

## Quick Reference

Children need safe and healthy homes for optimal growth and development physically, emotionally and developmentally. Safe and healthy homes put children at lower risk for injuries or illness.

### What can family support professionals do to help families?

- ✚ Complete a safety checklist with families – check with your supervisor for program guidelines and tools.
- ✚ Parent education – provide education and resource materials to all families.
- ✚ Make referrals and connect families with local resources.

### Important!

Encourage families to post emergency numbers in prominent places around the house and to enter numbers into each mobile phone.

- ✚ 9-1-1
- ✚ Poison Control 1-800-222-1222
- ✚ Battery Hotline 1-202-625-3333
- ✚ Landlord (if applicable)
- ✚ Pediatrician or Primary Care Physician

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### Fire Safety

- ✚ Replace smoke detector batteries every six months
- ✚ Avoid smoking in the house and always extinguish tobacco products properly.
- ✚ Keep matches and lighters away from children.
- ✚ Have a plan and practice, practice, practice.

Inform parents that supervision is the best way to prevent accidents.



## Resources

- [Car Seat Safety: Choosing the Right Car Seat for Your Child](#)
- Safe Sleep
  - [What does a safe sleep environment look like?](#)
  - [Sweet Dreams, Safe Sleep for Babies](#), Injury Prevention Printable Tip Cards, Virginia Department of Health
- Tobacco Use and Children, Centers for Disease Control and Prevention
  - [Second-Hand Smoke Fact Sheet](#)
  - How We Can Protect our Children from Secondhand Smoke
    - [General Population](#)
    - [African American Population](#)
    - [Hispanic Population](#)
    - [Native Americans](#)
- Fire Safety
  - [Home Fire Safety, American Red Cross](#)
  - [Fire Causes and Risks](#)
- Poisoning Prevention
  - [Childhood Lead Poisoning Prevention](#)
  - [Up and Away Children's Medicine Safety Campaign](#)
  - [Carbon Monoxide Exposure](#)
  - [Poison Prevention for Children](#)
- Checklists
  - [A Healthy Home Checklist](#)
  - [Home Safety Checklist](#)
  - [Household Safety Checklist](#)
  - [Safe Kids Home Safety Tips](#)
- Emergency Preparedness
  - [Be Red Cross Ready. Get a kit. Make a plan. Be Informed.](#)
  - [Emergency Kit Checklist for Parents](#)
  - [Family Communication Plan](#)
- [HUD Tenants Rights, Laws and Protections](#)
- [Virginia Department of Health Injury Prevention Printable Tip Cards](#)
  - [Playground Safety](#)
  - [Choking & Strangulation Prevention for Infants/Toddlers](#)
  - [Drowning Prevention](#)
  - [Home Fire Safety](#)
  - [Fall Prevention for Children](#)
  - [Gun Safety](#)
  - [Dog Bite Prevention](#)

*Developed in Partnership by:*