

HEALTH AND SAFETY TIPS FOR KIDS

Health and safety are of paramount importance in children, so parents, especially the first-timers, should be very careful about this issue.

The health and safety of children is of primary concern to parents. There is a wealth of information that exists about how this can be achieved, and the sheer volume of information that can be confusing and overwhelming. Here is a simple list of dos and don'ts that will help you make sure you're doing what you have to do for your child's health and safety:

1. Breastfeed

To give health and safety to children, for the best start in life, breastfeeding is important. It helps improve immunity and protection not only against childhood infections but also diseases and obesity in the future.

2. Child-proof

Child-proof as much of your home as possible to prevent your baby from getting into the refrigerator, washing machine, bathroom, toilet, trash can, showcases, and a hundred other potentially dangerous situations. And make sure to do that while your baby is still little and before he or she has started crawling.

3. Supervise

Monitoring is the best option to ensure the health and safety of children. No amount of childproofing is going to take the place of good old human supervision. Gadgets will never protect your child as much as a responsible caregiver will.

4. Give the baby a start in the active life

For the sake of children's health and safety, it is important to inculcate the habit of physical activity at an early age. Make it a point to take your baby in a pram, to the park, the shops, and so on. As soon as he or she is old enough, let them play on the swings and other equipment in the park and incorporate physical activity on principle every day in life.

5. Check on products withdrawn from the market

Whether it's baby furniture, especially cribs, or whether it's safety seats, raised seats, strollers, or any other baby accessories, check if there is anything that is used with the baby that has been removed from the market. If you are not sure, check the US consumer website and Product Safety Commission for product recall.

6. Assess health risks

If you or your spouse has health problems that could be problematic for children, have your child evaluated. If he or she cannot thrive or maintain consistent good health, find out why. Ask your child for any tests and necessary investigations.

7. Wear helmets, harnesses and other safety equipment

The use of appropriate safety equipment at home, in cars, and elsewhere is known to save children's lives.

8. Swimming with the kids

If your pool has a deck, remove it completely before swimming. Also, never let your child walk on the pool deck; the water could have built up on it and this makes it as dangerous as the pool itself. In addition, your child may fall and be trapped underneath. Do not use a pool cover instead of a four-sided grille because it is likely not to be used properly and consistently.

These are some of the tips that parents can have an eye on, but being responsible is the first step in safety of your child. Be responsible and safe for your kid.

Our experts are constantly writing some amazing health and safety tips for you and your children. They love sharing their knowledge, and we hope you find it useful as well. However, you should always consult with your doctor first. Be sure to leave a comment and share your thoughts with other parents in our community. For more amazing articles visit www.LeighaMarina.com