

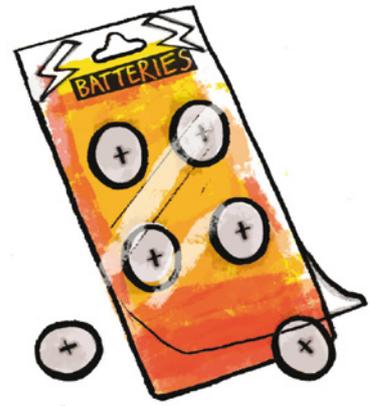
Child Safety Week 2018



Parents' pack



Things that can burn



“I had seen something on facebook about button batteries and how they can burn through a child’s throat. I knew we didn’t have any lying around, but I didn’t realise they were in the remote for the lights. I nearly had a heart attack when I found my 2 year old chewing on the end of it, with the back off it and no battery inside. For a minute I couldn’t see the button battery. Then he moved and I realised he was sitting on it. Such a relief!”

Here are our top tips for keeping children safe from burns:

 **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.

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Things that can Choke or Strangle

“It was the usual morning chaos in our house, trying to get the packed lunch made for my older son while the little one was on his 4th tantrum. I threw some grapes in a bowl to give to him to distract him and carried on. I realised it had all gone a bit silent... he had shoved a handful of them in his mouth and was very still. I had completely forgotten to cut them up. He didn't choke but it was a hideous moment!”

Sound familiar? It's easy in the rush of the day for slip ups to happen. Here are things to keep front of mind keeping children safe from choking and strangulation:

 **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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Things that can Poison



“The doorbell rang just as I had literally 5 minutes to get the washing in before the school run! I dropped the clothes, rushed to answer the door. As I came back in I was horrified to see my daughter about to bite into the squishy purple washing tab I’d left on the side by mistake. Couldn’t believe I’d forgotten I’d left it there!”

Here are our top tips for keeping children safe from poisoning:

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.

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Order a free Bitrex Taste Test Kit – see back page for details

Places to fall from



“Max is like a mini escape artist, it’s such a battle getting him into his car seat or getting him to just sit even! I plonked him in his high chair with a toy and a bit of banana to try to grab five minutes to clean up. I didn’t realise I’d forgotten to strap him in. Turned my back for a minute and heard a clatter of the bowl on the floor - I turned round and he was standing up in his seat with one foot on the table - I literally just caught him in time before he dived head first off the chair.”

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



“The road our school is on is so busy and the kids are always hyper when we come out of school. My daughter went racing ahead to catch up with my friend and her daughter (walking really sensibly with her Mum!). She was about to jump off the pavement to get in front of them just as a car was flying past really close to the curb. Thank goodness for my friend’s quick reaction yanking her back onto the pavement. So scary!”

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:

Hand icon **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.

Hand icon **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.

Hand icon **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.

Hand icon **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



“I felt like the worst Mum in the world when my daughter nearly went under in the bath. I’d just nipped out of the bathroom for a second to grab a towel and she’d slipped down the bath onto her back. She was having a whale of a time but if she’d fallen forwards instead it makes me shudder to even think about it.”

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



“We were going out for dinner with friends and the babysitter had already arrived. I’d only had about 15 minutes to get ready after getting the kids down so I was really rushing. I went back into the bedroom to grab something and realised I’d left the hair straighteners on. I’d chucked them on the bed thinking I’d turned them off. There was a brown line on the cover where they had just started to burn through. Can’t bear to think what might have happened.”

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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Wordsearch for safety



There are fifteen dangers and safety measures hidden in the word search. See if you can find them all!

C	Q	L	L	E	F	D	D	H	V	W	U	Z	U	Y
T	A	N	L	I	Q	U	I	T	A	B	S	F	R	C
S	D	R	O	C	D	N	I	L	B	S	U	H	E	A
F	E	O	B	I	I	R	X	A	J	F	K	L	I	R
B	U	T	T	O	N	B	A	T	T	E	R	I	E	S
C	W	B	S	K	N	I	R	D	T	O	H	X	B	E
X	G	N	E	E	V	M	S	E	P	A	R	G	V	A
G	C	D	F	J	C	E	O	Z	T	K	C	X	V	T
M	X	L	L	O	O	P	G	N	I	L	D	D	A	P
P	I	W	I	N	D	O	W	L	O	C	K	S	J	K
M	R	A	L	A	E	K	O	M	S	X	P	C	E	M
E	C	I	G	A	R	E	T	T	E	S	I	T	F	I
S	R	E	L	L	I	K	N	I	A	P	T	D	I	T
N	A	P	P	Y	S	A	C	K	R	L	I	J	E	W
S	A	F	E	T	Y	G	A	T	E	D	V	N	O	A

BLIND CORDS
BUTTON BATTERIES
CARBON MONOXIDE
CAR SEAT
ECIGARETTES

GRAPES
HOT DRINKS
KETTLE
LIQUITABS
NAPPY SACK

PADDLING POOL
PAINKILLERS
SAFETY GATE
SMOKE ALARM
WINDOW LOCKS

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Free Bitrex Taste Test kits for parenting groups

Are you a member of a stay and play or other family group? Then you can order a free Bitrex Taste Test kit. The kits are a great way to get families talking about accidental poisoning and what they do to prevent it happening. Attendees are asked to taste a tab infused with Bitrex – the bitterest substance known to man – used in household products to prevent children being poisoned. It's followed swiftly by a piece of chocolate to take away the taste. You can order one from www.bitrex.com/contact-us



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