

# Safety Never Hurts



Beamer the Safety Bug's Safety Never Hurts Bulletin  
for parents and caregivers of young children

AUTUMN EDITION

## Halloween Safety

Halloween is an exciting time for children of any age. Here are some safety tips to keep them safe while they trick or treat!

### Dress to Impress

- Be Safe and Be Seen. Wear costumes that are bright and reflective.
- Apply make-up or face paint instead of wearing a mask that could affect vision.
- Choose costumes that are flame resistant and avoid wearing baggy clothes that could get caught on candles.

### Trick or Treat Safety

- Parents should supervise children until they are old enough to go on their own.
- Only visit houses that have their lights on and stay in well-lit areas.
- Follow the rules of the road and always look both ways before crossing the street. Remember to use both your eyes and your ears!

### To Eat or Not to Eat?

- Check your child's goodies before they eat them.
- Teach children not to accept homemade candy or baked goods.
- Take out any food that could be a choking hazard for young children such as hard candies, gum, or peanuts.
- Be careful of treats that could cause an allergic reaction such as peanuts. Always read labels carefully.

For more information, visit Health Canada's [Halloween Safety](#).



This seasonal bulletin is supported by Child Safety Middlesex London.  
For more information about child safety, contact Child Safety Middlesex London  
at 519-663-5317 ext. 3755 or [www.healthunit.com/childsafety](http://www.healthunit.com/childsafety)

child safety  
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## Looking to promote Child Safety?

The Child Safety Middlesex-London Coalition has resources available for distribution.

Topics Include:

- Home Safety
- Poison Prevention
- Choking Safety
- Bicycle Helmet Safety
- Safe Sleep
- Water Safety

Please contact [ChildSafety@mlhu.on.ca](mailto:ChildSafety@mlhu.on.ca) or 519-663-5317 ext.3755 for a complete list of resources available.



## Baby-Led Weaning and Safety

Baby-Led Weaning (BLW) is a recent trend in feeding babies. In addition to breastfeeding, parents and caregivers that follow BLW, start offering soft cooked finger foods at 6 months and let babies feed themselves at their own pace. They do not spoon-feed their infants and do not offer purees.

In the beginning, the infant may spend most of his time trying to pick up the pieces of food (typically in the shape of a French fry), and he may struggle to put food into his mouth. As skills develop, the infant eats more. Offering whole, non-pureed foods to babies starting at 6 months, raises concerns about safety.

### **Guidelines to ensure baby is safe:**

- ☺ Introduce solid foods at 6 months.
- ☺ Make sure your baby is sitting up straight, in a high chair or booster seat, when offered food.
- ☺ Always supervise babies when eating.
- ☺ Avoid foods that are choking hazards such as hard candies, gum or gummy candies, nuts, sunflower seeds, popcorn, fish with bones.
- ☺ Cut grapes, hot dogs, sausages, raw apple and carrot appropriately.
- ☺ Spread peanut butter thinly on bread or crackers.

Ginette Blake BASc RD



Carbon monoxide is a silent killer!

Install a carbon monoxide alarm in your home according to manufacturer's instructions!

Feel free to copy any part of this bulletin. Document disponible en français.

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Content current as of October 2013