

BE A CHAMPION FOR
Children

Keeping Your Kids Safe



Because Children Don't Come With Instructions


Children's Trust
OF SOUTH CAROLINA

Keep Your Family Strong

Bounce Back From Challenges

- Take time to refresh, reenergize and rebuild a positive attitude.
- Use faith, humor and optimism to give you strength and manage stress.

Lean on Friends

- Join friends and family in community and school activities.
- Turn off the technology, get out of the house and make friends.
- Reach out to neighbors and others so that you don't become too isolated.

Ask for Help

- Public resources and community groups are available to help families with food, housing and other necessities.
- Do you need a break? Find a responsible person to help while you run errands or be alone.

Understand How Children Grow

- Play with your child. Read with your child. Learn with your child.
- Talk to your pediatrician, talk to your child's teachers, and listen closely.

Help Children Express Their Feelings

- Show your children the right way to respond when life gets tough.
- Encourage your kids. Tell them, "Great job," or "I'm proud of you."



Help Your Baby Sleep Safe

Too many babies in South Carolina go to sleep and then don't wake up. There is often one simple reason -- they were not put safely to sleep. Unsafe sleep is the leading cause of death for children 0-12 months.

Follow the **ABCs** of safe sleep. Babies should always sleep **alone, on their backs and in a crib**, free of blankets, bumper pads, pillows, toys and other items.

- Make sure that anyone who might be putting your baby to sleep, like child care providers and family members, know to follow the ABCs of safe sleep.
- Pacifiers are great. Just don't clip them to the baby or use one with a cord.
- Do not smoke around your baby or let others smoke around your baby.

Follow the **ABCs** of Safe Sleep

Alone
On their Backs
In a Crib

*Free of blankets, bumper pads,
pillows, toys and other items*



Have a Plan When Babies Cry

All babies cry, and some more than others. That's why it is important to have a plan when they start crying.

- Check the baby's basic needs. Is the baby hungry? Time for a diaper change? Does the baby have a fever?
- Try soothing the baby. Hold the baby close. Rock the baby. Offer the baby a pacifier.
- Calm yourself so that you may safely calm the baby. Get a breath of fresh air. Count to 100. Take several deep breaths.
- It is never OK to shake a baby.
- It is OK to put the baby in a safe place, like a crib or an infant seat, while you step into another room. Let the baby cry while you collect yourself or call someone for help.



Know Daniel's Law

If you are experiencing a crisis and can no longer safely care for your child, leave your child at a safe haven with an employee.

Safe Havens

- Hospital or hospital outpatient facility
- Law enforcement agencies
- Fire stations
- Emergency medical services (EMS) stations
- Churches, synagogues and other houses of worship

A person who leaves a newborn (up to 60 days old) cannot be prosecuted for abandonment if he or she leaves the unharmed baby with an employee of a safe haven.

If the baby has been harmed in some way, the immunity from prosecution may not apply.

Keep Your Child Safe in the Car

- Children always ride in the back seat and not in front of an air bag location.
- Use a car seat that fits the child's age, height and weight.
- Car seats should have all their parts, labels and instructions.
- Don't use car seats that have been in a crash.
- Install the car seat according to the vehicle and car seat instruction manuals.
- Use a certified child passenger safety technician to install the seat if possible. Find one at cert.safekids.org.

Use the Right Seat

REAR-FACING CAR SEATS



Babies younger than 2 years old

FORWARD-FACING CAR SEATS



Children who are older than 2 years old and have outgrown the weight or height requirements for the rear-facing seat

BOOSTER SEATS



Child's height or weight is more than the forward-facing limit for the car seat

SEAT BELTS



Child is at least 4-foot-9 and has outgrown the booster seat height or weight limit

Never Leave Your Child Alone in a Car

Remember A.C.T.

A

AVOID HEATSTROKE-RELATED INJURY AND DEATH

Never leave your child alone in a car, not even for a minute. Keep your car locked when you're not in it so kids don't get in on their own.

C

CREATE REMINDERS

Put something in the back of your car next to your child such as a briefcase, a purse or a cell phone that you need at your final destination. Be very aware if you're not following your normal routine.

T

TAKE ACTION

If you see a child alone in a car, call 911. Emergency personnel are trained to respond to these situations. One call could save a life.



Be Safe Around the Water

Drowning is one of the top three leading causes of death for children 1–4 years old.

- Never leave children unattended around any body of water, including bathtubs, and teach them to stay away from water unless they are with an adult.
- Install fences, latched gates and alarms in areas around pools and spas. If your child wanders off, check the pool first.
- Empty and store all buckets and other containers when not in use.
- Children under 12 years old are required by South Carolina law to wear a life jacket approved by the U.S. Coast Guard while on boats or around open bodies of water.

Water Safety Checklist



- ✓ My child wears a life jacket both in and around water. I don't allow my child to wear water wings or floats in place of a life jacket.



- ✓ The life jacket worn by my child is U.S. Coast Guard approved.

YOUTH

USER WEIGHT: 50 - 90 LBS.
CHEST SIZE: 26 - 29 INCHES

- ✓ I have checked the manufacturer's label to ensure that the life jacket is appropriate for my child's size and weight.



- ✓ I have properly fastened the life jacket.



- ✓ I have made sure my child's life jacket fits properly by completing the touchdown test. When my child makes the touchdown signal by raising both arms straight up, the life jacket doesn't hit the chin or ears.



- ✓ The life jacket for my younger child has padded head support, leg straps, and grab handles. This helps keep the child face up, ensures the life jacket stays on, and makes retrieval from the water easier.

Report Suspected Child Abuse and Neglect

To report suspected child abuse or neglect, contact the S.C. DSS 24-hour, toll-free hotline at 1-888-CARE4US or 1-888-227-3487. This hotline is available 24 hours a day, 7 days a week. Intake staff will assist the person making the report and assess the information provided to determine if an investigation is necessary.

For non-emergency referrals, S.C. DSS also has an online referral system, which can be accessed at dss.sc.gov.

Contact 911 immediately if the situation is a life-threatening emergency. An emergency is a situation where a child appears to face an immediate risk of abuse or neglect that could result in death or serious harm.



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