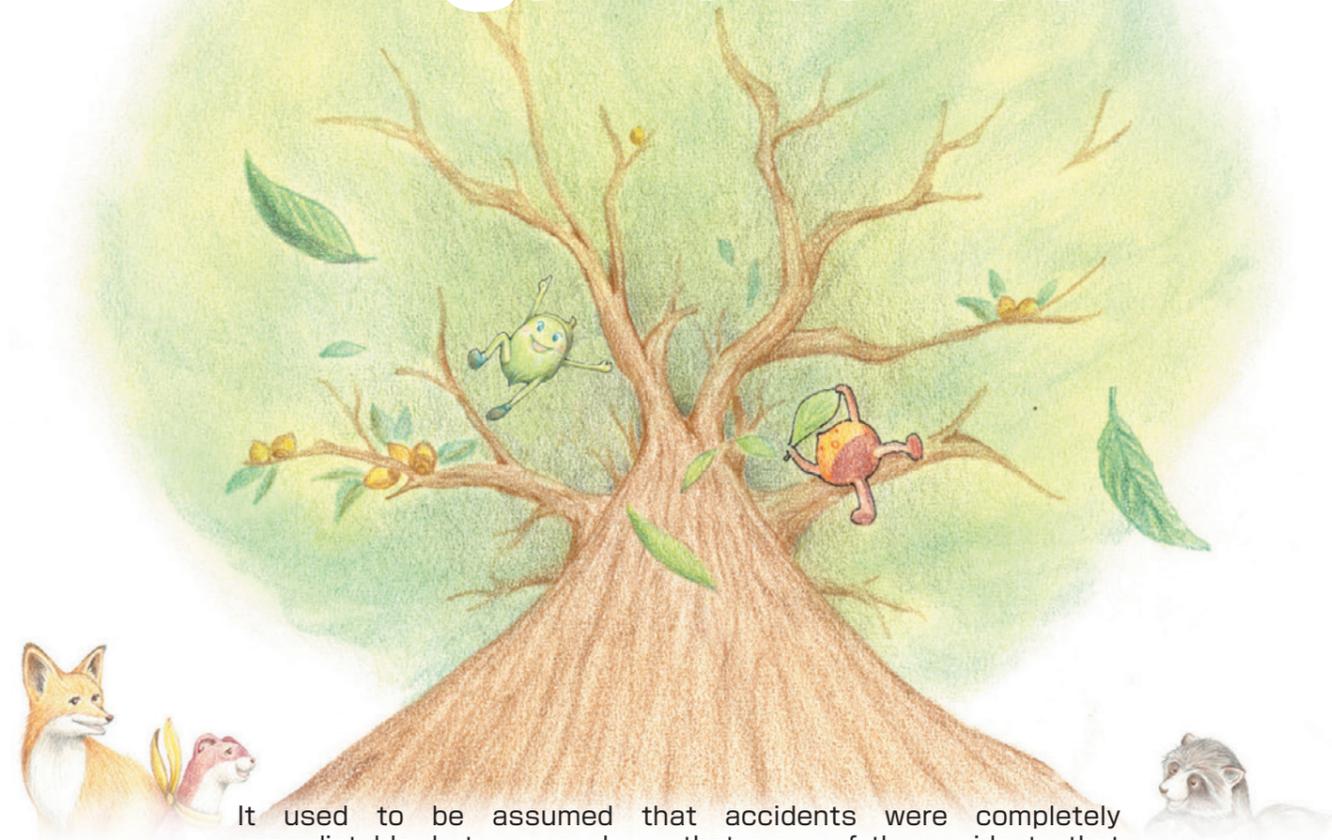
We welcome your visit.



Three "checks" to protect their smiles

Protecting children from accidents

Things we can do



It used to be assumed that accidents were completely unpredictable, but now we know that many of the accidents that can happen to children are preventable.

How can we protect children from accidents? We can create an accident-free environment where children may safely be left alone by their parents.

What will you do to protect your children from accidents? Let's think together.

Causes of death by age in Aichi Prefecture (2009-2013)

Age	No. 1		No. 2		No. 3		No. 4		No. 5	
	Cause of death	Number of deaths Proportion	Cause of death	Number of deaths Proportion	Cause of death	Number of deaths Proportion	Cause of death	Number of deaths Proportion	Cause of death	Number of deaths Proportion
Age 0	Congenital anomaly, deformity or chromosome aberration	302 38.4%	Respiratory or cardiovascular disturbance peculiar to the perinatal period	109 13.9%	Accident	43 5.5%	Heart disease	35 4.4%	Sudden infant death syndrome	32 4.1%
Age 1 to 4	Congenital anomaly, deformity or chromosome aberration	63 22.3%	Accident	41 14.5%	Malignant neoplasm	25 8.8%	Pneumonia	20 7.1%	Intestinal infection	16 5.7%
Age 5 to 9	Accident	42 26.8%	Malignant neoplasm	31 19.7%	Other neoplasm	9 5.7%	Heart disease		8 5.1%	
Age 10 to 14	Accident	37 20.0%	Malignant neoplasm	36 19.5%	Suicide	25 13.5%	Heart disease	14 7.6%	Other neoplasm	7 3.8%

In Aichi Prefecture, accidents are one of the three main causes of death of children (age 0 to 14) in each group. Japan urgently needs to take preventive measures to protect children from accidents. This is one of the themes addressed by the second Sukoyuaka Oyako 21 campaign (a national campaign for maternal and child health) and also by Aichi Hagumin Plan 2015-2019 (Aichi Prefecture's overall project for children and child care).

Potential causes of accidents may be hidden in unexpected places!

Look around where your child is at this very moment. The potential causes of accidents, sorted by age and situation, are described below. Let's find out what kinds of accidents can happen and their causes in the home or nearby. Throughout infancy and early childhood, children need to be protected from accidents by their parents and other family members. As children grow up and begin to be aware of hazards, it is important to train them repeatedly about safety.

Before age 1

(Even a child of this age may turn over in bed or stand up by holding onto something.)

Children before the age of one are prone to accidents in the living room!!



Watch out for the risks of accidental ingestion and suffocation. Objects smaller than 39 mm in diameter should be kept out of reach of children at least 1 m above the floor (including medicines, cosmetics, detergent, coins, toys, accessories, beans, candies, tissue paper, vinyl products, etc.).

Children often accidentally swallow cigarettes.

Dangers in the living room

Children often suffer burns in the kitchen!

The kitchen has many heat sources that can cause burns. Use a fence to prevent children from easily entering the kitchen and keep heated objects high enough out of the reach of children.



Accidents in the kitchen

Dangers in the bathroom



Dangers with stairs

Drowning is a serious risk!

If you have young children, don't leave water in the bathtub after use and make sure children cannot easily enter the bathroom. When children begin to crawl, they are at risk of falling down the stairs. Protect children by installing fences at both ends of the stairs.

Check 1

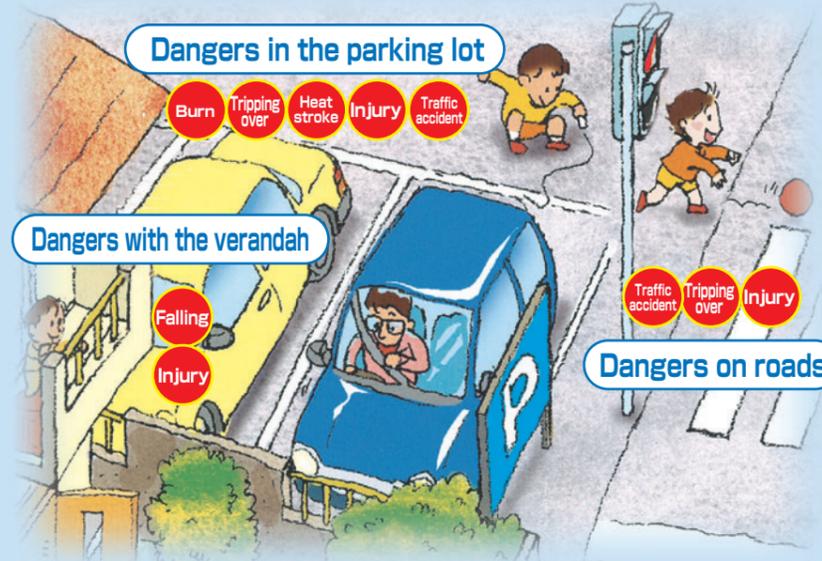
What a surprise! So many things can cause an accident!
Trend of potential accidents by age



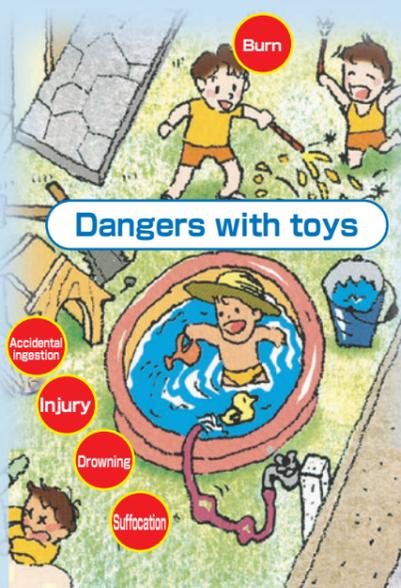
Age approx. 1 to 3

(The child may walk around.)

As the child gradually expands his/her territory, the risk of an accident expands to outdoors. Inside the house, your child could fall from a window or verandah, or drown in the bathtub. Don't leave water in the bathtub after use. Don't allow your child go alone onto the verandah. Don't leave anything on the verandah your child could step upon. Prevent your child from running around with chopsticks, fork or toothbrush in his/her mouth.



Dangers with toys



Many children suffer an accident in parking lots or while riding with adults. Just as adults must wear a seatbelt, children must be seated on a child-seat. Get into the habit.

In summer, many children are injured in swimming pools or while playing with fireworks or other objects. Make sure children are attended by an adult while playing, and teach them to play safely.

Age approx. 3 to 6

(The child gradually joins the community.)

Dangers with cars

Traffic accident, Tripping over, Injury

Dangers while walking on roads

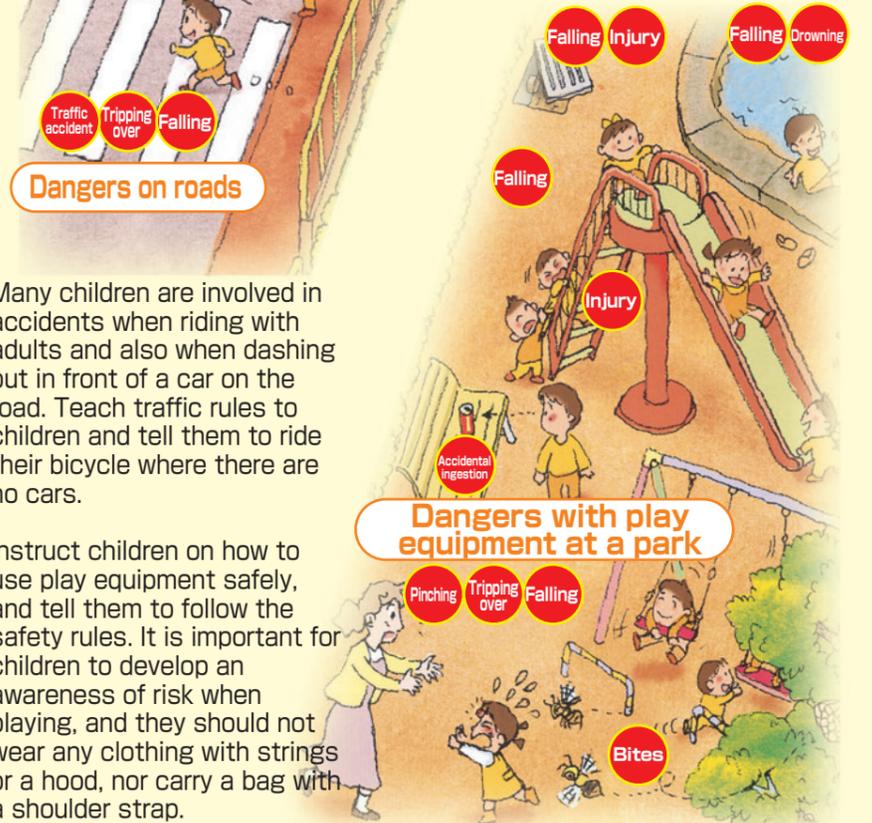
Traffic accident, Tripping over, Falling

Dangers on roads

Many children are involved in accidents when riding with adults and also when dashing out in front of a car on the road. Teach traffic rules to children and tell them to ride their bicycle where there are no cars.

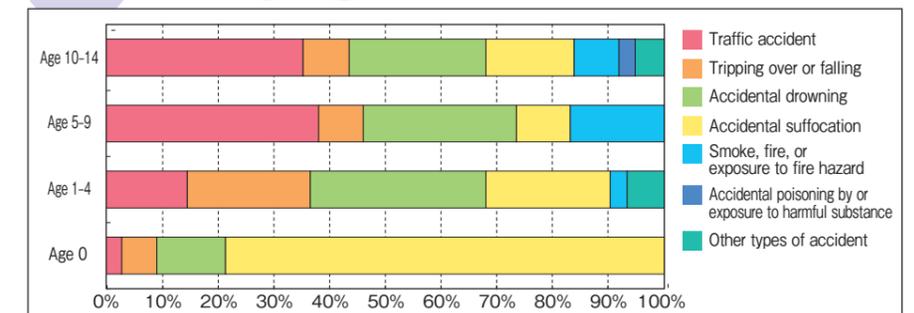
Instruct children on how to use play equipment safely, and tell them to follow the safety rules. It is important for children to develop an awareness of risk when playing, and they should not wear any clothing with strings or a hood, nor carry a bag with a shoulder strap.

From the age of three, children begin to spend more time playing outside. Children play with things and imitate adults. They may play with anything they find around them, become absorbed in what they are playing with, and ignore the danger.



Main categories of fatal accident of children by age

(Aichi Prefecture, 2009-2013)



Analyzing the categories of fatal accidents of children by age in Aichi Prefecture, accidental suffocation is the main cause for infants aged zero, and accidental drowning for children aged 1-4 and 5-9. The proportion of deaths by traffic accident increases with age, due to changes in lifestyle as they grow up. With infants, it is important to take measures to protect them from accidents at home.

Source: "Accidents and Life-Saving Techniques: Manual on Accident Prevention and Life-Saving Techniques for Infants" from the Mothers' and Children's Health and Welfare Association