

KEEPING CHILDREN SAFE

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SOCIAL MEDIA CONTENT

Keeping your little ones safe from accidents in the home during the Coronavirus Pandemic

The way in which we both live and work has changed dramatically over the past few months. Sadly, we're beginning to hear that this is resulting in an increase in accidental injuries to children, particularly burns. To help keep you and your loved ones safe, take a look at the Child Accident Prevention Trust's room-by-room guide on how to prevent burns and scalds.

<https://www.capt.org.uk/burns-scalds>

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The Child Accident Prevention Trust recommends kettle and kitchen appliances with short leads so that children are not able to reach up and grab them. For more advice on how to prevent burns and scalds visit: <https://www.capt.org.uk/burns-scalds>

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As we spend more time at home with our children during the COVID-19 pandemic and find ourselves cooking more at home, why not use this time as an opportunity to teach your children about kitchen safety? Children who are taught how to be safe in the kitchen are much less likely to attend hospital as a result of a burn or scald.

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Trying to maintain good supervision of our little ones is one of the best ways to prevent accidents; however with many of us caring for our children whilst also working from home, you may feel like your attention is being pulled in lots of directions. Check out ROSPA's [Keeping Kids Safe Hub](#) for practical tips on how to keep your little ones safe at home during these unsettling times.

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One in five child related accidents in the home happen when a parent or carer has turned their back or been distracted for a very short amount of time. Read CAPT's Stay Home, Stay Safe advice and access free downloadable resources covering key home safety topics.

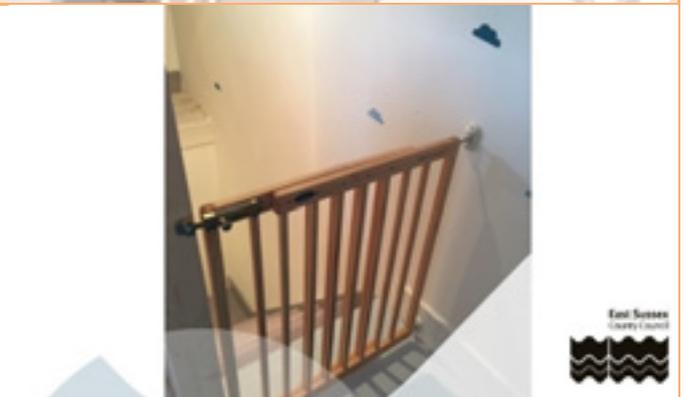
<https://www.capt.org.uk/Listing/Category/stay-home-stay-safe>

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Unfortunately it isn't possible to have your eyes on your child 24/7 and this can be even more challenging during stressful situations. Investing in safety equipment such as stair gates, cupboard locks and window restrictors create a safer environment for your child and can even be lifesaving.

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As regular cleaning in the home becomes a necessary precaution in lowering the risk of COVID-19 transmission, it's important to also consider how we keep our little ones safe from accidental poisoning. Take a look at ROSPA's 'Take Action Today, Put Them Away' campaign and learn more about the steps you can take to keep your little ones safe.

<https://www.rospa.com/Home-Safety/Advice/Household-Cleaning-Products>

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On average three children under 5 attend an East Sussex A&E every week due to accidental poisoning. Child safety locks for bathroom and kitchens cupboards can stop children getting their hands on poisonous products such as medications, washing up liquid or washing tablets whilst your back is turned.

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In light of the COVID-19 pandemic, there has never been a more important time to consider giving up smoking. Whilst e-cigarettes are a very popular stop smoking aid, there are growing numbers of hospital admissions due to children swallowing nicotine fluid from e-cigarette refills. Always keep them well out of reach of babies and small children.

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Staying at home means we're spending more time together at close quarters. Don't let your child do anything to a dog that they wouldn't do to another child, this includes climbing on and pulling their ears.

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On average one child under the age of 16 attends East Sussex A&E due to a dog bite every week. Just like us, your dog needs a break sometimes. With many households spending more time at home, make sure they have a space they know is theirs and that your child knows not to approach them when they are there.

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With many of us setting up temporary offices at home, and our children spending more time indoors using electrical devices to support schooling and leisure time, it's important to check electrics regularly and not to overload plug sockets. Find out how you can stay safe:

www.esfrs.org/your-safety/safer-homes

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It may seem obvious, but be sure to store matches and lighters out of reach of small children. Get into the routine of putting them back in the same place every time.

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As we are advised to not go out unnecessarily, anyone who smokes may naturally start to smoke more within the home. Cigarettes, matches and lighters are the biggest single cause of fatal house fires. If you aren't ready to give up, follow these simple steps to help prevent a cigarette fire in your home:

www.esfrs.org/your-safety/safer-homes/smoking

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If you have a trampoline it can be a great way for children to stay active - especially at the moment when access to play areas is restricted. Use safety netting or a safety cage so that children can't be thrown to the ground.

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Our little ones more likely to get their daily exercise in the garden at the moment. As the weather gets warmer it is important to remember that you can drown in as little as 2 inches of water. Young children should always be supervised in the garden, especially if you have a pond or have the paddling pool out. Always empty a paddling pool when play time is over.

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With many of us currently using our increased time at home to focus on DIY and gardening tasks, it's important to remember that garden tools and equipment can be dangerous if young children get their hands on them. Keep tools securely locked away in a shed and never leave electrical equipment unsupervised or plugged in when not in use. For more tips on garden safety, take a look at ROSPA's [Garden Safety Checklist](#).

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Choking can be completely silent with no warning that something might be wrong. Even food that you may think is small and soft enough could be dangerous and could cause a child to choke. Ensure that round foods – like grapes and cherry tomatoes – are cut in half lengthways, ideally into quarters, and that food such as vegetables and hot dog sausages are cut into narrow batons, not balls.

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Whilst our busy lives might make it tempting to 'prop feed' (propping your baby up with a bottle), babies haven't the strength to push their bottle away if they start choking. Never prop up a babies' bottle or leave them alone whilst they are feeding.

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Anything smaller than the diameter of a two pence piece could get lodged in a child's throat. Be particularly aware of sweet items such as mini eggs - these are exactly the same size as a toddler's airway.

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Whilst home life may seem extra hectic at the moment, always try to stay within an arm's length of your little ones when they are eating and encourage them to sit still and concentrate. Toddlers can often want to wiggle or walk whilst eating and can be easily distracted, which could increase the risk of them choking.

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Bed sharing isn't recommended as it's easier than you might think to accidentally harm your baby.

www.lullabytrust.org.uk/safer-sleep-advice/co-sleeping

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Whilst many of our usual routines have changed as a result of the COVID-19 situation, it is important to remember that sharing a bed with your baby isn't recommended because of the risk of Sudden Infant Death. The risk is also 50 times greater when sleeping with your baby on a sofa or chair.

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During the COVID-19 pandemic, many of us have been doing the right thing by keeping children with minor ailments at home; however it can be confusing to know what to do and where to go when your child is unwell or injured. The Royal College of Paediatrics and Child Health have produced this helpful [advice](#) for parents.

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