

Child Safety Checklist

Keep your home safe for babies and children. Share this checklist with anyone who cares for your child. **Keep emergency phone numbers, such as doctor, fire department, poison control (1-800-222-1222) and 911, close to the phone.** Teach your older children how and when to call 911 or other emergency phone numbers.

Watch Your Child Closely

- Never leave your baby or young child alone:
 - ▶ at home
 - ▶ in a bathtub
 - ▶ in a car, even when your child is sleeping
 - ▶ on a raised surface such as a bed, changing table or sofa
- Do not leave your baby or young child alone with other children or pets.

Safety with Baby Care

- Do not let anyone drink hot liquids or smoke while holding your baby.
- Place your baby on his or her back every time to sleep.
- Do not lay your baby on a waterbed, pillow or other soft surface that could suffocate him or her.
- Never prop a bottle during a feeding.

Clothing Safety

- Remove drawstrings in clothing.
- Use flame retardant sleepers and pajamas.
- Do not put necklaces, rings or bracelets on babies.
- Never tie a ribbon or cord around your baby's neck to hold a pacifier.

Taxanaha Hubinta Ammaanka Ilmaha

Gurigaaga mid ammaan u ah dhallaanka iyo carruurta ka yeel. Taxanahaan hubinta la wadaag qof kasta oo ilmahaaga daryeela. **In illaali sifeela numbarka daktarka, dabka, sunta (1-800-222-1222) iyo kan 911.** Inbar sifeela awlaada sidii iyo inbarada lahaayeen numbarka 911 iyo walagii lamid ah.

Infiiri unugaaga sifeela

- Marna inkutabtooy unugaa shaleediis:
 - ▶ Manka
 - ▶ Bashinka gudaii
 - ▶ Madii unuga jiifada baabuurka guda jee
 - ▶ Usugo jiifa sariir eelen hanfuurdhaw, mise miis
- Inin kutabtooy unuga oolaad kaleed dhatiyee shaleediis.

Ka ilaali unuga dhaqaaladiisa

- Inin ogalaatooy intii kiin haayo unuga qof waraabow wal kuleel mise dhugow.
- Marwalba adi unuga jiifiyaasa injiifi dhareedimoow.
- In jiifidoow meel quyan mase barkin elentiyow taas oo in sheena korta unuga inii sanbuuya.
- Dhalada marna wax kale ha ku taageerin waqtiga quudinta.

Karka weli liin xiradee intii laka badbaado

- Dharka ka saar xarkaha.
- Xirooy kabo feelan.
- Ilmaha ha u gelin silsilad, faraati ama jijimmo.
- Inii kahirtooy unuga luqunta hadag mise qoolaay.

Nursery and Equipment Safety

- Buy baby furniture with the Consumer Product Safety Commission (CPSC) or the Juvenile Products Manufacturers Association (JPMA) label.
 - ▶ Choose a crib with slats no more than 2 3/8 inches apart and railing that measure 26 inches high from the mattress frame. Be sure the adjustable side rail latches securely when up.
 - ▶ Choose playpens that have mesh with less than 1/4 inch spaces. Make sure the material is securely attached to the top rail and bottom.
- Use a crib mattress that fits snugly.
- Never place pillows, padding, bumpers, toys or other items in your baby's crib. Babies can suffocate on these items.
- Do not use baby walkers. Each year babies are seriously injured from falls while in walkers.

Safety in All Rooms of the House

- Put safety latches on all cabinets and drawers that contain sharp or breakable objects, chemicals or medicines.
- Put outlet covers on all electrical outlets.
- Put a baby gate at the top and bottom of all stairways.
- Cover corners and sharp edges of furniture with corner protectors.
- Keep items such as electrical cords and plants out of children's reach.
- Put screens around fire places, hot radiators, stoves, kerosene or space heaters.
- Lock or latch windows properly. Keep blind and drapery cords wrapped and out of reach to prevent accidental hanging.

Kitchen Safety

- Keep hot drinks and foods, knives, cleaning products, plastic bags, and electrical objects out of children's reach.
- Keep pot handles facing inward on the stove.
- Choose a high chair with a wide sturdy base and a tray table that attaches to both sides. Use the safety strap to hold your baby securely in the chair. Keep the chair away from the stove, windows and counters where unsafe items can be pulled off.

Koolkoolida iyo alaabta badbaadada

- Soo iibso alaab ilmood oo leh calaamadda Guddiga Ammaanka Alaabta Macaamiisha (Consumer Product Safety Commission (CPSC)) ama calaamadda Ururka soo Saaridda Alaabta Dhallinyarada (Juvenile Products Manufacturers Association (JPMA)).
 - ▶ Dooreey Sariir unuga inkuwiinaan 2 3/8 oo leh alwax mitirshe eyi 26 walago yar eelen inkudheeryi. Walii fiiriyaasee in kor linqaado alwaxaga.
 - ▶ Madi unuga kajira sariirta meela usu qabsadoow wey lafadee inta hayto meel nugul. Wali fiiriyaase materialka meeela adi hagaliidi intii meel feela kadhaganye.
- Mey isticmaalaasee jodari si feelan kikanfilan.
- Inkukatabtooy barkin, walaga olaada kadhadheeliyan sariirta unuga. Walagas hada ha sheegni oodhan unuga caburiyaan.
- In isticmaalooy wal ciyaalka laka dardareeriya. Sanad walba dhawac mise dhibaato aya kuderaaso walaga oolada laka dardareeriya.

Badbaadaba qolata ee manka

- Khaanadaha iyo armaajooyinka ay waxyaabo fiiqan ama alaab jabaysa, kiimikooyin ama daawooyin ay ku jiraan oo dhan irrid celiye ku xidh.
- Meelaha korontada laga xukumo oo dhan ka dabool.
- Ku xidh irid ilmood meesha ugu korreysa iyo meesha ugu hooseysa jaranjarooyinka.
- Dhinacyada iyo geesaha fiiqan ee alaabta guriga ku dabool dhinac ilaaliye.
- Alaabta sida xarkaha korontada iyo dhirta dhig meel aysan ilmuhu gaareynin.
- Dhig dhalooyin ced ced meeloo gaas iyo dabka kudhawyiin.
- Sifeelan in hir darisghadoo. Hadko kor saaran in illaali sifeelan taaso luku yaabo intii qof iska marjiya.

Ilaalda jikada

- Ku ilaali oolaada walaagii kuleel, raashiin, bac, toorida, iyo wal dab leh meela oolada qabsada korta.
- Dhariga dhagaajee ku ilaali kuleelka.
- Doorroow marwalba kursi feelan iyo miis baleeran. Marwalba isticmaal kursi unuga kabadbaadoow. Kuilaali mar walba kursiga kikaa dabka, dariishadoo iyo meel badbaado in laheen.

Water Safety

- Adjust the temperature on the water heater to 120 degrees Fahrenheit or less.
- Check that the bath water is warm, not hot, before putting your baby or young child in the water. Use only a small amount of water in the bathtub.
- Use a baby tub for at least the first 5 months. Then use a tub seat when your baby is able to sit without help.
- Never leave your baby or young child alone in the bathtub, hot tub or backyard pool – even for a second.** If the telephone or doorbell rings, ignore it or take your child with you to answer it. Young children can drown very quickly in a small amount of water.

Medicine Safety

- Store medicines and vitamins out of children's reach in a locked drawer or cabinet.
- Never give home remedies or medicine to your child without first checking with a doctor.
- Check with a doctor or pharmacist for the right medicine dose for your child's age or weight.

Toy Safety

- Always buy flame resistant, washable, non-toxic toys.
- Check toys to be sure they are for the right age for your child.
- Keep small objects, balloons, and plastic bags away from your baby or young child. If objects can fit into a toilet paper roll, they are too small for your baby or young child.
- Teach your child to wear a bike helmet when using a bike, scooter, skateboard and other wheeled toys. Helmets reduce the risk of serious head injury.

Car Safety

- Always use approved child safety seats for your child's age and weight. Place babies in a rear-facing seat until 2 years old or until they reach the highest height and weight allowed by the manufacturer – usually about 35 pounds.
- Install safety seats in the back car seat.
- Check with your local children's hospital, health department or fire department to have someone check that the seat is in the car the right way.

Illalinta biyoga

- Biyoo kuleelshoo hakuyaaree 120 dgree marwalba.
- Hubsooy intii biyoga fardiir ehiyin intii unuga inkaridin hortiyee. Istimall biyoo yar qiyaas.
- Istimaal tubbo ilmood ugu yaraan 5-ta bilood ee ugu horreysa. Fadheesi unuga meel usu shaleediis fadhedo karo.
- Weligaa inin kutabtooy unuga usagoo kadhajara biyo.** Hoo siin lahakiin kuwero mise albaab lakin kawdhaw hor inqaado unuga. Oolaada yar yar qaado koraan biyo yar yar.

Ammaanka Daawada

- Daawooyinka iyo fitammiinnada dhig meel aysan carruurta gaarin oo khaanad ama armaajo xiran ah.
- Insiidow unuga dawo dhaktar hanqorin.
- Weydiiy marwalba dhaktarka sidii usu kiinka qora dawda sax eh.

Ammaanka Alaabta ilmuhu ku Cayaaraan ama Caruusadda

- Marwalba walii gadadaasee walagii dabka indulqadadoo ha ahadeen.
- Uskuilaali marwalba alaabta ada han kadasa unuga intii jinsheey eyiin.
- Kureeb marwalba walaa labuufiyo, bacda intii unuga yarye. Walii ogadaasee alabta lin isticmaalooy hoo laegyiin mushqula waraaqadiye ogaaw inti kuwiinyiin unuga.
- Bar unugaa marwalba intii usigalada koofiyada markii usa wadaaw buskuleeyte ama moota. Koofiyada walii kureebaasee qatarta iyo dhaawaca.

Ammaanka Baabuurka

- Mar kasta isticmaal kuraas ilmood oo ammaankooda la oggolaaday oo loogu talagalay da'da iyo miisaanka ilmaha. Oolaada waa intii ada kafadheesda kursi intii ku aqliyesasa mise misaanshoow kukurdhisamoow.
- Wa inii ada kusubsataa kuraas badbaada leh.
- Ka soo hubi Isbitaalka Carruurta deegaanka, waaxda caafimaadka ama waaxda dabka si uu qof kuugu hubiyo in kursiga baabuurku sax yahay.

- Never hold a baby or child on your lap while riding in a car or truck.
- Everyone in the car should wear a seat belt.

Fire Prevention

- Keep matches and lighters out of your child's reach.
- Install smoke alarms on every floor of your home. Be sure to place alarms near rooms where you and your children sleep.
- Check smoke alarm batteries each month and change them every six months.
- Plan more than one escape route from each room in the house and pick a place for everyone to meet outside. Practice this plan with your children.
- Teach your child about fire safety.

Other Safety Measures

- Carbon monoxide (CO) is a colorless, odorless gas that can kill. Install a CO detector on each floor of your home. CO comes from unvented space heaters, blocked chimneys, leaking furnaces, gas water heaters, wood or gas stoves, gasoline powered equipment such as generators and car exhaust from attached garages.
- Contact your local health department to learn about lead poisoning dangers if you live in a home or use a daycare that was built before 1978. Painted toys or furniture that are older or come from another country may also have lead in them. Children under 6 years old are at the most risk for lead poisoning.
- Keep guns and other firearms out of your home. If they must be in the home, unload them and put them in a locked place. Keep the keys out of children's reach. Store the gun in a separate place from the bullets.
- Consider taking an infant/child CPR course and first aid class.
- Teach your child how to cross the street safely.
- Put sunscreen on your child. Put a hat on babies less than 6 months old.

- Marna canug ama ilmo dhabta ha ku haynin adigoo baabuur ama gaari xammuul saaran.
- Qof kasta oo baabuurka saaran waa in uu suun xirtaa.

Ka Hortagga Dabka

- Tarraqyada iyo dab shideyaasha dhig meel aysan carruurto gaarin.
- Wa intii ada subisita alam kinsheegow uunka manka dhatis. Wa intii ada hubida alamka manka dhatis iyo mela oolada jiifadayaan.
- Illaali batariga alamka bilwalba oo hadan inbadal lihtii billodba marko.
- Waa intii ada ka xisabtanta nafaska qolate bananka inka saara lahaate sidi iyo in helan nafas. Qorshogun waa intii kila isticmalaan oolaada.
- Bar oolaada sidii iyo kubadbaada lahaayeen dabka.

Tallaabooyinka Kale ee Ammaanka

- Carbondioxide midib maleh, shir inlaheyn, wana wala dilo kara. Wa intii ada hagaajido wal tilmaamo cabondoxideka manka kika dhatiis. CO wali kakooyee walaalagii laoojyo meeloo boboqsan, baabuuurto iskarikidiyoo, iyo motoora garaashka.
- Lakulanta haan caafimadka inhilsaaran sidii adi inkabarata qatarta sunta, hoo ada kanoola man ladhisa 1978. Boon-balada rinjiga le' mise alaabta manka la sheenow oo dogooweng mise luku sheeni wadamo kala way luku yaabe ini leying macdanka (lead) la erow. Lead way waha sheyga wala qorow oo qalan geedka ka jera.
- Marwalba walii adi kuilaaliyaasee manka dhatis dabka iyo xabada. Hoo gurigaa dhatis yaalana kuqaad , dhig meel feelan. Furaaga mey dhikaase meel oolada in deera korna. Qoriga kubihi habada oo dhig meel feela.
- Wal qiimiyaasee sidii lainbaroo cuniga sidii usu insdifaaca fade.
- Unugaa walii baraase sidii lainka gooya fade jidka.
- Kahabooy unuga wal ku ilaaliyo iriida. Koofi u geli dhallaanka ka yar 6 bilood jirka.

Talk to your children’s doctor or nurse if you have any questions or concerns about their safety.

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Ladowaa marwalba dhaqtarka unuga kika hoo ada qabta suaal inqaas ah badbaada unuga.

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Child Safety Checklist. Somali.