During her toddler years, your child will begin to crawl, walk, run and jump. She’ll use these new skills to explore – climbing on, touching or tasting just about anything. As she does, it will be almost impossible to protect her from every scrape and bump.

But you can reduce the chance of injury by making her world safer, and by continuing to do so as she grows. Always ensure that you’re:

✔ supervising her closely
✔ childproofing your home (see Childproofing Your Home)
✔ following the manufacturer’s instructions on equipment (see Equipment Safety)
✔ using a properly installed car seat (see Car Safety)
✔ staying within arm’s reach when she’s near water (see Water Safety)

KEY TAKEAWAY

As parents, we want to protect our children from everything. But toddlers also need the chance to run, play and test their personal limits. You can find balance by providing a safe environment and keeping a close eye on your child while still giving her the freedom to explore and have fun. Try stepping back while she plays in the sandbox at the park or makes a mess with her toys on the living room floor.