

KEEPING CHILDREN SAFE

WE'RE ALL IN IT TOGETHER



SOCIAL MEDIA CONTENT

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

The way in which we both live and work has changed dramatically. With children at home from school again, it is important to make sure your home is extra safe as the work life/home school life can be tricky to balance. 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/safety-in-lockdown>

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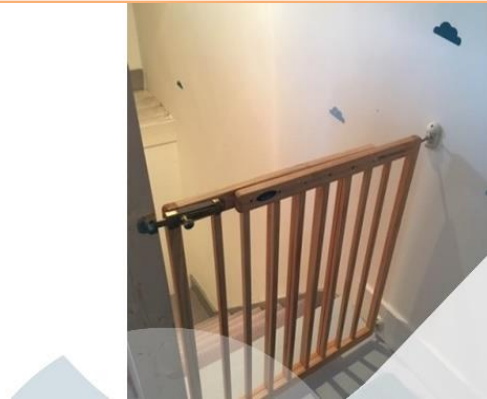
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Unfortunately it isn't possible to have your eyes on your child 24/7 and this can be even more challenging during stressful situations. Investing in safety equipment such as stair gates, cupboard locks and window restrictors create a safer environment 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.rospace.com/Home-Safety/Advice/Household-Cleaning-Products>

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On average twelve children under 5 attend an East Sussex A&E every month 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 go smokefree. 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. For support to 'Quit for Covid' contact

[One You East Sussex](#).

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#Quit4Covid



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

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In the last year, 39 children under five years have attended an East Sussex A&E due to a dog bite. Just like us, your dog needs a break sometimes. With many households spending more time at home, make sure dogs 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 having to set up home offices (again!) 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:

<https://www.esfrs.org/your-safety/safer-homes/electrical-fire-safety/>

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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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Anyone who smokes may now be smoking more within the home, because we can only leave if it's essential. Cigarettes, matches, and lighters are the biggest single cause of fatal house fires. Contact [One You East Sussex](https://www.esfrs.org/your-safety/safer-homes/smoking) for support to go smokefree. Or if you aren't ready to quit, 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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Sadly in the last year, an average of two children under 2 years attended an East Sussex A&E week due to a burn or scald. An easy win to help avoid horrendous bath water scalds ... get in the habit of putting the cold in first and top up with hot. You'll be saving your child from the risk of falling or climbing into a boiling bath.

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After a morning of online meetings, housework, and home-schooling, you'll be feeling more than ready for that cup of tea or coffee! But don't forget that a hot drink can still scald a baby 15 minutes after it has been made. Look for safe zones in your house where you know your child can't reach your hot drink.

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

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Whilst wearing a face covering out in public is now just a part of our everyday lives; it's important to remember that Public Health England does not recommend face coverings for children under the age of 3 for health and safety reasons.

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Thinking of dusting off the cobwebs on the family bikes during these latest restrictions? Remember... a simple way to protect children (and yourself) is to wear a helmet every time you use your bike, even if it's a quick cycle around the block or down to the park.

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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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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. Check out the [Lullaby Trust](#) website for advice on how to sleep you baby more safely.

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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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We rely on button batteries to power everyday objects like car key fobs, remotes, and children's toys. But did you know that if they are swallowed they can badly injure, or even kill a child? Check out this [short film](#) by CAPT and helpful advice from the [Office for Product Safety & Standards](#) to help keep your child safe.

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Along with bikes, scooters are a great way for children to break free from the buggy and to be active en route to nursery, but there are still dangers to look out for. Check out CBeebies top safety tips for fun, safe scooter journeys!

www.bbc.co.uk/cbeebies/joinin/7-scooter-safety-tips-for-kids

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