Tips for Child Safety and Health

- Talk about the importance of caring for yourself – brushing teeth, using a seatbelt, eating healthy foods, and so forth.

- Set clear rules for how you expect your child to behave. Encourage your child to ask questions if he or she does not understand your rules or instructions.

- Allow younger children to make simple decisions. For example, ask if he or she would rather eat corn or green beans with dinner; give your child a choice what shirt to wear. Be sure you can honor the decision.

- Let children know that you like them just the way they are, and teach them to like themselves, too.

- Take time each day to give your child your full attention. Learn his or her likes and dislikes. Encourage your child to talk about his or her feelings.

- Let them know that they don’t have to be friends with kids who make them feel bad.

- Get to know your child’s friends and friends’ parents.

- Remember you are a parent, not a friend. It is possible to be close with your children and also set and enforce rules.

- Know that children and teenagers WANT their parents to be involved in their lives.

- Ensure that all baby equipment, toys, and clothing meet current safety standards.


- Keep in mind that toddlers are especially at risk of getting injured. They are impulsive, don’t have good judgment, are curious, and want their independence, each of which puts them at risk for injury. They need to be protected at all times.

- Children are always watching, so set a good example – use seat belts, bicycle helmets, etc. to help children understand the importance of safety equipment.

- Keep a list of emergency telephone numbers near your telephone, including your child’s doctor and the Poison Control Center (1-800-222-1222).

- Do not try to completely shelter your child. For example, a young child who is never allowed to go up or down steps is more likely to get injured than one who has been allowed to practice with close supervision.

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