



**Check it, don't chance it. Don't leave safety to chance.
Quick, simple checks can prevent many childhood accidents.**

One step ahead

Activity for parents and carers of babies from birth to crawling



Babies learn by exploring. They use their mouths to taste, bite or chew things around them. Their little fingers can get into everything. And they develop so quickly that they can do something new every day – whether that's wriggling off a changing mat or reaching for a mug of hot tea!

Can you keep one step ahead of your baby? Check out your safety knowledge by trying our quiz. Simply circle the answer of your choice.

1 Where's the safest place to change a baby's nappy?

- a On a changing unit
- b On the floor
- c On the bed

2 What is the safest way to heat a baby's bottle?

- a In the microwave
- b In a jug of hot water
- c In a bottle warmer

3 How long after you have made a cup of tea can it still scald a baby?

- a 15 minutes
- b 25 minutes
- c 35 minutes

4 Which one of the following statements is true?

- a A baby walker will help a baby to learn to walk sooner
- b A baby walker enables a baby to reach things that can hurt them
- c A baby walker is a good way of keeping a baby entertained

5 What is the safest way to run a bath, if you don't have a thermostatic mixing valve?

- a Run in the hot water first, then add the cold
- b Run the hot and cold in together
- c Run the cold in first, and then the hot

6 How should a new baby travel home from the hospital?

- a In a Moses basket on the back seat of a car
- b On someone's lap in a taxi
- c In a rear-facing baby seat held in place by the seat belt on the car's back seat

7 Where is it safest to fit a safety gate?

- a At the top and the bottom of the stairs
- b At the bottom of the stairs
- c At the top of the stairs

8 At what age can you put a baby to sleep under a duvet?

- a When a baby is three months old
- b When a baby is six months old
- c When a baby is at least one year old

For safety advice, talk to your health visitor, fire officer or road safety officer and send off for our free safety advice leaflets – see leaflet choices below. You can also visit our website at www.capt.org.uk

05: c 06: c 07: a 08: c
01: b 02: c 03: a 04: b

ANSWERS