



Keeping your child safe



Helpful tips and advice

01709 336898

www.rawmarshchildrenscentre.co.uk

Rawmarsh Children's Centre
Barber's Crescent
Rawmarsh, Rotherham, S62 6AD

General Safety Advice

If you're a busy parent it is sometimes easy to forget basic safety measures. Many accidents are caused through carelessness—leaving toys lying on the stairs, putting a child in a bath that's too hot, or carrying a hot drink whilst carrying a child.

You can not child-proof your home completely, but here are a few ways in which you can reduce the risks:

- Children should be supervised at all times.
- Keep floors free of toys and obstructions that can be tripped over.
- Always use a securely fitted safety harness in a pram, pushchair or high chair.
- Never leave babies unattended on raised surfaces, including in baby bouncers, car seats etc.
- The use of baby walkers and table-mounted high chairs.

Accidents/Injuries

0-4 year olds have the most accidents at home and boys are more likely to have accidents than girls.

Children are often absorbed in their own immediate interests and can be oblivious to their surroundings. They only have a limited perception of the environment because of their lack of experience or development. Children are not aware of the consequences of the many new situations they may encounter daily.



Suffocating and Choking

Children can swallow, inhale or choke on many items and therefore need to be supervised at all times. Babies and small children are most at risk from choking because they examine things around them by putting things in their mouths.

Top tips for prevention

- Choose toys appropriate to the age of the child.
- Ensure small objects are kept out of reach of children under 3 years.
- Pull cords on blinds should be kept short and out of reach.
- Keep nappy sacks out of reach and never store them in or around the cot or pram.
- Pull cords on curtains and blinds should be kept short and out of reach.

Scalds and Burns

Hot bath water is responsible for the highest number of fatal and severe scalding injuries among young children. Hot drinks cause most scalds to children under the age of 5. A child's skin is much more sensitive than adults and a hot drink can still scald a child 15 minutes after it has been made.

Top tips for prevention

- Never hold a hot drink and a child at the same time.
- Put hot drinks out of reach and away from edges of worktops and tables.
- Never leave young children alone in the bathroom.
- When running a bath use cold water first and always test temperature.
- Always use rear hotplates and turn pan handles away from cooker front.
- Keep hot irons, curling tongs and straighteners out of reach even when cooling down.



Poisoning

Most poisoning accidents involve medicines, household and gardening maintenance products, and cosmetics.



Top tips for prevention

- Keep medicines and chemicals out of sight and reach of children, preferably in a locked cupboard.
- Wherever possible, buy products in child resistant containers.
- Always store chemicals in their original containers.
- Avoid buying plants with poisonous leaves or berries or those that can irritate the skin.

Drowning

Remember, children can drown in less than 3cm of water. They should be under constant supervision when in or near any water.



Top tips for prevention

- Never leave children or babies in the bath unsupervised—even just for a moment. Do not rely on young children to supervise younger siblings in the bath. Empty the bath immediately when finished.
- Never leave uncovered bowls or buckets of water around the home.
- Paddling pools should be emptied and stored away when not in use.
- Garden ponds should be filled in whilst children are small or securely fenced off.

Take special care when visiting other people's gardens.

Out and About

Travelling by car

- Always use a properly fitted baby car seat that is the right size.
- Never put your baby in the front of a car with passenger airbags.
- Never leave children alone in the car.
- Make sure they are not in direct sunlight.
- Do not smoke in the car.

On the pavement

- Hold your child's hand—do not let them run ahead.
- Make sure your child walks on the side of the pavement away from the traffic.
- Children are generally not ready to cross roads on their own until they are at least 8 years old and many will not be ready even then.
- Never let your child go near a road on their own or even with an older child.

Crossing the road (when your child is old enough)

- Always set a good example by choosing a safe place to cross, explaining what you are doing.
- Let your child help you decide where and when it is safe to cross.
- Explain the Stop, Look and Listen rule to your child.
- When it is safe to cross, walk straight across the road and keep looking and listening out for traffic.



Falls

Falls and trips are the most frequent cause of injury amongst young children.

Tips for prevention

- Babies under 9 months can wriggle, kick or roll into hazardous situations such as rolling off the bed, changing table or work surface so never leave a baby unattended on any raised surface even when strapped in a car seat.
- Make sure there is no furniture crawling babies can climb on, especially directly under a window.
- Use safety gates to stop children climbing stairs or crawling down them.
- Fit window locks or safety catches.

Fire Safety

- Smoke alarms save lives. If a fire breaks out, an extra few seconds can make a real difference. It is best to have at least 2 smoke alarms. Test the batteries every week and change the batteries every year.
- Fit fire guards to all fires and heaters.
- Never leave a chip pan unattended, and in the event of it catching fire, never use water as this will cause a fire pan.
- Never tackle a fire yourself.
- Have a clear escape route in case of a fire.
- Keep matches and lighters locked away or high up and out of sight and reach.
- Keep children away from barbeques and bonfires even when you have finished using them.
- Make sure candles are secured in a proper holder and put out when leaving the room.
- Put cigarettes out properly and dispose of them carefully.



Sun Safety

- Keep babies under the age of 6 months out of direct sunlight, especially around midday.
- Encourage your child to play in the shade, especially between 11am and 3pm when the sun is at its strongest.
- Always use sun cream with a protection factor of least 30 or above, taking care to include back of neck and shoulders as these are most common areas for sunburn.
- Cover your child in loose, baggy cotton clothes with sleeves.
- Always wear a safari sun hat with a wide brim that shades their face and covers their neck.



Sleep Safety

- The safest way for your baby to sleep is on their back, in the feet to foot position (feet touching the bottom of the cot).
- Adult beds can be dangerous for babies. It is especially dangerous to share a bed with your child if you or your partner are smokers, have been drinking alcohol or take medication that makes you drowsy.
- If you do plan to sleep with your baby in your bed use lightweight blankets, don't let their head get covered or come into contact with your pillow and make sure your child cannot fall out of bed or get stuck between the bed and wall.
- Check your baby regularly to make sure they are not too hot or too cold.
- Babies should never sleep next to a radiator or in direct sunlight.



Safety and child development

Age	Development	Advice
0-6 months	Wriggle and kick, grasp, suck, roll over.	Do not leave on a raised surface.
6mths-1 yr	Stand, sit, crawl, put things in mouth.	Keep small objects and dangerous substances out of reach
1-2 years	Move about, reach things high up, and find hidden objects, walk, and climb.	Never leave alone, place hot drinks out of reach, use a fireguard and stair gates
2-3 years	Be adventurous, climb higher, pull and twist things, watch and copy. Be a good role model and be watchful.	Place matches and lighters out of sight and reach.
3-4 years	Use grown-up things, be helpful, understand instructions, be adventurous, explore, walk downstairs alone.	Continue to be a good role model, keep being watchful but start safety training.
4-5 years	Play exciting games, can be independent, ride a bike, enjoy stories	They can actually plan to do things and carry it out. Rules are very important to them, as long as everybody keeps to the same ones. They enjoy learning. Continue safety training.
5-8 years	Will be subject to peer pressure and will still forget things.	Still need supervision, guidance and support.