

Safety makes sense!

Dangerous



Safe



Dangerous



Safe



Parents' pack

Keeping children safe during lockdown and beyond

With the pressures on the NHS, many parents are worried about a trip to A&E with their child.

The fact that our homes are accident hotspots for younger children is a scary prospect at the best of times. And sadly less traffic doesn't mean we can completely switch off about road safety.

Here at the Child Accident Prevention Trust we are reaching out to families feeling the pressure in lockdown to highlight easy wins that can keep children safe.



First,

we share our top tips – they are so simple and just take a few minutes but massively reduce the risks to your child.



Next,

are fact sheets with a bit more information on each sort of risk, for when you have the head space to do a bit more.



After that,

you'll find some fun activities for when things have calmed down or you need a distraction!



Whilst it is extremely important to follow Government advice to stay at home during this period, it can be confusing to know what to do when your child is unwell or injured. Remember that NHS 111, GPs and hospitals are still providing the same safe care that they have always done.

If your child has a serious accident don't delay seeking help.

Top tips for child safety

Out of harm's way

Whether you have shufflers, crawlers, toddlers or pre-schoolers, if you do a quick room-by-room check for these things, then you're doing a great job of keeping your child out of harm's way:

 **Hot drinks to hair straighteners** – doctors are already seeing an increase in burns during lockdown. A small child's skin burns really easily as it's so thin and delicate.

Decide now where the safe spot in the kitchen and living room is for hot drinks – well out of reach of little hands. Do the same in the bedroom for hair straighteners and curling wands – even when they are cooling down, somewhere high up is best.



 **Pills to pods** –

from the painkillers in the drawer to the cleaner by the loo, the disinfectant spray under the sink or the washing pods by the machine, they can seriously harm children if swallowed.

Gather them up and put them high up out of harm's way. And remember to put them away again after you've used them.



 **Button batteries** – big lithium coin cell batteries the size of a 5p piece can be deadly if your child swallows one.

Look round your home for them – in products as well as spare and 'flat' batteries – and put them out of reach of inquisitive little fingers.

You'll be surprised where young children can find them – in light-up toys, remotes, gaming headsets and key finders.



Out and about

As we all try to keep our distance but still try to burn off children's excess energy, it's crucial to stay mindful of road safety.

Cars may take advantage of empty roads to speed up. So remember to check for traffic before you and your family step out into the road.

And if you're driving, remember there may be people stepping off pavements, younger cyclists avoiding walkers or simply people paying less attention because there's less traffic on the roads. So keep an eye on your speed while you're making that essential trip.



Safe from burns

*“Everyone in the burns unit was there because of an accident.
In a split second their whole life changed.”*

Mum of little boy burned by a hot drink

A small child's skin burns really easily as it's so thin. But it's really simple to make sure it doesn't happen to your child. Here's how:

 **Hot drinks** – stay hot enough to scald a small child even after 15 minutes. 8 to 18 month-olds are most vulnerable as they love to grab.

- Look for safe zones in your house where you know your child can't reach your hot drink
- Try to get into the habit of putting your child down before you pick up your drink.

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

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

 **Button batteries** – if a child swallows a lithium coin cell battery (the round silver battery like a 5p coin) and it gets stuck in their food pipe, it can burn a hole and cause internal bleeding and even death.

- Keep any loose batteries out of reach and dispose of 'flat' batteries quickly and safely
- Keep objects out of reach if they have button batteries your child can get to.



 **Cooking** – young children don't automatically pull away from something that's burning them. They may forget the rules about not touching hot things.

- Push kettles to the back of the worktop and use the back rings of the cooker first
- If you're able to keep children out of the kitchen when you're cooking, great. Or try to keep them in a highchair or away from the cooker if not.

 **Bath water** – these scalds are really nasty and can happen in seconds.

- Put cold water in first then top up with hot. Then you don't need to worry about there being a scalding bath your child could fall or climb into
- Test the temperature of the water with your elbow before putting your child into the bath
- Stay with your child in the bathroom in case they fiddle with the hot tap.

 **Fires and heaters** – a risk to small children.

- Move cots away from radiators. Then your baby can't get their arm or leg trapped against the heat
- Fit fireguards around fires and heaters.

Find out more

www.facebook.com/ChildAccidentPreventionTrust



Prevent poisoning

“He thought it was a sweetie because it was bright and like a jelly so he gave it to Orla who bit into it.”

Mum talking about washing tabs/pods

Bright bottles of cleaning liquid, squidgy washing tablets, shiny packets of painkillers... Small children are curious and want to learn more by putting things in their mouth.

Unfortunately things that make our lives easier can be harmful to small children, as their bodies process poisons differently. Thank goodness it's easy to keep children safe.

 **Laundry products** – small children can mistake brightly coloured products for sweets or toys, especially laundry capsules. But the concentrated chemicals can do serious damage to children's insides, skin and eyes.

- It's tempting to keep products beside the washing machine. Move them to a high up or lockable cupboard
- Watch out for fast little fingers! Don't leave a washing tablet on top of the washing
- Put products away out of reach as soon as you've used them
- When you're shopping, look out for products with a bittering agent like Bitrex – it tastes so horrible, children spit it out instead of swallowing, preventing accidental poisoning.

 **Everyday painkillers** – 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 or lockable cupboard
- Watch out for painkillers left on the bedside table or in the handbag on the floor.

 **Cleaning products** – helpful for you but they can be harmful for small children.

- What's lurking under your sink or next to your toilet? Move cleaning products to a high up or lockable cupboard
- Put them out of reach again as after use
- Don't rely on safety caps – they slow children down but they're not childproof
- Look out for products with a bittering agent like Bitrex when you're shopping
- Don't pour cleaning products into other bottles like drinks bottles. Children can get confused.



Find out more

www.facebook.com/ChildAccidentPreventionTrust

Supported
by Bitrex®



Breathe easy

“He would have been much too young and would have been much too weak to release himself.”

Coroner's report, blind cord strangulation

Such a scary thought that something could stop your child breathing. But, the steps to stop that happening are simple and make sense.

 **Blind cords** – it can take just 20 seconds for a toddler to die from strangulation with an unsafe looped blind cord.

- Fit a cleat hook or tensioner to keep blind cords and chains safely away and always use them. New blinds should come with these
- Remember children may climb and get higher than you think. Move bedroom furniture away from cords and chains
- Make sure the cords on the back of Roman blinds are connected using a device that breaks under pressure.



 **Nappy sacks** – young babies naturally grasp things and pull them to their mouths, but aren't able to pull them away. They can suffocate on flimsy nappy sacks.

- Store nappy sacks well out of reach of babies
- Never store nappy sacks under the cot mattress.

 **Choking** – babies and young children are still learning to chew, swallow and breathe in the right order. There's no sound to warn you. But there are simple ways to stop it happening.

- Don't prop a baby's bottle up to feed them
- Cut round food like grapes, tomatoes and big blueberries in half lengthways or quarters, not just across
- Cut hard food like carrots, apples, sausages and cheese into thin strips, and chop nuts up small
- Avoid popcorn, marshmallows and hard round sweets like mini eggs or boiled sweets
- Put small parts from older children's toys out of reach
- Watch the Chokeables film for first aid advice www.sja.org.uk/thechokeables.

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

- A clear cot is a safe cot – avoid duvets, pillows and cot bumpers
- Don't sleep on the sofa with your baby as it increases their chances of suffocation massively
- If you're exhausted or have been drinking or smoking, or if they are premature or low birth weight, don't sleep with your baby in your bed
- Follow the T.I.C.K.S advice for slings or carriers www.babysling.co.uk.

Find out more www.facebook.com/ChildAccidentPreventionTrust



Free from falls

*“A preventable accident ends up with a shattered family.
And that’s just very tragic.”*

Paediatric Neurologist (a doctor who specialises in child brain injury)

Scrapes and bruises are a part of growing up. But even a fall from a highchair can cause a bad head injury. That’s because babies’ heads are twice as big as ours, which makes them top-heavy. And when they land, their head takes much of the impact.

It doesn’t make sense trying to stop all falls. But there are some serious ones you can easily stop once you know how and why.

 **Cots, beds and changing tables** – now I can wriggle and roll!

- Even small babies can wriggle off a bed or changing table – so change their nappies on the floor and avoid leaving them on a raised surface
- As soon as your baby can stand, remove any large toys they might climb on to get out of their cot, preventing serious falls.

 **Stairs** – I can shuffle and I’m off!

- Even before they’re mobile, babies are injured when the person carrying them falls. So keep a hand on the rail going up and down stairs
- As soon as your baby starts moving around, fit safety gates to stop them climbing or falling down the stairs.

 **Highchairs** – is that my drink?

- Children may try to get things that are out of their reach
- They may lean over the side and topple out or push themselves up and try to climb out
- Get into the habit of using the straps on the highchair every time you use it.

 **Windows** – what’s that I can see?

- Small children are curious and want to see what’s happening outside but have no real understanding of danger
- Take care not to put furniture in front of windows, especially in children’s bedrooms
- If you can, get safety catches or locks fitted on your windows
- If you opt for a lock, keep the keys somewhere you can find them, in case there’s a fire and you need to get out.

 **Trampolines** – how high can I bounce?

- The biggest risk from trampolines is having two people with very different weights
- Let children take it in turns and avoid adults and children jumping together
- Use a safety net or cage so children can’t be thrown onto the ground.



Find out more www.facebook.com/ChildAccidentPreventionTrust

Safe around roads

“One act of bad driving robbed the world of a beautiful, intelligent and caring young person. Our lives have been turned upside down by our daughter’s death.”

Bereaved Dad whose daughter was killed in a car accident

It can be hard knowing how best to teach your child to stay safe. Here we help you to break it down and keep it simple.



Pedestrians – younger children

- Get young children into the habit of holding your hand or use walking reins
- Ask questions while you’re out to help them understand simple ideas like ‘fast’ and ‘slow’
- You can start teaching the Green Cross Code from age five, encouraging children to stop, look, listen and think
- But they won’t always remember safety rules, especially if they’re excited or spot a friend across the road
- Children will copy what you do, so try to avoid stepping into the road without checking for traffic first. If you can do the right thing, it will help them get into good habits.



Pedestrians – older children

- Children find it difficult judging the speed and distance of traffic until they’re at least eight. Accidents peak around 12, as children start making independent journeys
- Children learn by doing and practising. If they’re moving to a new school, help them practise the route over the holidays. Where are the safe places to cross? What should they do if they see their bus and they’re on the other side of the road?
- They can be mesmerised by their mobiles, so remind them not to talk or text on their phones or listen to music while crossing the road.



In the car

- Make sure your car seat is the right one for your child’s height and weight and for your car - not all seats fit all cars



Cycling

- Get your child into the habit of wearing their helmet. If you cycle as a family, remember to wear yours too
- Look out for cycle training. Many schools offer courses to help children gain practical skills.



Driving – speed is everything when it comes to a child’s chances of survival. They’re 3.5 times more likely to die if hit by a car doing between 30-40 mph.

- Keep an eye on your speed
- Keep your phone in the glove compartment so it can’t distract you.



Find out more www.facebook.com/ChildAccidentPreventionTrust



Watch out in water

“This has highlighted the dangers posed when a child is left unsupervised for a short period of time and even in the shallowest of water.”

Coroner's report, bath seat drowning of 7-month-old

Drowning happens silently. A drowning child can't speak or control their arms. They slip quietly under the water. It's only in the movies they splash about and cry for help. It's a scary thought.

But once you understand how and where drowning happens, there are things you can do to prevent it.



Babies and small children – mostly drown at home in the bath or in the garden, in just a few centimetres of water.

Baths

- Bath seats are great for supporting your baby in the bath but they're not safety aids – a baby shouldn't be left alone in one even for a moment as they can slip out
- Get everything you need ready before bath time because you'll need to stay with your baby or young child all the time they're in the bath
- Don't rely on your toddler to keep an eye on the baby while you pop out for a towel, as they're still too young to understand danger.

In the garden

- Empty the paddling pool out after you've used it
- Turn a pond into a sandpit, or fence it in or cover it while your children are little
- Make sure your child can't get to the neighbour's pond
- Be alert to ponds or pools when visiting other people's homes.

Older children – can still get into difficulties. They may over-estimate how strong a swimmer they are or under-estimate risks in the sea or open water. And the pandemic means no lifeguards on our beaches. As lockdown eases, remind them how to stay safe.

Out and about

- Teach older children to choose safe places to swim like public pools and beaches with lifeguards once lifeguards return
- Explain the dangers of swimming in open water, including strong currents, deep, cold water and things under the surface they can't see.

At the beach

- The pandemic means no lifeguards on beaches, so families need to take extra care. Swim in areas you know are safe and watch out for dangerous surf, tides and rip currents
- Inflatables can be swept out to sea when the wind is blowing – keep children off inflatables when the orange windsock is flying and always keep an eye on them.

Find out more www.facebook.com/ChildAccidentPreventionTrust



Fire safe families

“He ran upstairs and into a wall of black smoke and could feel intense heat coming through the walls.”

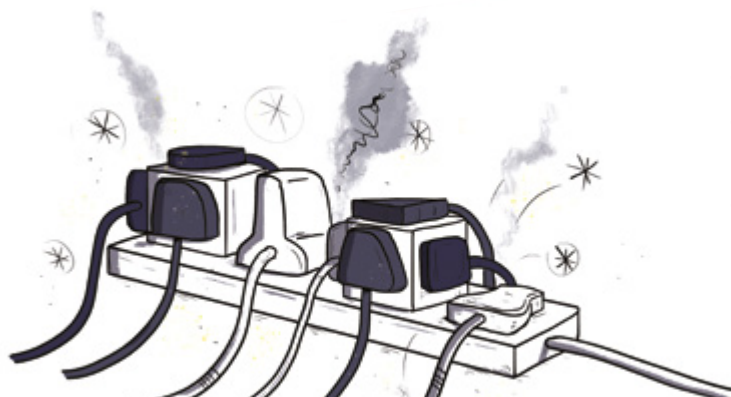
Coroner's report, death of 5-year old who played with a lighter

You and your family are eight times more likely to die in a fire if you don't have a working smoke alarm. That's because, if a fire breaks out at night, you won't smell the smoke and wake up. Instead, the poisonous fumes will send you deeper into sleep.

So it makes sense to have a smoke alarm upstairs and downstairs, to save you from smoke that can kill in minutes, before you even wake up.

Prevent fires

- Cooking fires are the main cause of fires in the home – stay in the kitchen if children are cooking
- Keep matches, lighters and lit candles or tea-lights well out of reach of young children and teach children not to play with them
- Take care not to plug lots of chargers and equipment into an extension lead from one electrical socket – the socket will be dangerously overloaded
- Stay close by when you have fat heating and never pour water onto hot fat
- Store things like hair straighteners safely – avoid leaving them switched on or where a child might be able to switch them on
- Double check your cigarette is out and be careful smoking if you're really tired (or in bed) in case you fall asleep with it in your hand.



Check your smoke alarms

- You need a working smoke alarm upstairs and downstairs
- Test your alarms every month
- If you live in rented housing your landlord is responsible for providing alarms.

Plan your escape

- Work out your escape route in case of a fire and practice it with your family
- Keep the stairs and 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.

Teach children what to do if they see a fire

- To tell someone straight away – a grown-up if possible
- Don't try to put the fire out yourself
- Get outside as quickly as possible. Don't try to hide from the fire
- Never go back inside for anything.

Find out more www.facebook.com/ChildAccidentPreventionTrust



Safety makes sense quiz



It makes sense to check for the main dangers at home so you can relax knowing you're one step ahead. Take the Safety makes sense quiz to find out...

Put a tick next to all the things you think are a hazard...there may be some surprises!

1. In the hall, walk through and check out possible risks

- A. Car keys in the bowl ☐
- B. Muddy wellies with a vague smell coming off them ☐
- C. Toys and books piled on the stairs for someone to take up ☐

2. Moving into the kitchen, take a look around

- A. Dried on porridge on the breakfast dishes still sitting there ☐
- B. Kettle sitting on the side ☐
- C. Washing tab on the washing pile ready for loading ☐

3. What's lounging in the lounge?

- A. Spare button batteries for the gaming headset ☐
- B. A trail of toys left scattered across the floor ☐
- C. Lovely cup of steaming coffee on the side ☐

4. Into the bathroom, what hazards are lurking?

- A. Lovely lemony smelling toilet cleaner by the loo ☐
- B. Your favourite face cream left with the lid open ☐
- C. A lovely steaming bath ☐

5. Lastly the bedroom, have a look around

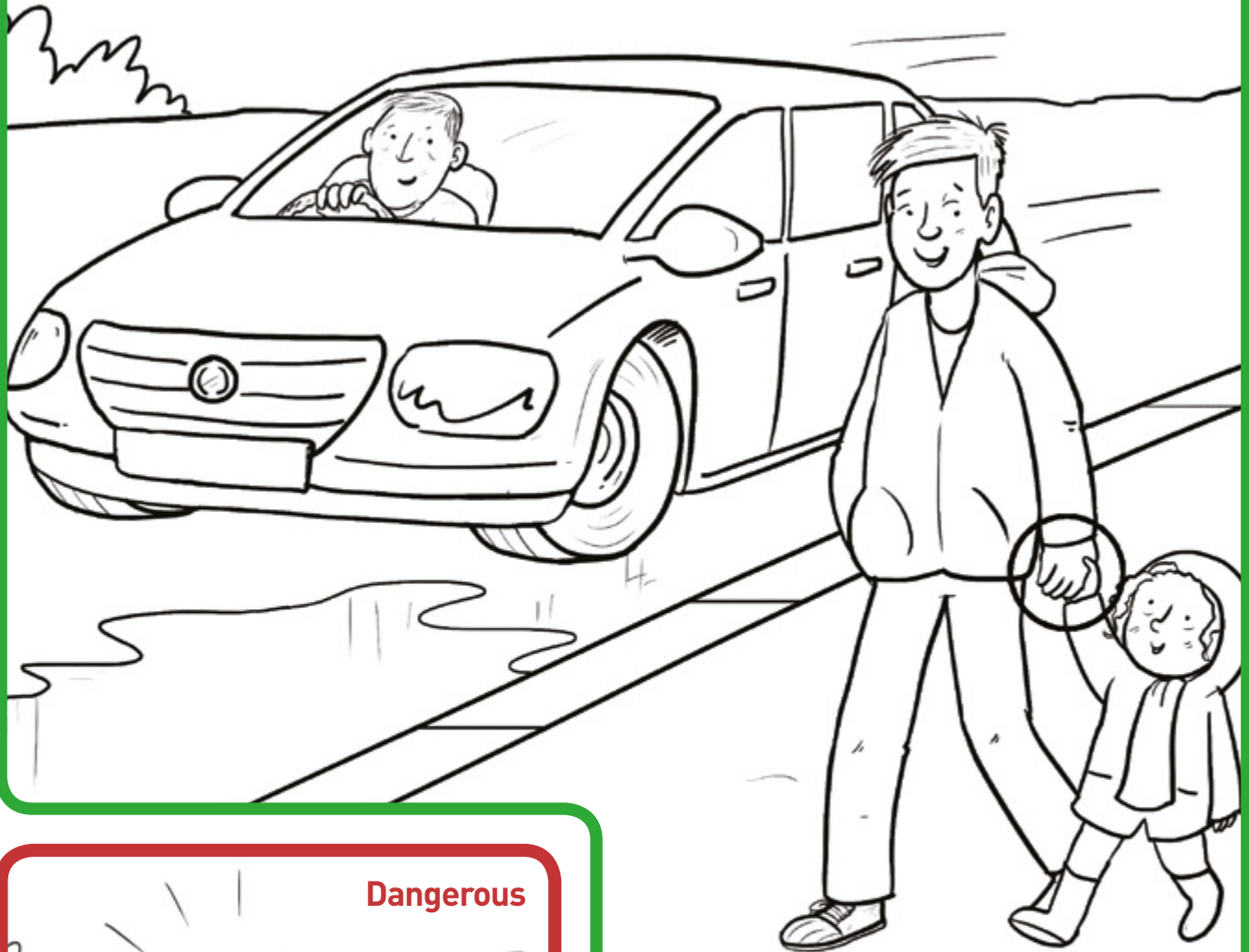
- A. Hair straighteners hanging over the door handle to cool ☐
- B. Sheets that you put on two weeks ago ☐
- C. The blind cord blowing in the breeze from the window ☐

Answers:

1. A. Yes, car key fobs can contain lithium coin cell button batteries, which can be deadly if swallowed and they get stuck in a child's throat. B. No danger, just a horrible pong! C. They can be a hazard if there's a fire and you need to find your way out
2. A. It'll be a nightmare later, but no danger. B. Yes, little hands can grab hot things on worktops or hobs. Keep them back of the worktop or hob. C. Yes, they can be very harmful if a child bites into one
3. A. Yes, spare button batteries, especially lithium coin cell batteries, can be deadly. Keep them well out of reach. B. Grrrr so annoying, but not dangerous. C. Hot drinks can seriously scald, please keep them well out of reach
4. A. Yes, it can look really appealing to a young child, but dangerous if swallowed. B. It's fine but you won't want to share it with your toddler. C. If your child falls in to the hot bath they can be badly burned. Put cold in first and top up with hot
5. A. Yes, straighteners and wands can badly burn little hands, mouths, feet or bottoms if sat on. Keep them out of reach. B. No, don't worry we won't tell! C. Looped blind cords or chains can strangle young children in minutes – fit a tensioner or cleat hook and use it every time.

Safety makes sense for children

Safe



Dangerous



Searching for safety



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

BATHSEAT

BLINDCORD

BUTTONBATTERY

COTBUMPER

ECIGARETTE

HAIRSTRAIGHTENERS

HOTDRINK

MOBILEPHONE

NAPPYSACK

WASHINGTABLET

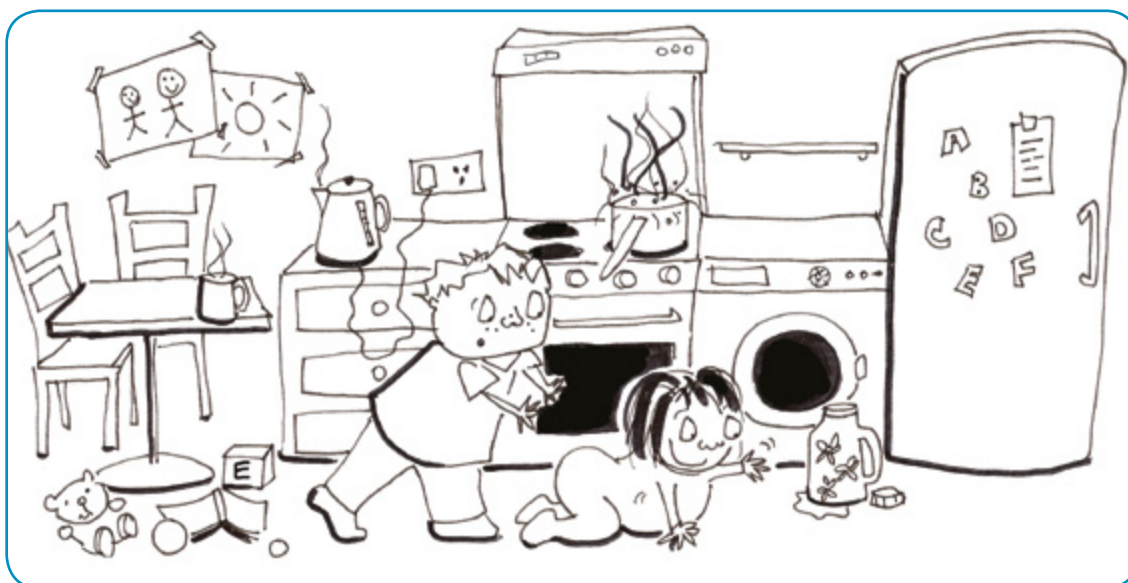
The things listed are everyday products that can help make life easier or more enjoyable.

But they each bring their own risk to young children. Can you find them and work out what the risk is?

Hint: to find out more about the real risks to today's children follow the Child Accident Prevention Trust on facebook (www.facebook.com/childaccidentpreventiontrust) or visit the website www.capt.org.uk

Spot the difference!

There are five dangerous things to spot in one of these kitchens. Circle them with a pen then colour in the kitchen you think looks safest.



Answers

The dangers all appear in the first picture and are:

1. **Kettle.** Push your kettle to the back of the worktop.
2. **Saucepan.** Turn pan handles in and use the back rings if you can.
3. **Washing liquid.** Keep cleaning things out of reach and sight, ideally up high.

4. **Hot drink.** Keep them well out of reach of babies and young children.
5. **Toys left on the floor** can cause a nasty trip. Tidy them away.

Supporting our work

*“ I learnt that the things I would have done
could have put my baby in danger.”*

Mum of 6 month-old baby

Every week, healthy children die or suffer life-changing injuries in accidents that are completely preventable. Here at the Child Accident Prevention Trust we think that's wrong.

 **We're passionate about making sure that every parent has the advice they need to keep their child safe from serious harm.**

We're particularly keen to reach the poorest parents who, through no fault of their own, find it harder to keep their children safe.

We think it's unacceptable that a child is 13 times more likely to die in a preventable accident simply because they are born into a family living in poverty.

We can only continue our vital work preventing childhood accidents through fundraising and the wonderful support of our partners and donors.

We are so very grateful for the support we receive and welcome all donations.



 **Join our mission**

We understand that money can be a bit tight at the moment. But if you found this pack helpful and can spare £2, please donate now to join our mission to keep children safe.

 **You can make your donation:**

- Via our website www.capt.org.uk
- By BACS:
Bank Name: Co-op Bank
Sort Code: 08-92-99
Account Number: 65378887
- Or by cheque payable to The Child Accident Prevention Trust and sent to:
CAPT, PO Box 74189, London E14 1SQ



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