

# *Child* **SAFETY**



**The Best Ways To Keep Youth  
Of All Ages Safe And Secure**

**DIGITAL COURSE**

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## Preface / Introduction

At one time, protecting your children was as easy as ensuring they were in at dark, brushed their teeth and had a delicious and healthy dinner. The world has changed throughout the years, however, and nowadays it is a much scarier place to live than we ever could have imagined 15 or 20 years ago. It seems that we live in a world where dangers lurk at every corner; especially for the harmless, helpless children that we love so dearly. Keeping your kids safe is a never-ending, tireless task, yet one that you'd go to great lengths to secure for the most precious beings in your life. From the very first day that you bring your children home from the hospital until the day that you leave this earth, protecting your kids from harm is something that you'd go to great lengths to do.

Friends and family are always there to provide you with advice and guidance for child-rearing and maintaining their safety and while their advice is always meant-well and accepted, it sometimes isn't accurate, up-to-date, or something that you'd ever consider as a parent. Since there is no manual for child safety and the advice of others may not always be the best, it is up to you to ensure that you are always aware of the right ways of protecting your little ones.

With this guide you'll learn professional tips and advice for child safety. Whether you're the parent of a baby, a toddler, or a school-aged child or teenager, the information inside of this course is provided to you in an effort to help you keep the people that you love most in life safe no matter where life may take them. We'll provide you with tips and information for child safety when they're at home with the babysitter and while they ride their bike; there is safety information for babysitters and dealing with strangers. There is an abundance of safety information covered here. Everything that you need to do can be found within this course and thanks to its easy to reference sections, you can come back and go through any information once again easily. Going through this course offers insight into the following child safety topics (and many others:):

**Drug use and children:** We never want to think that it can happen to our children, but the staggering statistics show that drug use among children is rising. Learn what you must know to protect your kids.

**Babysitters and keeping your kids safe:** Entrusting a babysitter to watch your children, whether to enable you the ability to work or for an occasional night out, is never easy for a parent. We'll share with you great tips and information for keeping your children safe while you are away.

**Bullying and your child:** Bullying isn't a new problem, but it seems that things have been taken to the next level these days. Bullying occurs not only at school but online, at school functions, and elsewhere. How can you help protect your child? We'll give you the details.

**Protecting your child from abuse:** Abuse comes in a variety of forms, none of which you want your child to experience. Protecting your child from any of the types of abuse isn't always easy, since abusers aren't masked with signs alerting anyone of their dangers. Even people we know in the media have been accused of heinous acts of abuse against children (i.e. Michael Jackson; Jared, the Subway guy,) causing greater difficulty in detecting abuse. Here we will discuss various method of preventing and protecting your child against abuse.

**How to talk to your child about safety:** When it is time to talk to children, parents sometimes find it difficult to choose the words that little ones understand. We'll share practical advice for talking to your kids about their safety at any age.

**How to stay safe while playing outside:** Many dangers lurk beneath the confinement of the front door to the home. Dangerous insects and creatures, predators, poison, and more worries are unbeknownst to children looking forward to a day of excitement and play in the sun.

**Internet safety:** Many parents say that protecting their kids while on the Internet is one of the most difficult aspects of keeping them safe. We agree that it isn't always easy to know what your kids are up to in the virtual world; until now.

**How to stay safe around the house:** What kind of dangers lurk around the house? Many that the eyes can see, as well as those sometimes unimaginable. We'll cover a variety of scenarios and provide tips to keep your kids safe.

**Strangers:** Who is a stranger? Is the police officer a stranger? What about the teachers at school, or the bus driver, or even the postman? In the eyes of a child, a stranger may not be the same person as you see them to be. It is important to help your child learn stranger danger information and we'll give you a head start!

**School safety:** Growing concerns over children's safety in school are alarming to a number of parents in wake of the numerous tragedies taking place at schools around the world. How can you send your child to school safely? The information inside of this course will help you send your little one off to learn with peace of mind and comfort in your heart.

### **Safety in the car**

**Safety while on a bicycle/skateboard or other riding devices:** For a child, bicycles, scooters, skateboards, hover boards, and similar devices bring on the excitement needed to live life to the fullest. Parents know all-too-well, however, that these fun toys also present a variety of dangers for their unsuspecting children. We'll help you keep your children safe while also allowing them to enjoy the adventures their heart desires.

This guide is structured in a manner that allows you to easily access information when you need it the most. While you want to go through this from start to finish, it is easy to pinpoint details you want to recollect upon to your kids; important details; and situations that pertain to your child. When all is said and done, the purpose of this course is to inform parents, to keep children of all ages safe and secure, and families thriving.

## Chapter 1: Child Safety Statistics



As a parent, there is nothing in this world that you wouldn't do to protect your children. It is only natural that you have such a desire within your heart, especially with all of the things that you see going on in the world today. If child safety isn't yet a concern, perhaps you've been in the dark far too long. The following child safety statistics are shocking, but nonetheless the realities of the world today. Upon learning this information you may have an entirely new outlook on child safety and the importance of keeping your kids, no matter their age, protected at all times. If you are interested in learning more about the dangers that lurk out there around your child, this guide provides the necessary information needed to stay informed. This is the wake-up call that you need if child safety isn't already a concern on the top of your mind. Are you ready to hear some of the shocking statistics?

According to the National Center for Exploited and Missing Children, there are approximately 800,000 kids reported missing each year. This includes both those that have been abducted, ran away from home, and whose whereabouts are otherwise unknown by the parents or custodial guardians.

A child is [reported missing](#) every 40 seconds in the U.S.

74% of all child abductions are of female victims.

The National Center for Exploited and Missing Children also reports that more than 200,000 children are kidnapped or abducted by a family member or close relative and

another 58,000 kidnapped by a stranger each year in the U.S. It seems that no one is trustworthy around your children these days.

[Dosomething.org](http://Dosomething.org) reports that approximately 1.2 million school-aged students are bullied each year. An average of 4,600 teen suicides is reported each year, with a large number of those suicides related to bullying experienced both at school, at home, and online.

The Department of Justice reports that there are 1.8 million children affected by sexual abuse in the U.S. Many of these cases involve a close family member or friend, or someone that the child trusted.

One out of every three teens aged 12 to 17 has been the victim of cyberbullying.

Approximately 400 children were killed while riding their bikes in 2010. Another 515,000 bicycle injuries were reported in this same year. These accidents were oftentimes the result of not wearing a helmet

The U.S. Product Safety Commission reports that approximately 390 children die from accidental pool drowning each year. Most of these deaths are children under 5 years of age.

Children riding bikes are at greater risk of accident, injury, or death than while riding inside of a car, despite the fact that bicycle accidents account for only 1% of all accidents reported.

Motor vehicle accidents, homicide, suicide, and other unintentional injuries are responsible for ¾ of all teen related deaths in the U.S.

Marijuana is the most commonly abused drug used by adolescents. Prescription drugs are a close second on the list.

According to the National Institute on Drug Abuse, more than 44% of all high school seniors have used marijuana on at least one occasion and many currently use the drug.

It is reported that one in every four girls is the victim of sexual abuse, while one in every six boys are victims of this crime.

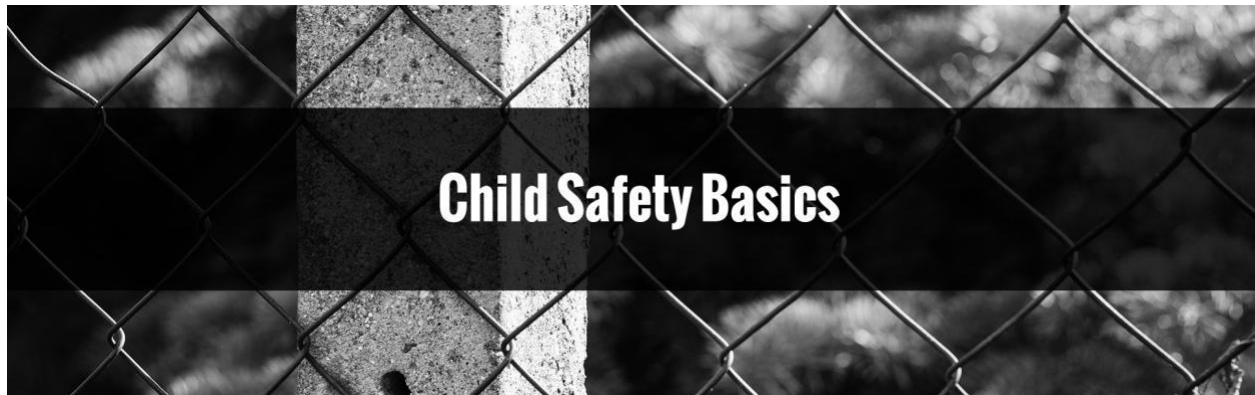
Baby-proofing and child-proofing your home may reduce the risk of accident or injury by as much as 60%.

The National Highway Traffic Administration reports that many of the automobile-related accidents and deaths could have been prevented with a car seat that was properly installed. More than 73% of all car seats currently being used are installed correctly, putting the life of your newborn at risk.

Bicycle related head injuries can be avoided with the use of a bicycle helmet. There are helmets available for bike riders of all ages.



## Chapter 2: Child Safety Basics



The non-existent 'how-to' manual of caring for children would be a blessing to most parents, but since it is unavailable (and would likely be of little help since all children are cut from a different loin) it is up to mothers and fathers to do what they feel best for their children, making decisions sometimes spur-of-the-moment and without idea of what is really the best solution.

The best method of keeping children safe is something that parents disagree on often, but at the end of the day, what is important is that your child feels safe, secure and confident wherever they go, thanks to your efforts of protecting them.

Children look up to their parents; they trust what they say and confidently go about the day knowing mom and dad would never hurt them. It is vital that you've taught your children the proper means of safety in every facet of life because of your importance in their life.

### How To Discuss Safety With Your Child

Talking to your child about safety isn't always easy. Sometimes it is difficult to find the right words to say to someone so young, so innocent, and of course who is your baby. But effective conversations are an important part of raising your child. Without these important talks, on a regular basis, it is possible that your child may be unaware of the right way to stay safe should

the situation arise. It is always in your best interest to talk to your children often and in a manner in which is easy to understand at the child's age. Although some of the talks about safety may be difficult, they're all important.

## **Toddler**

Your toddler is capable of understanding their name as well as the name of their parent. Mom is always cute, but ensure that your child knows your real name. It is important that you teach your toddler the importance of staying near you while on an outing.

There are safety leashes and other equipment that you can purchase to ensure that your child doesn't get far out of your sight. Talking to your toddler about their different body parts and how their private parts are different and special to them is also important.

When talking to your toddler about safety, the following points are important.

Toddlers learn best when you use real-life situations to teach them. Hypothetical situations aren't always easy to comprehend for a toddler. Keep this in mind.

Teach your child how to ask for help if it is needed. Teach children to trust their caregivers, but also to realize when they have an 'uh-oh' feeling that signals that something is right.

Use language that your toddler can comprehend and understand.

## **Preschool**

A preschool age child should be confident in their name and address. If they cannot recite this information to you already, sit down with your child and help him/her understand. Preschool age children should also know their telephone number.

Preschool aged children should be able to comprehend a stranger from someone that they know. This is a good age to use a password or secret word so that your child knows who is and who isn't appropriate to go with.

Your preschool aged child should also know better than to get into a car with anyone else. Tell your child that 9-1-1 is available and how to use it to get help from a trusted adult.

Since preschool aged children are beginning to blossom in personality and play with other children, help them better understand what is and what is not acceptable when touching other kids. Also ensure that they're aware of the importance of keeping their hands to themselves. It is also important that children know that no one should touch their private parts. Preschool age children can understand 'if and what if' situations.

### **Elementary Age Children**

Creating a buddy system with elementary aged children is a good idea. It is always better to do something with a friend –and it is less dangerous, too.

A list of trusted people the child can call is also beneficial. Add at least 5 names to this list. Help your child understand that keeping secrets from parents is unacceptable –and that if an adult asks for them to keep a secret, it is important to immediately tell an adult. Kids shouldn't ask adults to keep secrets.

The conversation about sex is a difficult one for most parents, but also important to have, even when your kids are as young as 8 or 9. When you talk to your kids about sex now, they'll have a better understand of what is and is not appropriate with their private parts and a better understanding of their own sexuality.

There are guides, books, DVDs, and videos that can assist you with this talk. Remember that your children are learning about sex from TV, books, and their peers at school, so they need the sufficient information that their parent can provide to them. Helping your kids feel safe and

secure and that they are able to talk to you about sex can prevent many problems now and later down the line.

### **Middle School Children**

Now is the time to talk to your child about the online world and the dangers that lurk. While it is important that you teach your child about predators and the importance of not sharing too much personal information online, also remember to teach your kids that other dangers exist on the web, such as bullies, and how to respond. Monitoring your child's online activities at this age is very important. Let your child know the importance of thinking before they send something online because it never really disappears.

Your child is likely experiencing many changes as a middle-schooler, which can cause conflicts among peers.

Explain that you do understand what they are going through and stress the importance of learning to trust adults. Help your child understand the emotions that he or she is experiencing sexually, and help him or her understand what it means to become sexually involved with an individual.

## Chapter 3: Children & Car Safety



With more than 27,000 car accidents occurring on US highways every single day, protecting your little ones while traveling on the roads is imperative.

While being a safe driver that keeps their eyes on the road and focus on what's going on around them is simple for most, sometimes it isn't as easy when there are kids playing around in the back, a screaming baby or a toddler amidst a tantrum.

Despite these minor setbacks, it is easy to get behind the wheel of a vehicle with confidence that your children will arrive as safely at their destination as they left the house.

### Car Safety

It's the law -children must ride in a car seat or a booster seat while traveling inside of a vehicle. The laws regulating the length of time a car seat or a booster seat must be used varies from one state to the next.

[SafeKids](#) offers a free state –by-state tracker to learn more about the laws for car seat use in your state. Correctly using a car seat can reduce the risk of injury to your child by as much as 70%. It is estimated that approximately 74% of all parents aren't using their seats correctly.

### *Infant Car Seat Safety*

Rear-facing car seats are used for infants 12 months of age and younger. These seats are portable so you can easily transport baby without disturbing his rest. There are weight and height restrictions in place on infant car seats. Be sure to check these limitations for the specific car seat model that you purchase.

### *Forward-Facing Car Seats*

Once your child reaches 12 months of age, the use of a forward-facing car seat is recommended. The forward-facing car seat provides your now rambunctious little one with more sights to see as you explore the town while also offering additional safety measures, including a five-point harness and tether.

These safety features prevent your child from moving forward in the event of a crash. Weight limits are in place for forward-facing seats. The weight limits vary from one make and model of seat to the next, but typically go up to a weight of about 65 pounds. Once your child surpasses this weight limit, the use of a booster seat is recommended.

### *Booster Seat*

The booster seat is the final seat that your child needs for safety protection. The booster seat is used by children from 8 to 12 years of age who do not meet the height/weight requirements. Children must ride inside of a booster seat until they're 4'9". Several different types of booster seats are available for your child.

### *Inside & Outside Car Safety*

Regardless of the type of car safety seat your child is using, be sure that you strap your child up before you depart for any trip. Don't count on older kids to properly strap the little ones in; that is your responsibility. It takes only a matter of seconds to ensure that your child is properly seated before departure.

### **Car Seat Safety Tips**

A few additional car safety tips for you and your children:

#### *What Car Seat Will You Purchase?*

When choosing a car seat, do not sacrifice quality. It is worth spending a few extra dollars to get a seat that provides the ultimate in safety and protection for your baby while traveling inside of a vehicle. Take the time to compare the different car seats for your child's age, and get to know more about the brands. You can browse the web to learn information about child car seat safety recalls and other important information.

#### *Used Is Not An Option*

Used car seats are never worth the savings. There are far too many safety recalls on car seats to take the risk. Besides, when you purchase a used car seat you never know if all of the parts are there, if it has been involved in a wreck, etc.

#### *Pre-Trip Car Seat Inspection*

Before each trip, do a quick car seat inspection. A free [car-seat safety checklist](#) is available to help you. Spending an extra 10-minutes to review the car seat and the checklist can provide

great protection to your little one. If you are unsure of the proper method of installing your child safety seat, free inspections are provided by various companies throughout the states.

### *Set An Example*

Be a good example for your children. While it is the law that you wear a seatbelt, some people do not. Ensure that you're not one of those people; buckle up each and every time you get inside of the car. Your children will be more inclined to want to buckle up and stay safe if they see that mom and dad is doing it, too.

### *Never Leave Children Unattended*

The car is not a place that your child should be left alone- even for a few minutes. You might be surprised at just what can happen in a matter of seconds. In addition to these dangers, the heat inside of the vehicle is also of concern, just as leaving the vehicle running poses safety risk.

### *Stay Up-To-Date*

Register your car seat after purchase. Registering the car seat not only enables you to take advantage of the warranty, but also ensures that you receive notification of important information on the car seat, including safety recalls and violations.



## Chapter 4: Bicycle Safety



Nothing is more exciting for a child than bike riding. It is an enjoyable activity that they can participate in on their own, with friends, and even with family. Unlimited riding possibilities exist as well, making the activity one that boys and girls, pre-teens and teens and even adults alike can enjoy.

Bicycling is a great method of exercise as well. But, cycling can also be dangerous for children. More than 300,000 kids are injured from bicycled-related accidents each year.

In 2013, more than 740 bicycle-related fatalities occurred in the U.S. Although you do not want to deny your child the fun and pleasure of bike riding, you do want to go the extra mile to secure their safety.

### **Bicycle Helmet Importance**

Because a bicycle injury may cause a head injury that leads to injuries of the brain, wearing a helmet each and every time your child gets on a bike is important. It is so important to wear a bicycle helmet that the government has initiated standards for them.

Look for the Consumer Product Safety Commission sticker to ensure that it meets the standards. Your bicycle helmet provides superior protection against brain injury when it meets the standards set in place by the CPSC.

Additional tips to keep your children safe while bicycling:

Teach children road signs and what they mean as well as the importance of looking both ways twice before crossing the street. It is vital that children use sidewalks or bike lanes to ride and that they cross only at lights or signs.

Ensure the vehicle fits your child. The seat can be adjusted and should fit one to two inches between the child and top bar.

Before each trip, check the bike, with particular emphasis on the tires and proper inflation.

Don't ride a bike after dark unless it is necessary. During those occasions, make sure that you have a reflector light on the bike so cars and other may easily identify you.

Always go with the flow of traffic if riding in a bike lane

Stay alert at all times and be aware of your surroundings!

## Chapter 5: Children & Stranger Safety



Talking to your child about strangers and the potential dangers they pose without scaring them isn't always easy, especially when it is a younger child. Yet it is so very important that you take every step possible to ensure that your children know who a stranger is and how to avoid any dangerous circumstances with this person. There are many ways to make such a talk with your children easier, no matter what their age.

Around age four or five, children find their personality and their voice and while they're busy on the playground making the acquaintance of kids, they're also vulnerable to strangers that might not have the best intentions for them. Even those we put our trust into can turn out to be the people that we should've avoided at all costs.

How can you teach a child who has little idea of the dangers of the world to stay safe when interacting with other people yet still trusting of people such as police officers, teachers, and workers at the supermarket?

First and foremost, ensure that your child knows that there are both good and bad people in the world. While we trust some people more than others, anyone can do things that hurt us and it is never okay for this to happen. Your child should learn respect of themselves from an early age and be unafraid to talk to you. Remember, we talked earlier about keeping secrets: stress the importance of telling you any 'secrets' adults tell them to keep. When your child knows what is

and what is not acceptable they are able to better determine when a situation may not be exactly what it should be.

### ***Sexual Predator Dangers***

Another uncomfortable yet important topic to discuss with your children is sexual predators. While statistics show an improvement in sexual predators today than many years ago, there is no question there is a reason for any parent to worry –and to have this much-needed talk with their kids. Girls are most at-risk for sexual predators, but boys are never excluded from the dangers. Children as young as 5 or 6 can understand that no one should touch them in their special private parts.

### **Abduction Prevention Checklist**

Being unable to find your child and know that he or she is missing is a fear that all parent's share and worry over. There are a few things that you can do to help prevent the risk of your child being abducted. Compile a checklist containing all of the items below and ensure that you're well-prepared to keep your children safe and secure.

#### **Child Abduction Prevention Checklist**

\_\_\_ Use Child Safe Cards that include a current photo of your child (taken within the past six months,) height, weight, age, and hair and eye color.

\_\_\_ Visit the local Police Department for a fingerprinting/foot printing of your child. Most agencies will do this at no cost.

\_\_\_ Have copies of your child's medical and dental records.

\_\_\_ Monitor your child's behaviors online, including the websites they visit. Make a list of these sites and keep on hand.

\_\_\_ Ensure that your child has boundaries set and that they are aware of those boundaries.

\_\_\_ Select a special code word that only you and your children know.

\_\_\_ Ensure that your child knows his or her address and telephone number as well as the number of a trusted adult they can call in event of an emergency.

\_\_\_ Perform background checks on anyone that you trust to provide care for your child. This includes babysitters and day cares.

### **How to Talk to your Child About Safety**

A few tips to make the talk with your child a bit more comfortable for both (or all) of you:

Don't be afraid to talk to your children. Remember that it is better to have informed children than to be sorry after the fact.

Speak to your children calmly. Do not use scare tactics in order to get your kids to listen to you.

Inform your children of the different ploys and techniques commonly used by a predator, such as needing directions to a nearby location, help finding a pet, or something similar. Your child should clearly understand that adults do not depend upon children for information.

Teach your children that it is okay to say no. Learn how to understand when something doesn't feel right and run away in such a situation that causes discomfort.

Talk to your kids about various situations and scenarios that may very well become a reality in their life, and the proper ways to handle themselves in such a situation.

As a parent, you should be vigilant about protecting your kids. Learn who their friends are, and get to know families a little more. If something doesn't seem right, there is probably a reason.

Be wary of an adult that seems to want to spend a good amount of time with a teen; talks sexually to or about a child or a teen; singles your child out; or acts in any other suspicious manner.

Let your child know that they can always talk to you and listen to what they have to say.

Check sexual predator registries regularly, and be sure that you're aware of the people that are around your kids at school, on their sports teams, etc.

## Chapter 6: School Safety



Sending the kids off to school is a frightening experience, whether it is the first time walking through those big double doors as a kindergartner, the first day of high school or somewhere in between. So many worries fill the minds of a parent as they send their young ones off to school. These worries oftentimes extend far beyond the normal getting good grades and preparing for a good college worries. As a parent with a school-aged child, the worries filling your mind are numerous. We worry that our children will become the victim of a bully, or that they won't be treated well by their teachers. Recent events place more burdens on the shoulders of a parent, as the worry of school violence increases.

### **Your Child at School**

It's hard being a kid and don't let anyone tell you differently. Each year of a child's growth puts them more in tune with the world and with other people and provides them with a sense of who they really are, all while the worry of living up to the expectations of their parents, friends, and others; peer pressure; school worries; and more mound up in their still-growing, ever-changing minds.

One of the biggest worries that a child has is being liked and accepted by others. Children at school can be very mean sometimes and it seems not to decrease with the grade level. Teasing,

cliques, name-calling, and other ways of poking fun at children seem to be a hard part of growing up that every child experiences at least minimally. It's never easy to deal with.

Help your child understand that teasing and poking fun is never okay. If it is hurtful –it is NOT okay! Helping your child understand how to respond to in such a situation is especially helpful and may help avoid some of the traumas that can be left from these words that are so hurtful. A few of the things that you can suggest to your child:

Your child should know that the most important thing to do when they feel that they are being picked on is to inform a trusted adult (teacher, principle, etc.) as soon as possible

Teach your child how to calmly walk away from the situation

Teach your child how to be confident in telling the person making fun of him/her to stop

Help your child understand how not to respond to the teasing because it can make the person teasing only want to taunt them more

Teach your child how to respond with their own joke or funny phrase which may defuse the situation or cause the child that is teasing to back down because they see that it is not going to bother your child

By providing your child with a well-rounded home life that encourages positivity and builds self-esteem from early on is one of the ways that your child can cope with the sometimes difficult and mean children they'll go to school with.

By teaching your child how to be a friend to others with self-esteem building techniques at home, the negativity of other students should be much easier to deal with.

Should your child experience the teasing, name calling and other ill-mannered behaviors of their fellow students be there with an open ear to listen to your child and support them.

Those positive talks and encouragements from mom and dad may seem to go in one ear and out the other, but they do sink in and your child will be thankful for your uplifting care and



concern. Your support means more than anything to your child, especially at such a difficult time in their life.

Here are a few additional tips to help your child deal with difficult children at school:

Teach your child that it is okay to be who they are and that changing themselves is never something they should desire to do.

It is okay to have certain groups of people that you like more than others. Perhaps you share more common interests with that particular group. This is acceptable, but what isn't acceptable is being mean or cruel to another person because they're not included in your specific personality group or genre. Your child should understand the differences.

Your child should also understand that the actions of other children have nothing to do with them but instead a part of growing up that some children handle differently than others. A few additional tips that can help keep your kids safe against other children:

### **Dealing with Bullies**

Bullies seem to be found in every city and state and in most all schools. It seems that combating bullies is a difficult task for schools nationwide and while they're doing everything possible to keep each and every student thriving in an educational environment, it is up to parents to help protect their children against bullies and bullying.

Bullies are probably one of the biggest fears that a parent has when they send their children off to school. Bullying these days has certainly taken on a whole new level compared to long ago when it was nothing more than a few (seemingly) harmless names.

These days, however, bullying is far more damaging, sometimes causing extreme emotional damage to the child that can last them for many years ahead.

Here are a few tips that you can practice with your child to ensure that a bully doesn't cause problems during their school year, or that should they find themselves the victim of the teasing and taunting, they're well-aware of the right ways to address the issue.

It is important that your child knows that they can talk to you about problems they're facing at school, including issues with bullies. Reinforce the fact to your child that the bullying is not their fault.

Do not hesitate to talk to the school principle concerning the issues with bullying that your child is experiencing. Perhaps it is not an issue they are aware of and until they have this information, little changes will take place.

Help your child learn how to avoid the bully whenever possible.

Help your child learn assertiveness. While fighting back is not encouraged, it is important that your child stand up for himself when being bullied. Oftentimes bullies choose children they perceive as weaker to bully. When your child shows that he isn't weak, the bully is likely to continue their efforts.

Watch for signs that your child is being bullied. Sometimes your child may be embarrassed and not want to talk about the problem. It is your job to intervene before the problem becomes more serious.

## Chapter 7: Improving Your Kid's Academic Approach



Students have so many worries when attending school should be a time to enhance their abilities and educate the mind. In addition to the concerns above, students also want to do the very best they can in all of their classes, allowing them to go on to lead a successful life after college.

Being a good student may be difficult, but not impossible for those determined to succeed.

If all of the concerns above weren't enough, children also want to bring home good grades, learn the material they're being taught, and go on to live a fulfilling, successful life after college.

The pressures are definitely realistic for students even as early as elementary school! Being a good student, however, isn't as difficult as some would perceive it to be. While it does take dedication and diligence, it is certainly possible for any student to exceed even their own expectations in school.

This section will be spoken as if speaking to your children or any child, so bare in mind that when referring to "you" we'll actually be talking to the child. You can use these tidbits and approaches to helping your own kid or kids. However, we will also switch between talking to the kid and to you, so you may want to pay close attention.

**Learning Starts Early**

A love of learning starts early-on in life. Share as many educational, learning opportunities as possible with your kids. Most anything imaginable can easily turn into a lesson for kids. Provide them with books to read, and fill their minds with positive reinforcements of the great things awaiting them with their college education and brilliant mind.

**Get Ahead**

Making the grades in 7th and 8th grade can alleviate some of the pressure that comes along with the freshman year of high school and subsequent years or may provide your child the opportunity to enroll in honors classes and excel their learning opportunity. Study hard and keep your eye on the prize and high school will be years spent without added stress and with greater opportunities.

**Pay Attention**

Perhaps the easiest way to be the best student that you can be is to pay attention to teachers, during classes, and special educational events.

When you're paying attention, taking notes, even recording lectures, you're doing your part to fill your mind with the information necessary to get ahead during your schooldays. Tests are much easier when you're paying attention in class. And, you'll have the opportunity to ask the teacher questions if there is information that you do not quite understand.

A part of paying attention also requires that your homework be completed. Missing even one assignment can have a drastic effect on your final report card grade. When assignments are missed, it also puts you at a disadvantage because important information may also be omitted.

A study area is important for children to have. The study area should provide ample space for books, papers, etc. without being cramped, as well as a comfortable seat. There should be no distractions in the study area, including cell phones, radios, or the TV.

Staying neat and organized is yet another beneficial tip to students who want to do their best in school. Organized students can find their assignments, pencils, paper, notes, etc. without worry, saving time as well as frustration. A few organizational tips:

Use multi-colored binders to help keep papers separated and in order

Immediately place papers into folders and never cram them into the pockets

Once per week, clean your backpack, removing any unnecessary papers, books, etc.

### **Set Standards & Goals**

Students excel in school when they set standards for themselves and have future goals and dreams to accomplish. Help your child develop a love for learning early on and they'll have little trouble setting high standards for themselves and their education.

## Chapter 8: Children & The Internet



The Internet is the popular hangout spot for children, pre-teens and teens. It's an open world where anything goes, including not-so- appropriate material for children.

While your child is likely online to communicate with friends and post photos on social media, play games, listen to music, and find out what Justin Bieber and their other favorite stars are up to, the dangers that lurk out there for kids is known all-to-well by parents despite the naivety of children and such.

The [Children's Online Privacy Protection Act](#) (COPPA) was established in the year 2000, designed to protect children under 13 years' of age by limiting the personal information that a website can gather without parental consent.

Because of this privacy protection act, many sites, including Facebook and other social media platforms, restrict use of their website to individuals over the age of 13.

If you happen to have a child that is 13 years of age or younger, it is important that you do your part to keep them protected by limiting and monitoring their online activities, ensuring they comply with the COPPA act.

## **Monitoring Online Activities**

A number of tools are available that help you control Internet access, the websites that your kids are visiting, and online predators. While there is no 100% method of protecting kids, the use of these tools greatly diminishes the odds of your child being a victim of a crime while also providing them with Internet-education.

Blocking specific websites from your child's computer is one option that is available. Oftentimes parents restrict adult websites, social media sites, etc. but any website that you don't want your child to visit can be placed onto a 'bad list' and restricted.

Setting guidelines for your children's Internet use is also an essential step in keeping them safely protected. Your child should understand websites they are and are not allowed to visit and oblige by those rules. It is important that your child understands that you really never know who it is behind the computer screen. They should never take inappropriate photographs or send messages as there is always a record that can be used for deceptive purposes later down the line. Personal information given out online should also be limited. This includes real name, address, home telephone numbers, etc.

## **Internet Safety Tips**

Additional tips that can help you keep your child safe and protected while using the Internet:

Inform yourself of how to use a computer if you don't know already. Learn your computer as well as your child's if they're using a separate unit.

Keep the computer in a common area where you can easily see what websites your child is visiting.

Create passwords for your children so that you are aware of them at all times.

Monitor credit cards for unusual charges.

Monitor the amount of time that your child spends online.

Educate your child concerning Internet safety. Alert them to the dangers that exist and how to respond should they be encountered, receive a threatening or inappropriate text or email, or otherwise feel unsafe while online.

Learn who your children's friends are –both online and offline.

Block chat rooms and forums, as these sites are risky to children.



## Chapter 9: Kids and Sports Safety



Sports are an important part of being a kid. Many teams are available for kids, both in and out of school.

Sports participation provides an ample number of benefits to both children and parents, as it teaches children team-building skills, builds self-esteem, keeps them fit and active, and allows them to bloom into wonderful social beings as they have fun participating in an activity they love to enjoy.

However, sports are also dangerous. In 2013, more than 1.9 million children were seen by a doctor due to an injury sustained while playing a sport. Minimizing sports injuries is something that any parent can –and should –do to help protect their child as they play in their favorite sporting activity.

### Eye Protection

Glasses and goggles are the two most commonly used forms of eye protection, worn by children participating in sports such as tennis, football, and hockey. While there are several different types of eye glass/goggles available, poly-carbonate eyeglasses provide the best protection against injuries to the eyes. It is the only material that has been tested for use in sporting activities.

**Mouth Guards**

The use of mouth guards is recommended for children to protect the teeth, the tongue, and the mouth when playing in contact sports such as volleyball, martial arts, and basketball. A dentist can create a mouth guard custom-fitted to your child's mouth, however, average size guards are sold at many sports stores.

**Helmet Use**

The use of a helmet is important when playing most sports, including baseball, football, softball, and wrestling. Helmets help protect the skull and the brain from injury and serious damage. A number of different helmets are available. Many of these helmets are designed for use by players in a specific sport, so do keep this in mind when making your selection. Additionally, choosing a helmet that meets or exceeds the standards set forth by the Consumer Product Safety Commission (CPSC) is desirable.

**Padding**

Padding for the elbows, knees and wrists are available. The guards can prevent strains and sprains, as well as serious bruises and pain from falls to the ground. Children participating in any sport can benefit from the use of padding. A sports cup is an additional form of padding for boys to keep their private areas protected during contact sports.

**Be a Fair Sport**

You play to win the game and anything less is very disappointing to most, regardless of the sport. However, teaching your child that it is okay to lose the game sometimes as well as how to play fairly with his teammates is an important part of playing sports. Along with enhancing the

experience enjoyed while playing sports, teaching your child how to play fairly can reduce injury and accident during the game.

Children whom are upset, anxious, or angry while playing a sport are more likely to cause an injury, even without trying. By avoiding the build-up of the frustration and playing fairly, everyone enjoys a safe and fun game without injuries included.

### **Sports Safety Tips**

Sports physicals are required to be completed before students are allowed to participate in school sports in many cases, but it is a good idea to have a physical performed either way. A sports physical ensures that your child is in good health that allows them to enjoy the sometimes physical extremes brought on by playing sports.

Hydration is important when playing sports outside and when practicing. When the days are their hottest, water or a sports enhancement drinks (such as Gatorade or PowerAde) ensure that your child doesn't become overheated. Ensure that your child is aware of the importance of staying well-hydrated when practicing or playing sports.

Stretching before and after sports are extremely important. Stretching releases muscle tension, reducing the risk of strains and tears on the ligaments and muscles.

If your child does experience an injury, keep them out of the game until the injury has properly healed. Going back to the scheme of things before an injury has time to heal will only cause more injuries to the area and cause more pain.

Game rules and techniques are in place for a reason. It is imperative that both you and your child are aware of the rules and follow them precisely. No one is immune to any of the rules and breaking any of them could potentially lead to the injury of a child.

Attend sports safety clinics held in your area.

Taking a day or two per week off from playing (including practice) is recommended to give the muscles a break and time to recover.

[The National Council on Youth Sports Safety](#) is a non-profit organization offering additional advice and information that can help you protect your child during sports.



If there is a dishwasher in your home, a safety latch installed here is also ideal.

The use of stove guards is recommended. These guards place a barrier between hot burners and tiny fingers, reducing the risk of injury and burn.

Oftentimes parents fail to realize the dangers lurking with the kitchen garbage can.

Don't be one of those parents because the dangers are very real. Place the can inside of a locked safety receptacle or use another type of latch to keep it secure.

Unplug appliances when they're not in use and keep all cords tucked into the appliance.

Use a high chair with a belt and always strap your little one in, even if they're going to be sitting for a few minutes. Accidents happen unexpectedly and within seconds an unstrapped baby or toddler can climb out of the chair and fall, climb on top of the stove or other objects, or otherwise harm himself. Don't take that risk.

Teach your child that the stove is hot and not to touch it!

Set the hot water heater to a temperature no greater than 120 degrees C to prevent accidental burns.

Use latches on drawers and cabinets to keep little fingers out.

Install a toilet lock onto the lid of your unit.

Keep all beauty items, cleaning products, and appliances inside of a latched cabinet. These items can be very dangerous to a child.

Ensure that electrical outlets that aren't in use are covered with safety plugs.

Make sure that there are working smoke detectors inside of the kitchen (and each room of the house.)

Install a carbon monoxide detector inside of your home. This odorless gas is deadly, but a monitor can alert you in time to get out and prevent injury.

## Poisoning

[The Center for Disease Control](#) reports that poisoning is one of the leading causes of injury to children. Many items considered to be a poison exist inside of the home. This includes the common household cleaners, laundry soap, prescription and non-prescription medications, insect repellents, pesticides, and many others. These items should be kept inside of a locked cabinet inaccessible to children at all times. Additionally it is important that you're aware of the signs of poisoning, which include:

Child alerts you to the fact they ingested a poison or you see it happening

Seizures

Drowsiness

Confusion

Burns/redness around the mouth/lips

Vomiting

Trouble breathing

If you suspect that your child has been poisoned call 9-1-1 or the Poison Control Help Line at 1-800-222-1212. This is another important number to keep posted on the phone with other emergency numbers. Better yet, why not memorize it since the digits are so simple to remember?

## Toy Safety

From blocks and action figures to baby dolls and books and everything in between, toys are a fun part of growing up that every child enjoys having. But, toys can be dangerous, especially if you're unaware of the dangers that exist. More than 188,000 children were injured in 2011 with

toy-related injuries. Don't allow your child to fill the number of these statistics and think toy safety at all times!

[The Consumer Product Safety Commission](#) regulates all of the toys that are sold in the U.S.A. They also provide important information about toy safety issues and recalls. You can also visit their website to request informational brochures and guides, posters, and other safety-related toy information.

To secure toy safety, the following tips should be implemented.

All toys sold new at toy stores have age ranges listed on the packaging. These age ranges aren't in place to say that your baby or child isn't smart enough to do it, but instead that your child is not old enough due to hazardous or dangerous parts and pieces. Heed the guidelines and allow your kids to play only with age appropriate toys.

Check toys regularly to look for missing parts or damage that may pose risk to your little one.

Clean and sanitize toys at least once each week.

Store toys in a toy bin or box and keep them out of the floor so no one trips and falls!

Balloons pose choking hazards to babies and small children. Keep them out of their reach at all times, whether inflated or not.

Children should never put toys in their mouth.

### **General Home Safety Tips**

Create safety plans with your children and sit down to discuss the information included on the plans. Your safety plans should include emergency evacuation technique,

Learn first-aid and CPR! It may save your child's life.



Teach your children how to dial 9-1-1. They should also know their address, name, and telephone number.

Keep guns locked inside of a gun cabinet at all times! Never lay a gun down around a child with the safety latch off, even for a split second.

What will you do in the event a fire breaks out inside of your home? It is beneficial to have an overhead sprinkler system installed in your home to minimize fire and its damage. A fire detector can also benefit you in the event of a fire.

Always supervise your children and what they are doing around the house. When your children are well-supervised, the risk of injury is greatly reduced.

Use baby safety gates to prevent entrance into other rooms of the house and to block off stairs. Children are fascinated by stairs, but they're also very dangerous when they become an inside playground!

Keep a first-aid emergency kit in an easily accessible area of your home.

Keep a list of important emergency numbers on the refrigerator, by the house telephone, and inside of a cabinet or kitchen drawer.

Consider hiring a professional to perform a home safety check. Although there is a small fee for this service, having an expert eye investigate any potential dangers in your home provides peace of mind that you cannot gain completing the task on your own.

## Chapter 11: Outdoor Safety 101



Keeping the kids inside when the weather is warm outside is much easier said than done, but with so many dangers lurking far and near, many parents are hesitant to let their little ones enjoy the wonders of summer as freely as perhaps they did as children.

The dangers that lurk outdoors for children are very much realistic in today's day in age.

It seems that kids aren't safe playing with toys, from predators and bullies, and even from poisonous bugs and insects or plants.

Rather than take away the enjoyment of being a child, take outdoor safety into your hands.

There is a multitude of ways to keep your child safe while they play outdoors.

The most important tip to remember as a parent is that your children are full of energy. No matter how much your back aches or legs hurt, they're ready to go, go, go and go some more!

It is imperative that you're aware of the energy level that your child has and that you're always with a watchful eye.

Kids are curious, sneaky and quick and in the blink of an eye can be in immediate danger before you even realize what's happened.

## **Weather**

Kids love the warm days just as much as those when snow fills the ground. Each of these days put significant risks on your child's well-being, thanks to the extreme temperatures. But, it is possible for your little ones to enjoy the great outdoors no matter what the season as long as you are prepared.

Minimize the amount of time your child spends outside during peak hours (generally 2 p.m. until 4 p.m.)

Sunscreen is valuable in more ways than one. Apply it numerous times throughout the day, even during the winter.

During cold weathers, wearing two or three layers is best since your child can unwrap as they become warm.

During the summer, dress your child in light, breathable clothing.

During the summer, hydration is of great importance. Ensure that your child drinks as much water as possible when it is hot outside.

## **Playground Safety**

Parents oftentimes assume that playgrounds are safe for their kids, but this isn't always the case. Before you allow your child to swing on the monkey bars or take that trip down the slide, make sure that there is no damage to the equipment that might cause concern.

Along with safe equipment, teach your child how to play safely on the playground. Pushing, shoving, and other horseplay is a big no-no when on the playground and your child should know that such behavior will not be tolerated.

## **Swimming Pool Safety**

There is no activity that brings more pleasure to a child during the summer than swimming. Whether you have a pool in the backyard to accommodate their needs for water or hit the nearest public pool or lake, it is imperative that you and your children are both aware of the dangers of water and treat it with respect!

If you have a swimming pool at home, nothing is more important than placing a security gate around the fence. In seconds a small child can drown inside of a pool, even before you know what has happened. A locked gate can prevent this tragedy and keep you and everyone in the family safe and secure.

It is imperative that you set and enforce rules for swimming, whether at-home or away at another location. If your child doesn't obey the swimming rules, enforce the penalties as quickly as possible so that you might be able to prevent the same event from occurring in the future.

No matter where your children are swimming, proper supervision at all times is imperative to keeping them safe. As mentioned, it takes only seconds for your child to drown and even that moment that you look away to grab the telephone can prove tragic. Your child must be supervised and proper attention given any time they are near water.

Don't go to the water without the proper safety equipment in hand. You need life jackets, floats, goggles, and many other safety items at the pool any time that you decide to spend the day in the water. These devices have proven to save lives, so do not visit the water without them in place.

Are you CPR certified? Knowing how to respond in the event of a water emergency can make a world of difference in the outcome of the event.

Anyone can learn the life-saving techniques offered in CPR. Make sure that you are one of those who receive the training because you never know when it could save the life of someone so close to you.

Even the most experienced of swimmers can succumb to strong waters and tides.

Don't think that your child have the swimming knowledge to escape any dangers. Take every possible precaution to safely enjoy the swimming pool all summer long!

Visit the [American Red Cross](#) website for additional tips and information on swimming pool safety for children of all ages.

### **Stranger Danger**

By now your children should understand the importance of being aware of their surroundings and the people around them as well as how to spot unusual things that could signal trouble.

Your child should understand how to identify a stranger, know his telephone number and address, and be able to call 9-1-1.

Your child should also understand that there are dangers out there. Leaving your child in a sugar-coated world is very dangerous.

The buddy system works! Ensure that your child never goes anywhere alone.

Taking a friend along always reduces the danger that your child will face because two (or more) kids are more dangerous than one.

Tell your child that it is important to trust their instincts if they think they are being followed.

If something just doesn't feel right, there is probably a good reason and your child should know to cause a scene, go inside of a building with trusted adults, and other ways to handle such a situation.

Teach your child the importance of not wandering off. It is easy to get lost and there are so many dangers out there that exist for a child on their own.

Teach your child how to look out for suspicious vehicles. A suspicious vehicle is one that is driving too closely or slowly, one that is trying to make contact with the kids, or one that is otherwise acting in a suspicious manner.

If someone attempts to grab your child, telling them to fight back (as long as a weapon isn't involved) is always ideal. Hitting, kicking and screaming, biting, falling to the ground, and scratching may cause a predator to escape due to fear of someone hearing the commotion.

Always keep a watchful eye on your child! It is amazing what can happen in a matter of seconds.

You should never take your eyes off of your child because that split second could be so very costly and detrimental!

## Chapter 12: Babysitter & Childcare Safety



Leaving the kids with someone else, even if it is a parent, a sitter or a lifelong friend, is one of the hardest parts of becoming a parent.

For many, however, it is a reality as life after baby returns to normal and the tasks necessary to lead a productive life rectify their way back into your mind. Jobs, business meetings, and more can require the need for a babysitter or childcare.

Don't beat yourself up for needing to leave your child. Studies show that children who are able to attend daycare or stay with a babysitter have better socialization skills as well as a higher vocabulary.

While it IS nerve wrecking, know that your bundle of joy is still thriving while you are away! Additionally, you can take extra precaution to protect your baby or child at any age, even when that means they're in the care of sometimes someone you don't really know.

### **How to Find the Best Childcare or Sitter for your Child**

No one will ever love your child like you; accept the fact and get on with life! This statement doesn't imply that you can't find someone that is going to care for your child just as you would and treat them with the love they need. But we all know that the love a parent has for their child is one so very unique and isn't something that you can feel until the blood is your own.

Finding an outstanding babysitter that will take the best care of your child can be done when you take the time to find that person! This person is out there and it is your job to find them.

Start the process of choosing a sitter or daycare for your child as early as possible. It sometimes takes a bit of time to find someone that is good enough to care for your child and this isn't a process that you want to rush to get done. It is recommended that you spend at least a couple of months comparing the different sitters, performing background checks, and getting to know the person/facility on a more in-depth level.

When selecting a babysitter, the following information is important to evaluate before choosing.

**Conduct interviews with different sitters;** after you decide whether you want care to take place in your home or at another location. Prepare a list of questions that you want to ask potential sitters. Create a list for each prospective sitter that you interview so you can keep up with the information they provide.

**Ask for references and don't be afraid to check them!** Any good sitter can provide three to four references. Call them and ask their opinion of the sitter.

**Searching for a babysitter within your community is much easier.** Ask friends and family member who they trust to care for their child. Oftentimes you'll get great information here that may help you find someone easily. Check with the church that you attend for a sitter recommendation and be sure to inquire with co-workers.

**Experience is important** when hiring a babysitter. Obviously you want someone to care for your child who understands that, sometimes caring for a child is a tiring task! You need a sitter that has shown they can handle even the most difficult of times with patience and the experience they offer certainly matters.

No matter how much experience the babysitter has or how many excellent references on the resume, at the end of the day what really matters is **the way that your child responds to the sitter and your personal thoughts and opinions.** Your gut instinct is usually right, so this is the time to go with it. If your child doesn't like the sitter



(especially if he is typically friendly with other people) or you get bad vibes, there is probably a reason and the search for the perfect sitter should continue.

**Childcare costs** vary from city and state and from provider to provider. A private sitter is usually the most affordable of the options and daycare the most expensive. The costs of the sitter are always important to consider when making your sitter selection.

**What is a typical day like with the sitter?** A structured environment is one in which most children thrive. You want them to be in an environment with other kids where they learn and have the chance to play and interact and have fun with people that provide them with positivity, encouragement and lots of smiles. Be sure that the sitter provides you with a weekly agenda so you know exactly what your child is doing while you are away. Be sure to also ask for a weekly menu so you can rest assured that your child is eating healthy.

**How do you feel about the sitter?** It is not easy to leave your child and worry and wonder all day. How does the sitter handle your worries and help them subside? Sending photos and daily reports is one way that a good sitter will help you feel assured of the care they're providing to your little one.

**Is the sitter willing to follow any specific rules or expectations** that you have for your child? Obviously a sitter that isn't willing to meet your needs and requests isn't one that you want to work with.

**How does the sitter interact with your child?** A positive relationship is so very important for your child to have with the sitter. While some parents say it makes them a bit jealous, seeing that your child feels safe and secure is something that should make you proud!

## Chapter 13: Talking To Your Child



Keeping your child physically safe is a full-time job in itself. You must watch out for predators, cars, bikes, bullies, and so many other dangers that leave your mind in a constant worry.

But, keeping your child from all of these things is just the beginning.

As a parent, one of the most important duties that you have is to keep your child mentally and emotionally sound and safe.

When you keep your children emotionally safe and sound they'll be able to lead a productive life and you'll enjoy a close relationship with them for a long time to come.

Children should feel easy being themselves and comfortable talking to you about various things that are happening in their lives, even if it is things that they know you won't agree with or may perceive differently than they do in their world.

### **Start the Conversation**

Don't be afraid to ask your child how their day was. In fact, why not make it the first words you say after 'hello' after their day at school or your long day at work? It is nice to be able to sit down and talk to your child. It keeps you informed in their life and what is going on and allows

you to build a lasting, trusting bond with your child. It is very important that every child have this.

Sometimes it takes you getting the conversation going to spark the interest of your child, particularly during the pre-teen and teenage years.

Sometimes children at this age have so much peer pressure and other emotions going on inside they're not really aware of the love their parents have and 'take it out' on them. That is exactly why you should take the first step so that you're not shut out!

When your children feel comfortable enough to open up and talk to, it can make a world of difference in their overall well-being.

You should always **try to understand your child's point of view**, no matter what your original thoughts are concerning that particular subject. Be willing to listen and try to relate to what they are saying. Things that your child feel or express to you are probably not the same sort of things that you were dealing with as a youngster.

Times have greatly changed in just a few short years. Be open and willing to at least hear your child out. Valuing your child's thoughts and opinions enables them to blossom into a caring, consideration adult.

Your children need you for guidance, but as they age, inserting their own opinions is important. When there are important decisions involving the child, allow them to be a part of the process. When you allow them to give their input, even if your decision is one they'd rather you not make, it allows the child to grow both developmentally and emotionally.

### **Is Something Wrong?**

Don't expect your child to open up and tell you when something is bothering them because so often this doesn't happen and you will be waiting around forever for them to talk. It is up to you to recognize the changes that may occur in your child when something isn't right with

them. While the signs vary in every child, it is usually pretty simple for a parent to determine that something is wrong. Some of the signs that your child is emotionally bothered by something include:

Sudden change in their behavior

Your child may show disinterest in activities that he once enjoyed

Your child may change the group of friends that he has

Your child doesn't want to go to school or becomes nervous or anxious

Anger and irritability are also signs that there is some sort of problem in your child's life. Oftentimes children are unable to direct their emotions to the person actually causing them. Family members are close and trusted; they resort these feelings unto those they trust.

Your child seems withdrawn; isn't eating dinner or seems sad

Kids have so much going on in their lives and they oftentimes are unsure of how they should deal with the emotions. Being there to recognize the signs that something is wrong can help your child work out any issues that they are facing. Leaving your child to their own vices is never a good idea as they lack the maturity to make the best decisions for themselves.

Ensure that your child has an active life that keeps them busy. Enroll him in sports, music, or dance. Plan activity-packed weekend adventures for the family. Your child needs to visit the doctor at least once per year as well. Ensuring regular doctor visits may help prevent emotional problems from becoming out of hand. Should there be a more serious problem with your child, the doctor can help you address the problem and find a solution.

Encouraging your child to be self-sufficient is important. Raising a confident child starts at a young age, but it does start with the things that you teach. [Dr. Sears](#) recommends that parents take several steps in an effort to raise a confident child, each suggesting that the way a parent feels about themselves helps nurture the child's confidence and self-esteem.

## Chapter 14: Keeping Your Toddler or Infant Safe



Your toddler is curious about everything. With newfound abilities like walking and running, nothing is more exciting than freely exploring the world. But with a bit of curiosity thrown in and you have a mix for disaster, as so many parents will tell you.

The terrible two's didn't earn their name for no reason!

The safety measures that you took for your baby must now extend greater and protect your little one from dangers that, before children you may never have realized existed. Luckily you can take many safety measures to protect your toddler from the many dangers that lurk in the big world.

A number of products are available for purchase to 'safety proof' your home or hiring a professional to safety proof your home may be your preferred method. Either way it is important that you take precaution now to prevent risks later.

As mentioned in an earlier section, you'll need to get down to your toddler's level in order to keep him safe. The dangers that you encounter are far different from those of a curious two or three year old. Think like a toddler and look high and look low for dangers both inside and outside of the home.

Don't take your eyes off of your child even for a second! Toddlers certainly have a speed that will give any cheetah a run for its money and in those few seconds when you look away, your little one can be in the middle of a busy highway or in the six-foot end of the pool (or one of any other scenarios.)

Don't lie anything down that is within the reach of your toddler! Lighters, matches, guns, and any other item that is dangerous should always be put out of the reach of toddlers (and, of course, guns inside of a locked cabinet.)

Don't allow your toddler to play with plastic bags. They can easily suffocate a child or choke them.

Avoid burns by using the back burners on your stove and by turning all of the handles toward the back of the stove.

Teaching your child not to approach strange pets is also an essential step in toddler safety. Big furry dogs are a sure delight for little ones, but a dog bite could be the result.

Use safety latches and locks, as well as the many other safety products made to keep babies and toddlers safe. These products are available at most baby stores and prevent accidents from occurring in the first place.

Cleaning products have a proper home and that's not within eyesight or reach of your toddler! Cleaning products can be hazardous to your toddler. Keep these products in a cabinet high above the reach of a toddler (and too high even when climbing in a chair) or inside of a locked cabinet that includes a safety latch.

Never let your toddler put foreign objects in his mouth. Not only is this unsanitary, it also causes a major choking concern.

Use furniture with rounded edges or protect those sharp ends with furniture end covers. Bumps into tables and sharp corners of furniture may hurt you but for a toddler they can be even more serious.

Keep toys off of the floor and inside of a toy box. Toys can easily cause slips and falls, and certain toys, such as LEGOs, cause immense pain when stepped on! Trust this statement and don't try it out for yourself!

The bathroom plunger is viewed as a fun toy for your child! While you do want to keep a plunger in the bathroom, it shouldn't be within the reach of toddlers.

Use safety kids to prevent kids from entering other area of the home where dangers may lurk.

Use safety cords on window blinds cords. This is a leading cause of ER visits for toddlers; make sure that you prevent this kind of accident with your little one.

If you have pictures or decor on the walls, is each piece properly secured? Toddlers that can easily detach photos from walls are in danger. Take extra precaution to secure photos that you hang on the walls.

Always use a car seat when traveling with your toddler, even if it is only a short distance. It is the law and it is the only way to ensure your child's safety.

Door safety latches ensure that windows and/or doors aren't opened by little ones as you travel to your destination.

## Chapter 15: Making Safety a Top Priority



There is no denying the fact that the dangers out there are very real and your child is susceptible to them all. Luckily you can implement so many strategies that help protect your little ones and keep them safe at any age as long as you are willing to take the necessary steps for that added protection.

Making safety a top priority in your life shouldn't be difficult. As a parent, your biggest concerns in life revolve around your children. Knowing that you are doing all that you can to keep them safe provide a peace of mind that every parent needs to feel.

The first step in protecting your child is to understand that there are dangers out there. So often parents fail to realize the dangers, or think they'll never happen to them. This train of thought may very well lead to your child encountering more dangers in life than necessary.

While there is never a 100% sure-fire way to prevent any of the dangers lurking out there from affecting your child, you can do more to protect them and it is certainly far more beneficial than simply turning the other cheek and pretending the dangers don't exist.

When you understand that dangers surround us everywhere that we go and dedicate yourself to taking the proper precautions to avoid them it is much easier to sleep soundly at night. Your children will listen to you if you are willing to start the conversation. It might be difficult and sometimes a bit uncomfortable, but it is not impossible.



## Teaching Safety to your Child

Here are a few tips that can help you teach safety to your child. Implementing the tips provides parents with peace of mind and certainty that their child will be okay even when they're not with their child.

Listen to your child. If they tell you that something isn't right, pay attention to what they are telling you and take the appropriate measures. Building a child that is confident and who will talk to you requires that you listen and understand. Never push your child's feelings to the side.

Give your children the tools necessary for success. When they know how to trust their gut instincts and stand up for themselves, it will help them in many different areas of their life.

Good judgment is something that you can help teach your child and doing so is beneficial in every area of their life.

Teach your child how to swim! Swimming is an activity that most young children enjoy, it is a great form of exercise, and knowing how to swim may very well save your child's life or that of another individual!

Ensure that your child wears a safety helmet whenever they ride a bike, scooter, skateboard, etc. Helmets provide the best protection against skull and brain fractures and your child should understand their use isn't optional; it is mandatory.

Talk to your children. Even on occasions when it seems that they're not listening to a thing that you say, they're actually taking in more than you realize. The more talk that you do the better but remember that you need to keep the conversation kid or teen-friendly to keep from sounding like the 'annoying nag.'

## **Securing your Life**

Your home is a place of comfort and safety for your child. It is important that they feel comfortable and to help make this possible there are many additions that you can make to your home.

Remember to keep it age appropriate. If you have toddlers in the house, you obviously need safety latches and locks whereas these items are unnecessary if your kids are pre-teens.

But, some items are useful for all homes, regardless of the age of the kids inside. This includes:

### **Home Security System**

Home security systems have greatly advanced over the years. These days they provide the utmost in safety and security that allows you to keep an eye on things no matter where you go.

These systems are versatile and more affordable than you might imagine. It might be possible to get a free home security system with free installation if you choose the right company.

Monthly monitoring is only a few bucks per month. And, let's be honest, it's definitely nice to know that you are protected!

### **The Buddy System**

The buddy system works! As previously discussed, teaching your child to never go out alone can prevent mishap from occurring. A person is less likely to become a victim of a crime if together in a team or group setting.

Your child should understand that going out with at least one other person is important, and that they should always let an adult know where they are going to be and who they are going to be with at all times.

### **The Truth about People**

When your child is old enough, let them know the truth about some people in this world, but start this conversation in a way that doesn't terrify them.

You can let them know that there are bad people in this world who will say or do anything they have to in order to get what they want. Help them determine when a person is lying and to use their gut instinct if something simply doesn't feel right to them.

## Chapter 16: Children and Drug Abuse



It is shocking for a parent to think that their child could ever be involved with drugs, but the statistics prove that more children are experimenting with drugs at an earlier age than ever.

And sadly, many of the drugs that are out there today are common prescription pills that you might take to alleviate aches and pains, anxiety, or even overworked or pulled muscles.

Oftentimes children think that if a medication is prescribed by a doctor that it is safe or that it 'can't be that bad' when the truth is prescription pills are very dangerous when used by children and for anyone other than the intended patient.

Of course there are also other drugs that children are experimenting with, such as alcohol, tobacco, marijuana, heroin, amphetamines, ecstasy, and others.

As a parent, you hate to think that your child could use drugs, but knowing the signs and how to take action is important because it very well could be your child that finds himself with an addiction from simply trying to be cool or giving in to peer pressure.

Children use drugs for a variety of reasons. It doesn't imply that you've done something wrong or failed as a parent. It simply means that your child took a less desired route for one reason or another and that it is time to help them while you still can!

Some of the most common reasons for children experimenting with drugs include:

Peer pressure from people at school and/or friends

Some children want to escape from life and the realities of it

Problems at home

Problems with friends or with close relationships

Curiosity

### **Don't be Naive**

Don't be naive to the fact that your child may be doing drugs. Turning the other cheek isn't going to make the problem go away or change the fact that you suspect that something is going on. Before you know it the problem that your teen is experiencing can spiral out of control and take a major toll on everyone in the family. If you suspect that your child is using drugs, take action quickly!

### **Know the Signs**

While the signs of drug abuse vary according to the type of drug being abused, they all share a few similar traits that may help you better realize that there is some sort of problem going on, even if you cannot pinpoint it exactly yet.

Signs of drug use/abuse include:

Hanging out with a new group of friends /rarely associating with old friends

Grades aren't sufficient/ falling behind in school

Seems quiet, reserved, doesn't want to talk

Mood swings/ Anger problems

Spending money/ stealing money or items from the house

Change in attitude

Parents may feel that they have lost all control over their child if there is a drug or alcohol problem. Conflicts at home seem to worsen and your child may rebel against you more than ever, despite your best efforts.

Home drug test kits are available at many drug stores and online. If you suspect that your child is using drugs, you can use one of these kits to learn the truth. Kits test for various substances, whether it is marijuana or something else that you are concerned about. If you find a positive result, talk to your teen and immediately seek help before a problem develops. There are many ways to get help for your teen but the longer the problem persists, the worse that it will be for everyone.

### **How to Prevent Drug Use**

It is never a given that you can prevent your child from using drugs, but there are a few things that you can do to reduce the odds that your child will use one. As a parent it is your duty to do as much as you can to teach your child about the dangers of drugs. They are a problem today more than ever and the risks of drug use are very much real. Here are a few things that you can do to help minimize the risk of your child or teen using drugs.

### **Talk to your Teen**

Understanding drugs from your teen's point of view is a very helpful way to ensure that drugs do not become a problem in your life. Don't lecture your child when you have the talk. Instead, tell them what you know about drugs and listen to what they have to say. When you listen there is a lot that you can learn.

### **Discuss Drugs**

Talking to your teen about drugs isn't an easy conversation but it is one that can prevent hassles later down the line. Talk to your child about the dangers of drugs and what they can do to you. Be prepared to discuss your own drug usage with your teen because they will be curious!

### **Pay Attention**

The most important thing that you can do to help minimize the risk of teen drug use is to pay attention. Know the signs, know what your child is up to and be involved in his or her life!

## Conclusion and Further Insight



As we wind down and wrap up this course, there's a few more things to touch on. Not necessarily more tidbits and advice, but rather where to head from here.

Going through this course you probably noticed there's A LOT of information and subject matter when it comes to the concept of keeping kids (of all ages) safe and secure from the many unfortunate dangers out there in the world.

While this course did touch on a ton of things, and explained many of the subjects in depth, or at least enough that you could get a decent understanding – we were limited to constraints, and there's no shortage of new findings and other information out there.

From here, you should check out the cheat sheet and other resources that were included with this course to give yourself a refresher and for further reading or learning. Additionally, you can always go back through this course and take notes if you'd like.

Beyond that, it's highly recommended that you visit some of the many linked resources and websites that were mentioned in this course as they contain tons of valuable information regarding child safety and security.

You should always make it a point to stay completely up-to-date with current events when you're a parent, which is essentially ALL the time for the remainder of your life, or to an extent.



Lastly, you can always go out to Google or anywhere else and do more searches for current findings, forums, message boards, blogs, and other networks with like-minded individuals that all have the same child safety goal in mind.

At the end of it all, I want to thank you for taking the time to go through this course, and I genuinely hope that you've learned a few things and will take some knowledge away.

In closing, you've made an awesome decision by grabbing this course, and by doing this, you're contributing and making the world a safer place not just for your own kids, but for other kids all around the world.

With that said, thank you very much for your time. And I wish you the very best of luck with child safety and keeping our kids safe from dangers.