

When you have a bath or help out in the kitchen, follow these safety rules:

1. Before you eat or drink something hot, take a small bite, or sip so you won't burn your mouth.
2. Wait a few minutes before you take food out of the microwave. Ask an adult to check the food first so you won't be burned. Steam from a popcorn bag can burn you fast, so open it carefully or have an adult do it for you.

3. Don't touch handles of pots and pans when they are on the kitchen stove, countertop or on the table.

4. Don't touch any sink or faucet until an adult says it's okay.

5. When you wash your hands or brush your teeth, have an adult help you turn on the water. Make sure an adult tests your bath water before you get in the tub. If your bath water feels too hot, tell your parent or babysitter.



Tips for Kids

Riley Hospital for Children at Clarian North
Indiana Department of Child Services

For more information, visit the Riley section of ACallToChange.org.