

0–3  
years



# Parental guidance

for the prevention of accidents



Bundesarbeitsgemeinschaft  
Mehr Sicherheit für Kinder e.V.

# Dear parents, carers and guardians,

All parents wish for their children to grow up in a safe environment. While smaller accidents and mishaps are part of a child's development, accidents with more serious consequences must be prevented. This is possible by following some simple guidance.

Taking into account the places where accidents happen, most accidents involving infants and small children happen at home. Approximately every 17 seconds, a child in Germany injures themselves badly enough to need medical treatment.

Accidents are therefore one of the greatest dangers to children's health.

Most parents recognise dangerous situations and products. With this leaflet, we wish to provide guidance on how you can prevent accidents in babies under the age of one, as well as in smaller children up to three years of age.

Are your children older? You can access a leaflet about preventing accidents in children aged between three and six years old at [www.kindersicherheit.de](http://www.kindersicherheit.de).

**Bundesarbeitsgemeinschaft Mehr Sicherheit für Kinder e.V.**  
**(German Federal Association for Increased Safety of Children)**



# 0–12 months



In the first month of your baby's life, there is an array of "tasks" for them to master. They must find a rhythm between hunger and satiety, a regular sleep schedule, as well as developing control of their body and mobility.

## 3 months



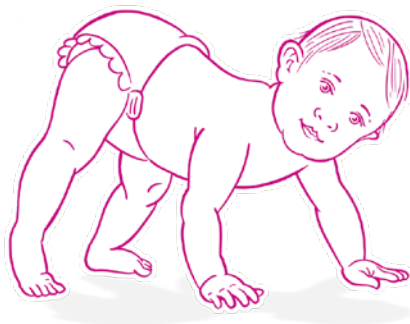
At around three months, your baby will become increasingly more alert, be more interested in their surroundings and will want to discover the world around them. The baby can only hold their own head up when they are lying

on their tummy or if they are held on someone's lap. Around this time, the baby starts to be able to roll over on their own: first onto their side, then from their tummy to their back, and finally also from their back to their tummy.

## 3–7 months



## 7–10 months



From around seven months old, they will explore their environment by crawling around. They are beginning to move around independently.



## 10 months

Towards the end of the first year, the baby will likely be able to stand up and sit freely. They now use both hands to touch, grab and play freely.

## 9–15 months

At this age, many children have already begun to pull themselves up and attempt to take their first steps.

The child will also move more skilfully with their fingers and hands, until, towards the end of their first year, they can pick up the smallest crumb or piece of fluff from the floor themselves.



The more curious, stronger and more agile the child becomes, the more careful attention is required. Often, dangerous situations arise because parents are shocked by the progress in their child's development.

**Here are some safety tips for situations in which accidents commonly occur among children of this age group:**

- » **Lying down and sleeping**
- » **Changing**
- » **Bathing**
- » **Cooking and housekeeping**
- » **First steps**
- » **Getting around with pushchairs, bicycles and cars**

0–12 months

# Lying down & sleeping



- » Remove small objects from near the baby and put them out of reach.
- » Leave your baby to sleep in their sleeping bag, without stuffed animals or toys.
- » Prevent your baby from overheating. Between 16 and 18 degrees is ideal for your child's room.
- » Put your baby to sleep on its back.
- » Use an individual cot bed in the parent's bedroom.





0–12 months

# Changing



- » Never leave your child on the changing table unsupervised. Always have one hand on the child.
- » Do not get distracted while changing the baby.
- » If possible, put the changing table in a corner of the room so that two sides can be secured.
- » Keep everything that you will need to change your baby ready at a close distance.
- » Change your baby on the floor if it is restless.

0–12 months

# Bathing

- » Always supervise your baby while bathing it. It can drown, even in shallow water.
- » Protect your baby's neck and do not let it go.
- » Do not leave an older child or sibling to supervise the baby.
- » Always test the water temperature before bathing. The temperature should be between 36 and 38 degrees Celsius.
- » Do not use electrical appliances while your child is in the bath.





0–12 months

# Cooking and housekeeping

- » Make sure that your baby is in a safe place while you are doing chores.
- » Avoid having hot drinks and liquids around your child.
- » Only feed your baby age-appropriate foods.  
Do not feed them nuts, almonds, seeds, muesli mix or grapes.
- » Keep electrical appliances out of reach of your child and never leave wires hanging down (e.g. from the kettle or the iron).
- » Secure all plug sockets with child-proof socket covers, including extension leads, cable drums and outdoor plug sockets.
- » Keep cleaning supplies and other chemicals sealed in the original container and out of the reach of children.





0–12 months

# First steps



- » Secure walkways by cushioning furniture corners and edges.
- » Make sure that your child is not wearing slippery socks or unsuitable footwear.
- » Secure stairways and dangerous areas (e.g. ovens) with a safety gate.
- » Avoid using baby walkers as they often lead to accidents.





0–12 months

# Getting around with pushchairs, bicycles and cars



- » Strap in children who can already sit up in the pushchair, so that they cannot slide out.
- » Always apply the break on the pushchair when stationary or on buses and trains.
- » As soon as children can sit up independently, they can sit in the baby seat of a bicycle, i.e. from around nine months old.
- » Schedule sufficient time and strap the seatbelt of the car seat tightly to the child's body.
- » Assemble the car seat correctly and, if possible, against the direction of travel in the car.
- » If the car seat is installed on the passenger seat, disable the airbag.

**1–3**  
years



Between one and two years of age, your child learns to control their body more and more. Your child learns to walk by holding onto hands and walking along furniture and walls.

At around 18 months, your child can walk around independently. They experiment in the garden, at the playground and when out and about.

They learn to climb stairs and on chairs. Maybe they can already open drawers and cupboards and unscrew lids from containers. Your child will



**9–18**  
**months**

also want to test what they can already do. They start to use their body more and more confidently.

A child's joy of discovery and learning is almost limitless at this age.



**18 months**

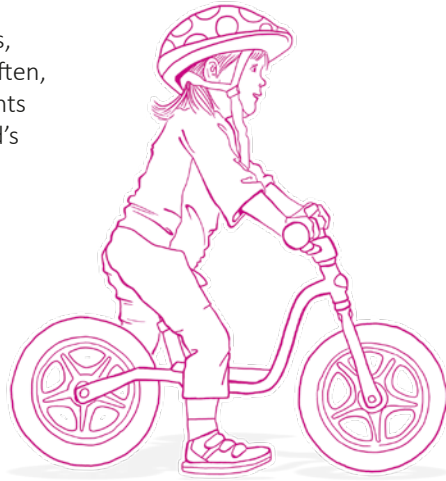
## Good to know

Children develop differently – each in their own way and at their own pace. The timing of these stages of motor development can therefore only provide a rough guide.

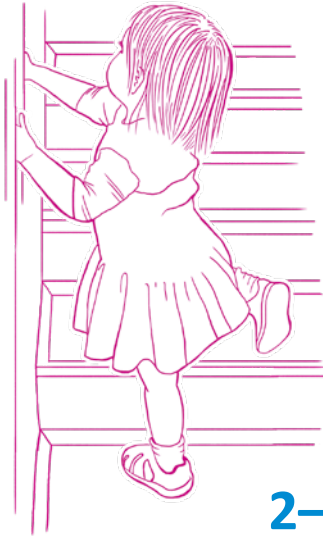
## 2.5–3 years

Ride-on toys are very popular. Children learn to ride a tricycle or a balance bike.

The larger the radius of a child's activities, the more careful attention is required. Often, dangerous situations arise because parents are shocked by the progress in their child's development.



As a child's curiosity increases, so do the risks of poisoning, burns, scalding and falls.



## 2–3 years

Here are some safety tips for situations in which accidents commonly occur among children of this age group:

- » **Playing at home**
- » **Cooking and housekeeping**
- » **Eating**
- » **Playing in and around water**
- » **In the garden**
- » **At the playground**
- » **Getting around by foot, bicycle or car**



1–3 years

# Playing at home



- » Small parts in toys are a choking hazard for children under three. For this reason, you should only use toys that are suitable for your child's age.
- » Make sure that your child does not wear long necklaces or scarves when playing. Necklaces, scarves or laces can wrap around the child's neck while playing and can cut off their air supply.
- » Do not leave your child alone in rooms with open windows or patio doors. Remove all objects that your child could use to climb on. Equip window and door handles with safety locks.
- » Fasten shelves and heavy furniture to the wall, so that they don't fall over.
- » Attach a safety gate to the top and bottom of the stairs.

1–3 years

# Cooking and housekeeping

- » Keep electrical appliances out of reach of your child and never leave wires hanging down (e.g. from the kettle or the coffee machine).
- » When cooking, use the rear hobs and point the pan handles towards the back of the cooker.
- » Attach a cooker guard. Leave the oven to cool with the door closed.
- » Always store cleaning supplies and materials out of the reach of children and never transfer them into drinking bottles.
- » Do not leave sharp knives lying around.
- » Keep washing machine and dishwasher doors closed.





1–3 years

# Eating



- » Do not leave your child unsupervised in a high chair, as the child can wobble and the chair can fall over.
- » Avoid table cloths and lighted candles.
- » Only feed your child age-appropriate foods. Do not feed them small, hard foods that they can easily choke on, such as peanuts, almonds or grapes.
- » Make sure that your child cannot reach any pots or vessels containing hot liquids.

1–3 years

# Playing in and around water



- » Never leave your child in the bath unsupervised.
- » Do not leave an older child or sibling to supervise your child. They are not sufficiently capable of assuming responsibility for other children.
- » Do not rely on bath seats, arm bands and other swimming aids. They do not guarantee adequate safety.
- » Always keep an eye on your child near paddling pools, by the shore and on the beach.
- » Do not let your child play by flowing waters.

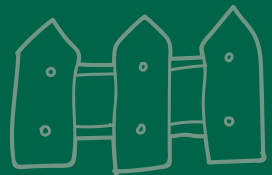






1–3 years

## In the garden



- » Lock away sharp or pointed appliances and tools.
- » Fence off garden ponds and secure rain barrels.
- » Remove poisonous plants and mushrooms.
- » Assemble play equipment according to the instruction manual, checking it regularly for wear, tear and defects.
- » When barbecuing, make sure that the barbecue is stable. Never light the barbecue with liquid accelerants, such as spirits, and make sure your child does not go near the barbecue.

1–3 years

# At the playground

- » Give your child enough time to practice.  
Do not lift your child onto climbing equipment that they cannot reach on their own.
- » Take off helmets and scarves when playing and climbing: the strap can tighten dangerously at the neck if it catches on something.
- » Report faulty or defect equipment to the playground manager.
- » Do not be distracted by your phone or by other people.





1–3 years

# Getting around

on foot, by bicycle or by car



- » Hold your child's hand on the road and let them walk on the side of the pavement furthest away from the road.
- » Make sure your child cycles away from the road and in traffic-free zones.
- » Make sure your child always wears a helmet and sturdy shoes when riding a bike or a scooter.
- » Adjust the child seat to suit the age, size and body weight of your child.
- » Make sure to assemble the child seat and secure your child correctly.
- » Always let your child get in and out of the car on the pavement side of the road, so that they are not endangered by other vehicles.

# When buying children's products and toys

## Shopping "with all your senses"

Get a comprehensive picture of quality and safety by shopping for toys with all your senses. Take a close look at the toy, reading the labels, warning information and safety instructions. You can find more information on safety instructions, test seals and children's products and toy standards in our product database.

Pay attention to the manufacturing quality, **safety symbols** and **warning information**

Sight



Hearing

Noisy toys can become a hazard

Keep away from **strong smells**



Smell

Taste



The surfaces must be sweat and **saliva-proof**

Beware of sharp, **pointed corners** and **edges** and shake the toy to find any loose parts

Touch



# First aid

## Important rules and procedures



- » The most important rule with all accidents: remain calm!
- » Calm the child and save them from immediate danger.
- » Quickly obtain an overview of and secure the dangerous area.
- » Examine the child for injuries, checking their breathing and heartbeat.
- » If necessary, begin mouth-to-mouth and CPR.
- » Do not leave the child alone and call for help.
- » In case of cardiac or respiratory arrest always call the emergency number 112.

**More information can be found in our brochure  
“First aid – Accidents in children.  
The quick guide for every household.”**

[www.kindersicherheit.de/service/bestellservice.html](http://www.kindersicherheit.de/service/bestellservice.html)





# Legal information

**Additional information on growing up safely and healthily can be found at:**

[www.kindergesundheit-info.de](http://www.kindergesundheit-info.de)  
[www.kindersicherheit.de](http://www.kindersicherheit.de)  
[www.kindersicherheit.de/produktsicherheit/datenbank.html](http://www.kindersicherheit.de/produktsicherheit/datenbank.html)  
[www.bfr.bund.de/de/apps\\_vergiftungsunfaelle.html](http://www.bfr.bund.de/de/apps_vergiftungsunfaelle.html)

**The German Federal Association (Bundesarbeitsgemeinschaft – BAG) Mehr Sicherheit für Kinder e.V.**

The BAG is a national professional network for the prevention of accidents involving children. The non-profit association would like to bring the topic of accidents involving children into public awareness and strives to reduce the high rate of accidental injuries in Germany.

## **Contact**

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## **Order address**

[www.kindersicherheit.de/service/bestellservice.html](http://www.kindersicherheit.de/service/bestellservice.html)

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