

SAFETY

Keeping your child safe is part of every parent's daily routine. While we cannot prevent every accident, it's important to be aware of what factors will put your child at increased risk.

Whether it's at home, at play or in school, there are things you can do to keep your child as safe as possible.

The Canadian Pediatric Society has great information about safety on their website:

- <https://www.caringforkids.cps.ca/handouts/safety-and-injury-prevention>

-Car safety is also very important. Newer recommendations advise to keep your child rear-facing for as long as possible. Car seat guidelines for Alberta can be found at:

- <https://myhealth.alberta.ca/alberta/Pages/alberta-child-safety-seat-guidelines.aspx>