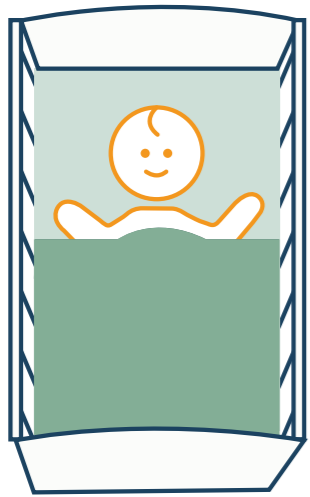


How safely does your baby sleep?

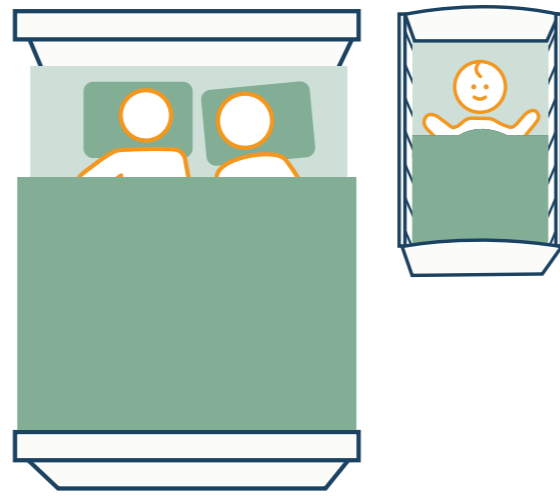
Prevent crib death with the 4 of Safe sleeping

When I put my baby to bed...

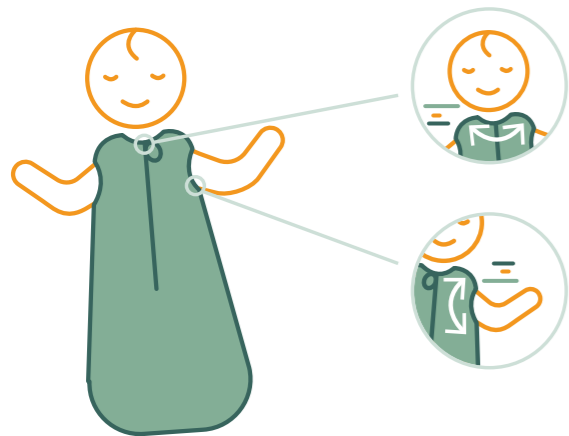
1 ...I put my baby on its back



2 ...I put my baby in its own cot



3 ...I put my baby in a sleeping bag



4 ...I put my baby in an empty bed



Check which milestone your child has reached at [kinderveiligheid.nl/mijlpalencheck](https://www.kinderveiligheid.nl/mijlpalencheck) and receive yet more advice and tips to help your child grow up safely.

Your baby securely in its seat – a safe feeling

Travel safely with the 4 of Safety taking your baby in the Car

When I take my baby in the car...

1 ...my baby is always in a baby car seat



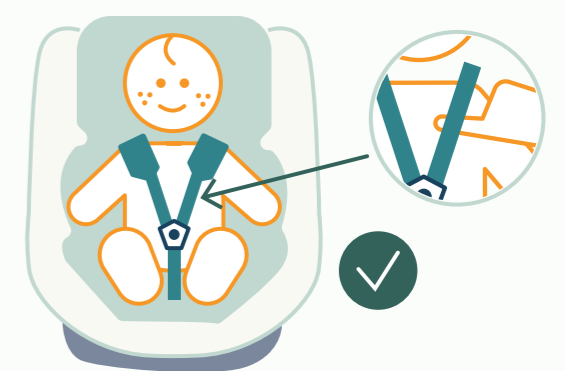
2 ...my baby sits so that they look backwards



3 ...I always pull the seat belt through the blue or green dots



4 ...I tighten the straps of the baby car seat



Check which milestone your child has reached at [kinderveiligheid.nl/mijlpalencheck](https://www.kinderveiligheid.nl/mijlpalencheck) and receive yet more advice and tips to help your child grow up safely.

Don't turn your toddler over too soon

Travel safely with the 4 of Safely taking your toddler in the Car

When I take my toddler in the car...

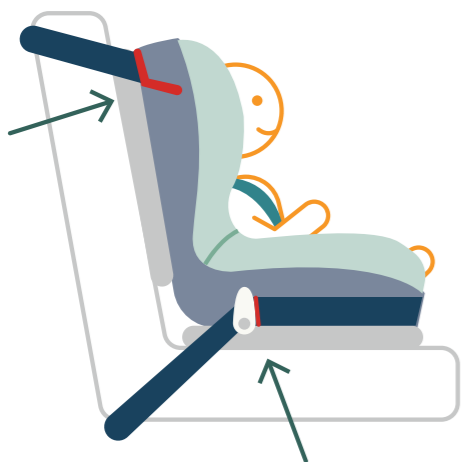
1 ...my toddler is always in a toddler car seat



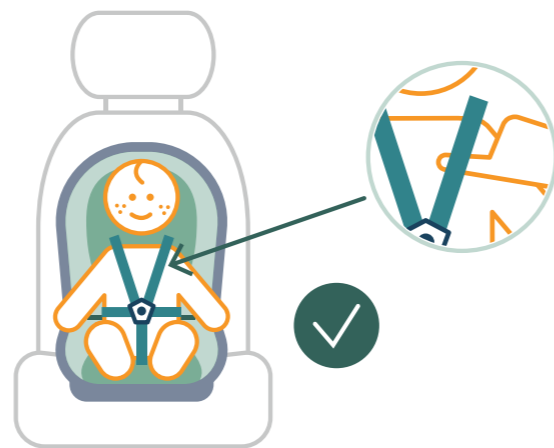
2 ...my toddler faces forward starting from 15 months



3 ...I pull the seat belt through the red or green dots



4 ...I tighten the straps of the toddler car seat



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Even when just going down the street: always use a car seat

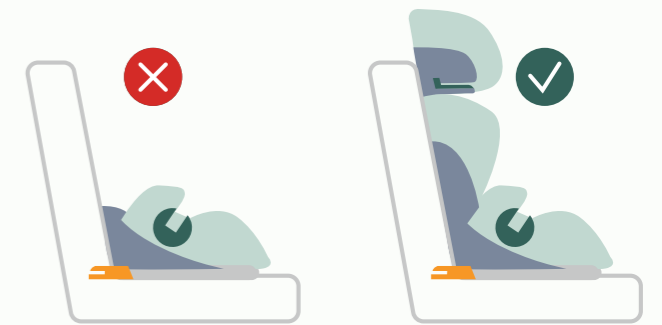
Travel safely with the 4 of Safely taking your child in the Car

If I take my child with me in the car...

1 ...my child will always be in a child car seat until they are 1.35m



2 ...I use a child car seat with a backrest



3 ...I pull the seat belt through the red or green dots



4 ...the seat belt runs over my child's shoulder



Check which milestone your child has reached at [kinderveiligheid.nl/mijlpalencheck](https://www.kinderveiligheid.nl/mijlpalencheck) and receive yet more advice and tips to help your child grow up safely.

Going for a ride on your bike? Don't let the spokes hurt your child

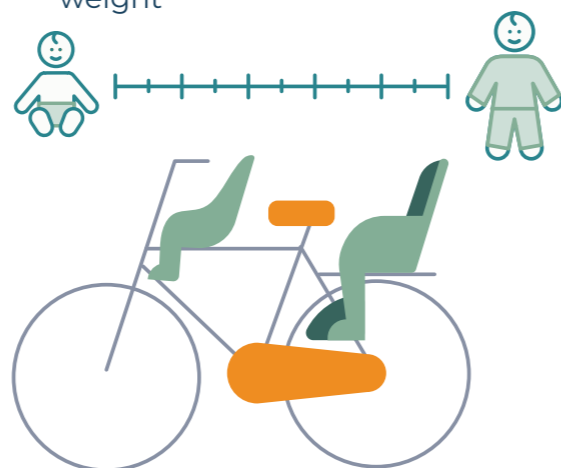
Go out safely with the 4 of Safe Cycling

When I go cycling with my child...

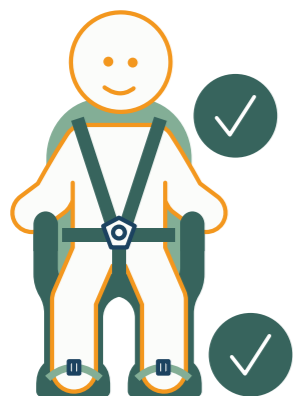
- 1 ...they are in a bicycle seat once they can sit up by themselves



- 2 ...I always use a bicycle seat appropriate for my child's weight



- 3 ...I always secure my child with 4 the shoulder straps as well as the foot straps



- 4 ...I always make sure I have good spoke protectors



Check which milestone your child has reached at [kinderveiligheid.nl/mijlpalencheck](https://www.kinderveiligheid.nl/mijlpalencheck) and receive yet more advice and tips to help your child grow up safely.

Give your child plenty of room (to breathe)

Carry your baby safely with the 4 of Safe Carrying

When I carry my baby...

- 1 ...I make sure their nose and mouth are clear



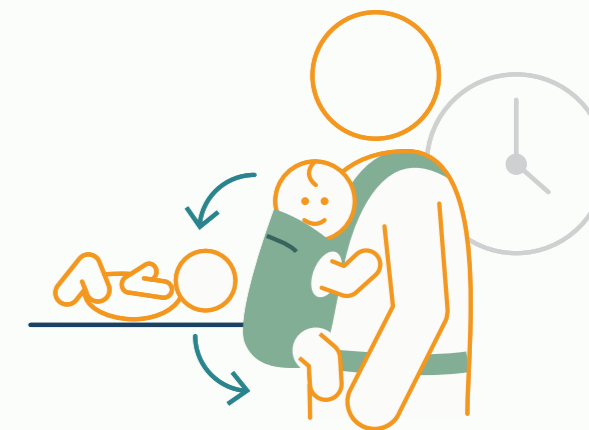
- 2 ...I make sure they don't get too hot



- 3 ...I properly support my baby's back and neck



- 4 ...I regularly lay them flat on their stomach or back



Check which milestone your child has reached at [kinderveiligheid.nl/mijlpalencheck](https://www.kinderveiligheid.nl/mijlpalencheck) and receive yet more advice and tips to help your child grow up safely.

Going for a walk? Keep the stroller open

Walk safely around the block with the 4 of Safe Walking

When I walk with my baby...

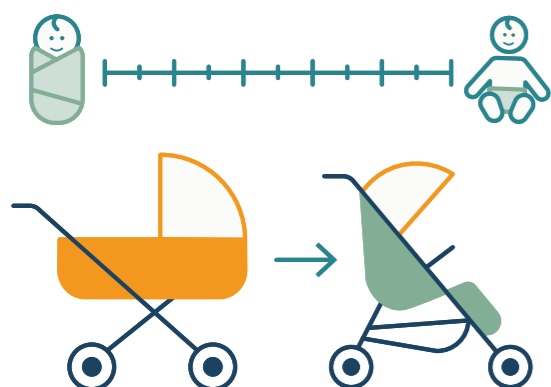
- 1 ...I never close the pram basket completely with a cloth



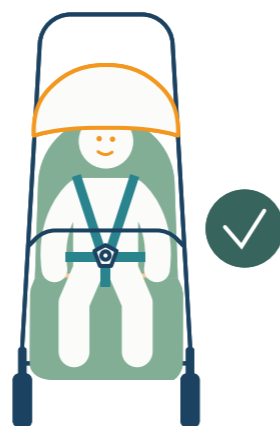
- 2 ...I don't use the pram bed as a permanent sleeping place



- 3 ...I only switch to the stroller/buggy when they can sit up



- 4 ...I always secure them in the stroller/buggy with the straps



Check which milestone your child has reached at kinderveiligheid.nl/mijlpalencheck and receive yet more advice and tips to help your child grow up safely.

Going under happens quietly and quickly

Prevent drowning with the 4 of Safe in and around Water

If I am close to water...

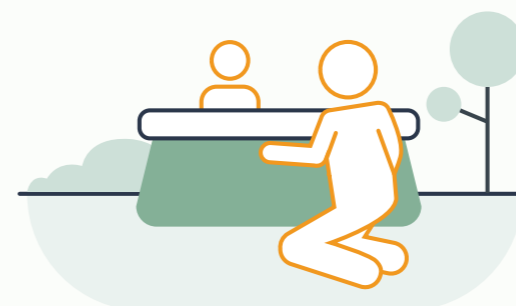
- 1 ...I make sure that I can always see my child



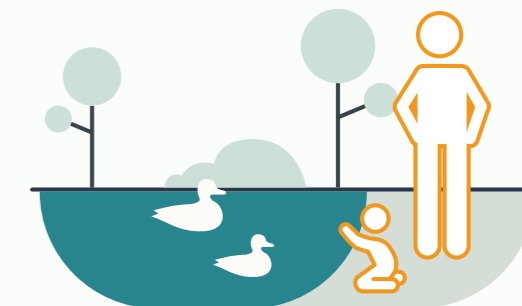
- 2 ...I make sure I am not distracted by anything



- 3 ...I stay very close and I make sure that I can touch my child



- 4 ...I never just go off and leave my child



Check which milestone your child has reached at kinderveiligheid.nl/mijlpalencheck and receive yet more advice and tips to help your child grow up safely.

Taking a bath is fun, but keep an eye on the little one

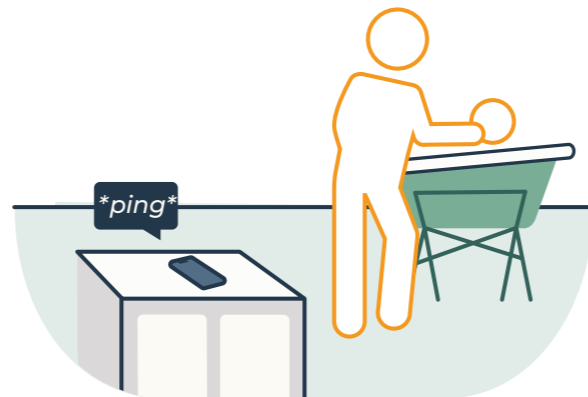
Prevent drowning with the 4 of Safe in the Bath

When I bathe my child...

1 ...I always stay close



2 ...I am not distracted by anything



3 ...I don't use a bath seat



4 ...I check that the water temperature is 37 degrees



Check which milestone your child has reached at kinderveiligheid.nl/mijlpalencheck and receive yet more advice and tips to help your child grow up safely.

Burns scar your child for life

Prevent burns with the 4 of Safely drinking Tea

When I drink hot tea or coffee...

1 ...I never set my child on my lap



2 ...I keep my cup out of my child's reach



3 ...I never place my cup on a table with a table cloth



4 ...I don't use a teapot, but a thermos



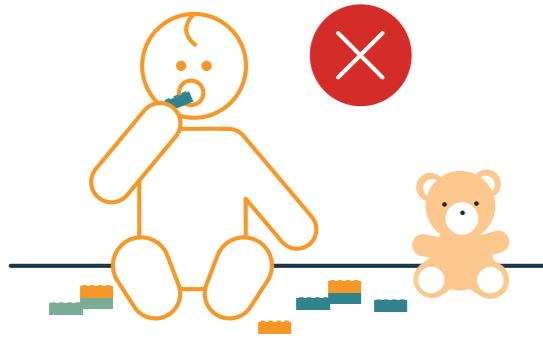
Check which milestone your child has reached at kinderveiligheid.nl/mijlpalencheck and receive yet more advice and tips to help your child grow up safely.

A scrape or bruise is part of growing up

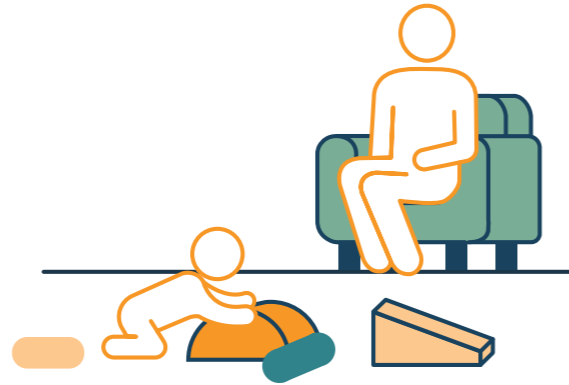
Let your child play with the 4 Safe Playing

When my child starts playing...

1 ...I will not give toys with small parts to my child under 3 years old



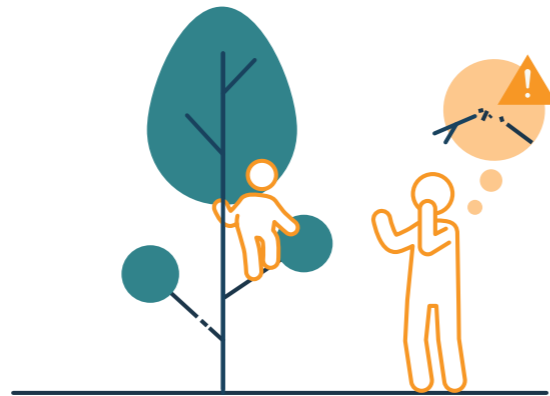
2 ...I give them space to climb and scramble by themselves



3 ...I look carefully at what my child is already able to do and not yet able to do



4 ...I won't be too quick to warn them



Check which milestone your child has reached at kinderveiligheid.nl/mijlpalencheck and receive yet more advice and tips to help your child grow up safely.

A child is faster than you think

Prevent accidents with the 4 of Safe Exploring

When my child goes exploring in the house...

1 ...I place stair gates at the bottom and top of the stairs and always close them



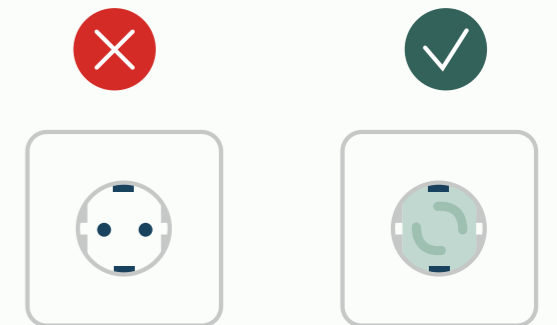
2 ...I always store cleaning products



3 ...I keep products with button cells away from my child



4 ...I secure sockets my child can reach



Check which milestone your child has reached at kinderveiligheid.nl/mijlpalencheck and receive yet more advice and tips to help your child grow up safely.