

Practical precautions are what's needed and we have a list of suggestions with something to suit most, to prevent forgetting your baby in the car.

1. Leave your handbag, briefcase, laptop or anything you need that day with the baby in the backseat.

You are not going to get out of the car without your handbag.

2. Leave your left shoe with the baby in the backseat. You are definitely not going to leave the car without your shoe!

3. Tie a ribbon to your steering wheel after you have strapped in your baby when you get in the car. This is a good idea, but may be hard to remember and for those that are pressed for time, it may be the first thing that gets dropped.

4. If your child regularly attends childcare, make sure childcare have systems in place where they will call you [and then any other contacts] to find out where your baby is if you have not dropped them off on a day they have been booked in. If they cannot reach you [i.e. their call goes to your voicemail] then make sure they call your other contact person on the list.

5. Keep a long ribbon with a plastic curtain ring on one end tied to the harness of your child's car seat. When you strap them in make it a habit to hook the other end of that ribbon to the dash of your car, or the hand break to remind you that a baby is strapped in

6. Put baby's diaper bag on the front passenger seat. This will serve as a visual reminder that your baby is in the back seat.

7. If you are the person who usually takes your child to childcare or a babysitter and you have asked someone else [partner, friend, relative] to do so for you on occasion, **make it YOUR HABIT to call that person not long after the scheduled time to ask them how it went.** If that person has accidentally forgotten, it will mean your baby has only been left in the car for a very short and hopefully non-life-threatening amount of time.