

Child Safety Week 2017



Parents' pack



All hot and bothered



You're tackling the mountain of ironing in the kitchen while your toddler naps in the front room. Peace and quiet for a few minutes. There's a ring at the doorbell and you rush to answer it before it rings again and wakes your toddler. You walk back to the kitchen to see your sleepy toddler making a beeline for the iron cord, dangling down to the floor...

Sound familiar? This is just one of the risks of burns and scalds that could crop up at busy times. Here are our top tips for keeping children safe:

 **Cooking** – hot cooker hobs, oven doors, kettles and saucepans are just a few of the dangers in the kitchen. **Young children don't have a reflex to pull away from something that is burning them, it's something we learn.**

- Push kettles to the back of the worktop and try to use the back rings on the hob. Better still, keep children out of the kitchen when you're cooking if you can.

 **Hot drinks** – **the main cause of scalds for under fives.** Your hot drink can scald a baby 15 minutes after it's been made.

- Put your hot drink down well out of reach – don't rely on young children understanding not to touch
- Put your baby down safely before you pick up your hot drink.

 **Hair straighteners** – can get as hot as your iron and can still burn 15 minutes after they are switched off.

- Keep straighteners out of reach when you're using them
- Put them in a heat-proof pouch or on a high shelf to cool.

 **Bath water** – can cause a serious scald in just 5 seconds.

- Put the cold water in first and top up with hot, in case your toddler takes a tumble into the bath.

 **Internal burns from button batteries** – if swallowed, a button battery can burn through a child's throat and lead to serious internal bleeding and even death.

- Keep objects with accessible button batteries well out of young children's reach
- Store spare batteries somewhere safe and take care when replacing batteries.

 **Fires and heaters** – babies in cots can trap arms or legs against radiators. Children can touch or fall into fires, especially if using babywalkers.

- Move cots away from radiators
- Fit fireguards around fires and heaters.

Find out more and share

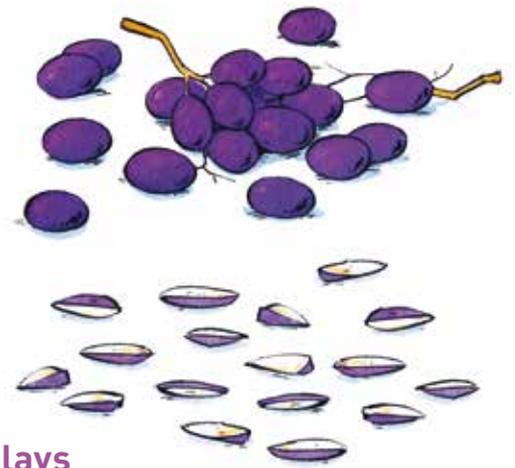
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No room to breathe



You're changing your baby's nappy while your toddler plays in his bedroom. You pack everything away, scoop up the baby and go to find your little boy who is being far too quiet. To your horror you find him sitting on the windowsill above his toy box, playing with the blind cord...you didn't know he could even climb up there!

Sound familiar? This is just one of the risks of choking and strangulation that could crop up. Here are our top tips for keeping children safe:

 **Blind cords** – it can take only **20 seconds for a toddler to die** from strangulation if they get tangled in a blind cord.

- Fit a cleat hook to tie blind cords and chains back
- Keep children's bedroom furniture away from blind cords and chains.

 **Food, drink and small toys** – **choking can be silent** with nothing to warn you that something is wrong. Babies can choke on liquids and can't push a bottle away.

- Cut food up into small pieces for young children, particularly grapes and other round foods, which should be cut length-ways in to quarters.
- Encourage older children to put small parts from their toys away
- Don't prop a baby's bottle up and leave them to feed.
- Watch the St John's Ambulance Chokeables film at www.sja.org.uk/thechokeables to find out what to do if your child starts choking.

 **Nappy sacks** – young babies naturally grasp things and put them to their mouths, but don't have the ability to pull things away. This means **they can suffocate on nappy sacks.**

- Store nappy sacks safely away and never under the cot mattress.

 **Sleeping and slings** – babies can be suffocated by things they can't push away.

- Don't use duvets, pillows or cot bumpers for young babies and put them down to sleep in the 'feet to foot' position
- Don't sleep on a sofa or in an armchair with your baby
- Don't sleep in the same bed as your baby if you smoke, drink or take drugs or are extremely tired, if your baby was born prematurely or was a low birth-weight
- Follow the T.I.C.K.S advice at www.babyslingsafety.co.uk when using a sling, wrap or baby carrier.

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Toxic temptations



You're trying to clean the squashed in breakfast off the kitchen floor before your friend arrives with her crawling baby girl. The kids are tugging at your sleeve because they're still hungry. Oh, alright! You prop the mop up against the bucket and start making some sandwiches. Your toddler's a bit quiet, where is she? "Drink, Mummy!" You gasp as you see her pointing excitedly at the bright bottle of floor cleaner....

Sound familiar? This is just one of the risks of swallowing harmful things that could crop up. Here are our top tips for keeping children safe:

Laundry and cleaning products

– Liquid tabs make laundry easy. But the bright colours and squeezable texture make them attractive to babies and small children. And **the concentrated detergent is harmful if swallowed**. Brightly coloured cleaning products can also be attractive to small children.

- Keep laundry and cleaning products out of reach and sight of young children
- Safety caps and lids slow children down but don't rely on them – it takes just seconds for some three or four year olds to open them
- Look out for products with bittering agents such as Bitrex® when you're shopping. They help prevent children swallowing products by making them taste really nasty.

Painkillers – everyday painkillers and other medicines are **the most common way for young children to be poisoned**.

- Keep all medicines out of reach and sight of young children, ideally in a high up lockable cabinet
- Watch out for painkillers left on the bedside table or in the handbag slung on the floor.

E-cigarettes and air fresheners

– e-cigarette refills can contain high levels of nicotine which **can make children ill if swallowed**. Young children can mistake an air freshener bottle with reed diffusers for a drink with a straw.

- Keep these products well out of reach of young children.

Carbon monoxide – you can't see it, smell it or taste it but if carbon monoxide creeps out from flame-burning appliances it can kill children in seconds.

- Fit a carbon monoxide alarm in every room where you have a gas appliance or fire.
- Get your gas appliances serviced regularly.

Find out more and share

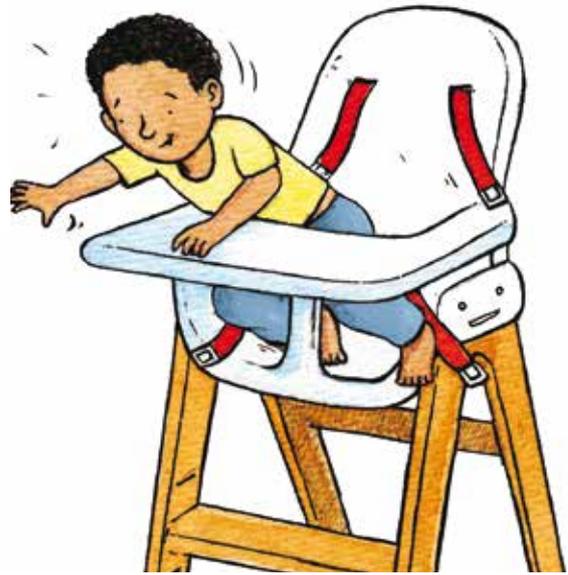
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Not worth falling OUT about



Your sister's coming to taking the kids to the park so you can get some work done. You've put your toddler in the high chair so he's not under your feet while you quickly make some lunch. You're searching for his lunch box when you hear a giggle...you look up and realise you forgot the harness and he's standing up in his high chair, reaching for his toy on the worktop...

Sound familiar? This is just a one of the risks of falls that could crop up. Here are our top tips for keeping children safe:

 **Stairs** – one of the worst ways for small babies to be injured on the stairs is when they are **being carried by a parent who slips or trips**.

- Keep a hand free to hold on when carrying your baby up or down the stairs
- As soon as your baby starts crawling, fit safety gates to stop them climbing or falling down the stairs.

 **Highchairs** – many babies will try to climb out of their highchair to get things that are out of their reach.

- Strap babies and toddlers into their highchair every time you use it.

 **Windows** – **many toddlers can operate window catches** and will fit their bodies through surprisingly small gaps.

- Take care not to put furniture in front of windows so there is nothing for children to climb onto
- Fit safety locks or catches to your windows to stop them opening too wide. Make sure your family know where the keys are in case of fire.

 **Cots, beds and changing tables** – babies can wriggle their way to the edge of a bed or changing table if left alone even for a moment.

- Don't leave a baby alone on a raised surface, even for a moment
- As soon as your baby can stand, take any large toys they might climb on out of their cot to stop them falling out.

 **Trampolines** – a great way for children and young people to get fit as long as you follow these safety tips:

- Just one child on the trampoline at any time. The biggest risk is from adults and children bouncing together, due to the difference in weights
- Use safety netting or a safety cage so children can't be thrown to the ground.

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Road safety



Fun on the school run today! Your eldest keeps running ahead and your toddler's trying to break free from her buggy. Just as you wrestle her back into the buggy you look up to see your eldest about to dash across the road to catch his mate on the otherside... you grab him by the hood just in time!

Sound familiar? This is just one of the risks of road accidents that could crop up. Here are a few top tips for keeping children safe:

👉 Pedestrians – children have difficulty judging speed and distance until they are at least eight, and older children are still at risk: **the number of children injured as pedestrians peaks at 12** when many children start travelling to and from school on their own.

- Make sure young children know to hold your hand or use walking reins
- Start to teach the Green Cross Code from around the age of five
- Set a good example and avoid dashing across the road
- Remind children not to talk or text on mobiles or listen to music when crossing the road.

👉 In cars – not all car seats fit all cars, and if the seat isn't right, or fitted incorrectly, your child won't be as safe as they should be.

- Make sure you use the right car seat for your child's age, weight and height
- Use a child car seat or booster seat for all children under 135cm and under the age of 12.

👉 Cycling – almost one quarter of the cyclists killed or injured are children. Cycling accidents increase as children grow older, with **10 to 15 year-old riders at greater risk** than other age groups.

- Get your child into the habit of always wearing a helmet when cycling.

👉 Speed – if hit by a car travelling at 40mph, 80 out of 100 child pedestrians will die. If hit by a car travelling at 20mph, 95 out of 100 child pedestrians will survive.

- Keep an eye on your speed – with today's powerful cars, it's so easy to creep over the speed limit.

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In deep water

It's so nice having your granddaughter to stay. A nice warm bath and some stories before bed – lovely. The new bath toys are a hit. You're searching the bathroom cupboard – now where is that shampoo? – You step out of the bathroom for a moment, but that's a moment too long!



Most babies and small children who drown, drown at home in the bath or in the garden. **Babies can drown** in as little as 5cm of water.

Baths

- Stay with your baby or young child when they're in the bath and pull the plug as soon as you're finished
- Bath seats can be a great help but they're not safety aids – don't leave your baby alone in one, even for a moment.

In the garden

- Empty the paddling pool after use
- If you have a pond, turn it into a sandpit, fence it in or cover it while your children are small. Be alert to drowning risks when you visit friends and family.

Out and about

- Keep children off inflatables when an orange windsock is flying at the beach – a wind blowing off the land can make the sea look flat, calm and safe but it can quickly sweep inflatables out to sea
- At the beach, teach children to swim between the two-coloured red and yellow flags – these mark the areas patrolled by lifeguards
- Remind kids not to swim in canals and rivers – there are many hidden dangers, like strong currents, deep water and objects in the water they can't see.

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Stay tuned into fire safety

The kids are tucked up in bed and the babysitter's here early. You're getting yourself ready for a long overdue night out with friends – nails painted, new top, hair done, – good to go! But, what's that burning smell?! You turn around and see your hair straighteners still plugged in, laying on your bed...wow, that was a close call.



The smoke from a fire can make you unconscious while you sleep and can **kill your child in less than a minute.**

Prevent fires

- Keep matches and lighters out of sight and reach of young children
- Stub your cigarette out properly and avoid smoking if you're really tired (or in bed) – you may fall asleep with it in your hand
- Change your chip pan to an electric one if you can. If not, never fill the pan more than half full
- Store your hair straighteners safely. A growing number of house fires are caused by hair straighteners left switched on
- Take care not to overload electrical sockets. For example, if you use the combination of a toaster and a kettle on an extension lead running from one socket, it's dangerously overloaded.

Plan your escape

- With your family, work out the best route for you to get out of the house. Talk about it together and make sure everyone knows what to do in an emergency
- Keep the stairs and the escape route clear of clutter at night
- Keep keys to any doors on your escape route in one place so you know where they are in an emergency.

Check your smoke alarms

- You need a working smoke alarm both upstairs and downstairs, to warn you quickly if a fire starts
- Test your alarms every month
- If your alarm keeps going off while you're cooking, don't remove the battery – the chances are you'll forget to put it back. Instead move it further away from the kitchen or fit one that has a silencer button
- Encourage children to get involved in testing the smoke alarms.

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Spot the difference



There are 6 differences between the top and bottom picture. Can you find them all?



Which kitchen do you think is safer?

Colour in for safety!



Colour in the picture below, then have a think about the questions below.



- Can you spot the danger?
- How could the little girl be safer?
- What should you do if you see your brother, sister or friend doing this?