

# Parent Tips for Food, Family, and Fun

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II

## "Bear" Facts of Child Safety in the Kitchen

The kitchen can be a dangerous place for young kids. It is important to carefully supervise your child in the kitchen as he or she begins to walk and become curious. Prevention is the key to avoiding injuries, burns, and even fatalities. Following are ways to protect your child and the children in your care in the kitchen, from the oven, microwave, appliances, and harmful chemicals.

### Oven and Ranges:

- \* Keep pot handles turned in towards the back of the stove. This will prevent a child from grabbing onto the handles and pulling the pot onto themselves.
- \* Hot items should be kept at a safe distance from children by using highchairs, child safety gates, and playpens. Check to see where the children are before you move a hot or heavy item.
- \* If toddlers are present, tablecloths and placemats should be removed because they can pull everything down on top of themselves. Be sure that children cannot climb onto cabinets, counters, or rangetops.
- \* Children should be kept out of the kitchen when the oven is being used. The oven door could burn the child as they lean or fall against it, especially if they grab onto the door as they are learning to walk. They may be unable to let go and will get burned.

### Microwave:

- ❖ The location of the microwave should be inaccessible to young children. This will help prevent them from being exposed to microwave radiation from a malfunctioning oven.

- ❖ It is important not to use the microwave to warm up bottles for infants. This procedure can burn the infant when the formula reaches a higher temperature than the outside of the bottle.
- ❖ Check food before heating it in the microwave. It could be wrapped in, or contain pieces of aluminum foil which could become extremely hot and ignite.
- ❖ Children should be tall enough to take food out of the microwave in order to prevent facial burns from their face being level with the microwave.
- ❖ Food that is heated in the microwave may not appear to be as hot as it really is, and consequently, children can be seriously burned from microwave food.

### Appliances:

- \* If appliance cords are allowed to dangle or hang over countertop or table edges, then children can pull the appliance onto themselves and get injured.
- \* Protect children from an electric shock by covering attainable outlets with plastic plug-in protectors.

### Cleaning Supplies:

- ▲ Store cleaning supplies out of reach of children — **never** in under-counter cabinets.

This document may also be accessed at the Escambia County Extension web site: <http://escambia.ifas.ufl.edu>.

## Make Your Home Kid-Safe

Child-proof safety devices help keep young children safe at home. Following are some common, inexpensive and easy-to-find items to consider when child-proofing your home.

**Outlet Plug** — Outlet plugs help to prevent children from putting sharp objects and fingers into electrical outlets. Insert outlet plug into unused socket.

**Outlet Cover** — The cover goes over the entire fixture with new outlets offset slightly when there is nothing plugged into them. The offset keeps objects away from actual electrical outlet.

**Cabinet Safety Locks** — designed to keep children from opening cabinet doors.

**Cabinet Drawer Latches** — help keep cabinet drawers secure.

**Appliance Lock** — help keep children out of ovens, microwaves, refrigerators, freezers, and other dangerous appliances. Adults can still open the appliances easily.

**Cord Wind-Up** — keep dangerous blind and drapery cords out of reach of little hands.

**Door Knob Covers** — prevent children from opening closed doors.

**Carpet Tape** — designed to prevent rugs from sliding out from under busy little feet, thus preventing falls.

## Using Foods That Are Safe for Young Children to Eat



Every 5 days a child in the United States dies from choking on food.



The foods that are most commonly choked on are:

Hot dogs sliced in rounds

Nuts

Whole grapes

Hard candy

### Foods that are safe for children to eat are:

- ✓ Not likely to cause choking
- ✓ Clean and wholesome
- ✓ Safely prepared, served, and stored
- ✓ Right for their age and

### Prevent Choking!

**Do not serve** these foods to children under the age of 4:

Spoonfuls of peanut butter  
Mini-marshmallows  
Large chunks of meat  
Nuts, seeds, peanuts  
Raw carrots (in rounds)  
Fish with bones  
Dried fruit  
Hot dogs (whole or sliced into rounds)  
Hard candy  
Popcorn  
Raw peas  
Whole grapes  
Ice cubes  
Whole raisins

**Change foods to make them safe: Some foods can be changed to make them safer for young children. Try these ideas:**

<u>Food</u>	<u>Kind of Change</u>
Hot dogs . . . . .	Cut in quarters lengthwise, then into small pieces
Whole grapes . . . . .	Cut in half lengthwise
Nuts . . . . .	Chop finely
Raw carrots . . . . .	Chop finely or cut into thin strips
Peanut butter . . . . .	Spread thinly on crackers; mix with applesauce and cinnamon and spread thinly on bread