



# Welcome to Child Safety Week 2019

Monday 3rd to Sunday 9th June

## What is Child Safety Week? Is Child Safety Week for you?

Child Safety Week is the flagship annual campaign run by the Child Accident Prevention Trust. We are the UK's leading charity committed to reducing the number of children and young people killed, disabled or seriously injured in preventable accidents. Our aim is to secure a safer environment for children of all ages, so they can live life to the full while protected from serious injury or death.

Child Safety Week enables us to do this by bringing together individuals and organisations around the UK to promote safety messages to families in a fun and engaging way.

## Why do we do it?

*“It is very hard for me to talk about losing Francesca, but I hope that by talking about Francesca's death it will encourage other families to talk about accidents and ask questions about what they can do to stop them happening to their own children.”*

Accidents are a leading cause of death, serious injury and acquired disability for children and young people in the UK. They account for three deaths every week and over 2,000 hospital admissions. Many of these accidents can be prevented. By their nature accidents often happen when they are least expected. Too often we hear from parents 'why didn't I know?'

Child Safety Week aims to help families make sense of the real risks to their children and the simple ways that accidents can be prevented.

Parents need safety advice within context and from trusted professionals who they come into contact with in their daily lives. Children and young people learn from their parents, carers, clubs and schools about keeping themselves safe.

That's why your involvement is so important. If your role or your organisation's work involves caring for families and children, either directly or indirectly, then Child Safety Week is for you.

Whether you're getting involved as an individual practitioner, or bringing multiple agencies on board, Child Safety Week is a great platform to effectively engage with local families. It offers an opportunity to help parents and carers learn how to look after their families with confidence by sharing experiences with the people around them. And a chance to help children and young people gain skills in keeping themselves safe. It's also a great way of establishing partnerships and sharing experiences and resources with other individuals, organisations or professions in your area.

## What can you do?

Big or small, there are lots of different things you can do during Child Safety Week, and lots of different resources from CAPT to help you plan and run an event or activity. We'll support you along the way with essential information and advice, including activity ideas from our brilliant organisers in previous years.

You can download the full range of FREE resources from the CAPT website [www.capt.org.uk](http://www.capt.org.uk)





# Meet our official supporters

It's thanks to our official partners and supporters that Child Safety Week takes place. Their support means we can provide you with this action pack, offer you a host of online resources on the Child Safety Week website, run competitions with great prizes, share our safety messages through the media, and support you to run the thousands of local activities and events that reach families nationwide.

## Our Child Safety Week partners



Safer Scotland – addressing the issues involved in creating a safer community by tackling areas such as drugs misuse, crime, violence, domestic abuse, anti-social behaviour and fire safety.

[www.scotland.gov.uk](http://www.scotland.gov.uk)



THINK! – providing road safety information for road users. Our aim is to encourage safer behaviour to reduce the number of people killed or injured on our roads every year.

[think.direct.gov.uk](http://think.direct.gov.uk)



Bitrex® is the bitterest substance ever discovered, making it a powerful deterrent to accidental swallowing of harmful household, garden and automotive chemicals.

[www.bitrex.com/consumers](http://www.bitrex.com/consumers)



Thomas Cook Children's Charity is committed to improving children's lives and benefiting the communities in which they live.

[www.thomascookchildrenscharity.com](http://www.thomascookchildrenscharity.com)

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Our Child Safety Week supporter



# What can I do for Child Safety Week?



## Child Safety Week is a springboard for thousands of awareness raising discussions, activities and events.

There's lots you can do to bring accident prevention to life and engage families.

Even if you're short on time, then simply put up a display in a communal area. Use the pages from this action pack, or our display pack is all you need to create a colourful talking point. But if you want to have more impact:

- Many organisers find that using props can be a real conversation starter.
- The Bitrex® Taste Test, **available free from our official partner Bitrex®**, is a great ice-breaker for discussions on accidental poisoning. And only milk chocolate takes the taste away!
- Quizzes for adults and activities for children (free to download from [www.capt.org.uk/csw-action-pack](http://www.capt.org.uk/csw-action-pack)) are simple to run and help make child safety fun.
- Get families to commit to change using the Safety Hero pledge form and certificate (free to download from [www.capt.org.uk/csw-action-pack](http://www.capt.org.uk/csw-action-pack))
- Demonstrations or talks from experts such as road safety officers, fire officers or police are always popular.
- Sharing a short film, like bacon frying on hair straighteners ([www.capt.org.uk/preventing-burns-from-hair-straighteners](http://www.capt.org.uk/preventing-burns-from-hair-straighteners)), helps grab interest. Our **DVD packs** offer ready-made safety sessions built around short films.
- If you have budget, stock up on CAPT resources to support your event and ensure messages get taken home by parents [www.capt.org.uk/shop](http://www.capt.org.uk/shop) or see page 8.
- Use the **Family life today: where's the risk?** theme to stimulate discussions.

## Family life today: where's the risk?

The theme, **Family life today: where's the risk?**, highlights the new dangers facing us from our modern lifestyles and offers simple solutions to keep children safe.

Family life today is more complex than it's ever been and often the very things that help make life more convenient bring new risks.

New dangers in the home include things like button batteries, particularly lithium cell coin batteries that can kill when swallowed, child-appealing washing capsules that can poison or nappy sacks stored under cot mattresses that can suffocate babies.

Dangers when out and about include distraction from devices when we're driving or walking near busy roads and the coffee culture trend that sees young children at risk from hot drink scalds in busy coffee shops.

Display the themed poster and talk to families about the modern dangers they may not be aware of. Surprising facts help to grab parents' attention where previously they thought accident prevention was old news.

Put the theme on your website with the downloadable banner and use it in social media. Follow CAPT on facebook ([www.facebook.com/childaccidentpreventiontrust](http://www.facebook.com/childaccidentpreventiontrust)) and share the themed advice we put out.

## What now?

In each of the accidents sections in this action pack, we've provided essential safety messages on the left hand page. On the right you'll find suggestions for props, activity ideas, free resources from CAPT you can download from [www.capt.org.uk/csw-action-pack](http://www.capt.org.uk/csw-action-pack), and useful links to other organisations and resources. Use these sections as a menu depending on your time and available resource.

# Top tips for engaging families



## The bigger picture

Work with families is often about instilling confidence about being an effective parent. Being confident that you can keep your child safe is a really important element of this. So linking safety to families' real lives and embedding safety messages into the advice and support you already offer helps families to grow.

Child Safety Week offers an excellent platform for introducing and sharing safety advice with families. Many organisers then incorporate follow-up activities on different safety issues throughout the year, to build awareness and help make safety a part of everyday behaviour, week in and week out.

## That's a surprise!

Introducing surprising facts helps to get people's attention. For instance, do the parents you work with know that button batteries can kill if swallowed? Mugs of tea and washing tablets are similarly surprising accident risks. You'll find surprising safety facts throughout this pack.

## Personal experience

Shared experiences can be the best learning tool. Encouraging parents to speak up about near misses or accidents – and the everyday pressures that mean safety slipped from their minds at a crucial moment – can be an excellent way to create an engaging session and encourage parents to share simple steps to safety with their friends and family. What tips and advice can they share?

## Out into your community

Finding places where families meet, or holding activities in venues that form part of families' daily routines, will help you reach new people and target parents and carers where they feel at ease and happy to share their experiences and advice with others. This could be local supermarkets, shopping centres or baby weigh-in clinics.

## Make it fun!

- **Anything that reinforces the information you're giving will help get your messages across. Visual displays, demonstrations, real-life stories and food are just a few ideas!**
- **You could bake cakes or biscuits and decorate them with traffic light colours. Or have a display of the sorts of finger food that are safe for children - many parents lack confidence in giving their babies finger food for fear of them choking.**

## Reward your participants

Whether it's a Safety Hero certificate, a lollipop or a goody bag, freebies and rewards will draw attention to your event and attract participants to it.

## Provide reminders

It can be hard to remember new information so why not offer parents and carers reminders of what they've learnt? Our colourful, easy-to-read flyers offer important take-home information at a low cost. Just £7.45 plus P&P for 50 copies. Visit our online shop to find out more [www.capt.org.uk/shop](http://www.capt.org.uk/shop)



# Partnership working

“*By working together we increased awareness with the public as we all used our different communication channels to get the message across.*”

**Borough Council**

Child Safety Week is a great opportunity to establish or continue partnership working. It also offers a way of sharing budgets and resources, and reaching more parents, carers and children.

There are many different professionals and organisations with an interest in child accident prevention. We have listed some of them here, along with ideas of how to contact them or how they might get involved in Child Safety Week activities.

You could ask them to give a talk at your event or run a question and answer session. You could also ask to attend the sessions they run with families or hold a presentation for their staff, to raise awareness of accident prevention and the role of your organisation. Some may also have newsletters and display boards where you can advertise your event to local families.


“*I have always found that working in partnership with other agencies increases the amount of families we can engage.*”

**Children's centre**

## Local councils

 **Road safety officers** – visit the 'Your Area' section of the Road Safety GB website at [www.roadsafetygb.org.uk](http://www.roadsafetygb.org.uk) for contact details for road safety teams in your area.

 **Child Death Overview Panels** – review child deaths to assess opportunities for prevention. Some run local prevention campaigns. Visit [www.gov.uk/government/publications/child-death-overview-panels-contacts](http://www.gov.uk/government/publications/child-death-overview-panels-contacts)

 **Trading standards** – may host events themselves or come along to community events to talk about product safety, toy safety or car seat safety.

 **Libraries and information centres** – can provide settings for displays and talks.

Call your local council switchboard and ask to be directed or check out your council's website.

## Public health

Based in local councils in England and in the NHS elsewhere in the UK, public health teams work to improve the health of local people.


- In England, call your local council and ask to be directed.
- In Wales and Scotland, contact your local health board.
- In Northern Ireland, contact your local health and social care trust.


Health visiting teams - health visitors, community nursery nurses and community staff nurses - are public health nurses supporting families with young children. Search for your local health visiting service online or speak to your public health team.




## Health services


Doctors, nurses, midwives, paramedics and pharmacists all have an interest in children staying safe and healthy.

 **GP surgeries** – many have interactive displays that could advertise your event or highlight child safety issues. You could reach parents of babies by running joint events during any special baby clinics. Contact the Practice Manager at your local surgery to find out more.

 **Hospitals** – A&E departments usually have a children's waiting room and are a good place for displays. Some hospitals have children's burns units or children's trauma services, whose staff are keen to prevent serious accidents.


 **Ambulance staff and paramedics** – as well as local NHS ambulance staff, you could contact charities who teach first aid and have resources for children and parents, like St. John Ambulance ([www.sja.org.uk](http://www.sja.org.uk)).


## Fire and community police services

 **Fire and rescue services** – usually based in community fire stations and engaged in fire and road safety initiatives throughout the year. These teams will already have received a briefing about Child Safety Week.


 **Neighbourhood police and community support officers** – may attend local events to talk about different aspects of child safety.

## Children's services


 **Children's centres** – provide support for parents, run sessions for parents and children, and work with many disadvantaged families.


 **Childminders, nurseries and playgroups** – check your council's website to find schools, nurseries and children's centres and to see if there's a childminding network.

## Other groups and agencies

 **Brownies and Scouts** – award badges for road, home and fire safety. Why not join forces or ask a 'qualified' brownie or scout to come to your event and share what they have learnt? Visit [www.scouts.org.uk](http://www.scouts.org.uk) or [www.girlguiding.org.uk](http://www.girlguiding.org.uk) to find local groups.

 **Interactive safety centres or 'lifeskill' centres** – offer purpose-built sets based on real-life situations to give children and young people practical training in how to keep themselves safe in unexpected events and real-life scenarios. Visit [www.safetycentrealliance.org.uk](http://www.safetycentrealliance.org.uk) to find your nearest centre.

 **Housing associations** – some have information and safety packs for local residents. They may also have newsletters where you can advertise your event to local families.

 **Community centres, neighbourhood and tenants' organisations, faith groups and charities** – you may need to do an internet search to find these organisations in your area. Your local council or local voluntary and community action council should also have lists.

## Local businesses

Child Safety Week is also a great opportunity for local businesses to raise their profile in the community. Don't be shy about approaching them for support – they may be willing to sponsor your event, provide prizes for competitions, donate products to use in goody bags or offer venues for Child Safety Week events.

### Share the link and spread the load!

Forward the link to the Child Safety Week sign-up [www.capt.org.uk/csw-sign-up](http://www.capt.org.uk/csw-sign-up) to potential partners to get them on board, spread the load and help enhance what you're doing.



# CAPT resources

**We know that budgets are often tight. That's why we offer free downloadable resources for Child Safety Week. If you do have budget you can greatly enhance your activity with APT's paid – for resources. They take the hard work out of delivering accident prevention. Our labour saving resources are colourful, easy-to-read and engaging. They explain the simple steps that parents can take to protect their children from serious harm.**

So, whether you're looking for flyers, leaflets or booklets, ready-made display packs, or off-the-shelf session plan packs and interactive DVD resource packs, we have just the right resources to support your work during Child Safety Week and beyond.

Just visit our online shop [www.capt.org.uk/shop](http://www.capt.org.uk/shop) to see samples and place your order.

## Easy on your time

Don't worry, there's no need to spend hours pulling together display materials or developing engaging group work sessions. As far as we can, we've done all the hard work for you!

### Display pack

The Child Safety Week display pack is an easy way to create a colourful display that grabs the attention of parents and carers. Includes copies of each of our posters, flyers and leaflets and booklets, plus two Child Safety Week posters and action packs. **Just £25 plus P&P.**



### Session plan packs

Guide you through running effective, engaging discussions with parents and carers, exploring the dangers and the best ways to protect young children.

**Preventing accidents session plan pack:**

*“The pack was ideal, really easy to use, bright and colourful. I used it with several of our family groups and one-to-one with families. It was great for starting conversations and bringing up topics that otherwise might be difficult to share.”*

**Home-Start Edinburgh West and South West**

A series of 15 laminated session plans, with colour flashcards on the reverse, to help you run effortless mini-sessions with parents of babies and young children. **Just £25 plus P&P.**



### Hair straightener education pack:

With illustrated flashcards, support cards with surprising facts, discussion and activity ideas, and prevention advice, colourful flyers for parents to take away, plus a heat-proof pouch to demonstrate how to store hair straighteners safely. **All for just £15 plus P&P.**



And as you use the packs over and over again – just order extra flyers – they also offer great value for money. **From £21.50 plus P&P.**



### DVD resource packs

There are three DVD packs in the series, covering the most common and serious accidents: **falls, burns and scalds, and poisoning.**

The compelling films – three on each DVD – effectively convey essential safety messages to parents. The support cards give you facts at your fingertips, accurate safety and first aid advice, and practical discussion and activity ideas. Plus, each pack comes with flyers for parents to take away.

*“The DVD packs give you everything you need in one place, you can just take the pack down off the shelf and you’re ready to run a session.”*

### Easy on your budget

All of our resources are keenly priced to stretch your budget as far as possible. And with a delivery charge of **£3.95** for orders of **£16** or under, you can easily order the right quantities for your needs.

### Bright posters

Make a display that captures attention with our full colour posters that convey key child safety messages in a moment. **Just £1.25 each or £6 for a pack of five, plus P&P.**

### Colourful flyers

If you’re looking to make your money go as far as possible, while reaching as many parents as you can, take a look at our colourful, easy-to-read flyers – **just £7.45 plus P&P for 50 copies.**

They offer simple tips on safety and first aid to reinforce your discussions with parents. And the colourful illustrations provide a great visual reminder of risks to look out for.





## Button battery safety pack

With 100 copies of our flyer and a hard-hitting full-colour poster, this pack will help you alert parents to the danger posed by button batteries. **Just £16 plus P&P.**



## Easy outreach

### Pictorial booklets

Our picture-based booklets are a great resource for all parents, but especially the one parent in six who struggles to read. As one mum told us:

*“The pictures tell the story so you can see the danger without having to read it.”*

Four titles cover key developmental stages from new-borns to pre-school, plus we have booklets on child development and child road safety.

- You can buy our pictorial booklets in packs of **20 for just £27.50 plus P&P.**
- If you work with larger groups of parents, we also offer the booklets in packs of **40 for £50 plus P&P – a saving of 10%.**
- And there's our best-selling **mixed pack of 50 booklets** – ten of each title – **for just £62.50 plus P&P.**

We have flyers on button batteries, burns and scalds, poisoning, hair straightener burns, falls and choking and our popular flyer on carbon monoxide poisoning.

### Fact-packed leaflets

Our leaflets are packed with the very latest advice. And we've got child safety covered three ways:

- Key ages and stages of development – with leaflets for parents of babies, toddlers and small children, 5-7s and 7-11s
- Key injury issues – including leaflets on burns and scalds, poisoning and falls
- Key places – at home, in the garden and in the car.

**Just £9.25 plus P&P for 50 copies.**



## Easy to order

Visit our online shop to place your order - [www.capt.org.uk/shop](http://www.capt.org.uk/shop)


**Remember, for delivery for Child Safety Week, we need your order by Tuesday 28th May for standard delivery.**


If you work in Scotland, contact your local health resource library. Many stock a wide range of CAPT resources that you can order to support your Child Safety Week activities. See CAPT's website for a contact list: [www.capt.org.uk/health-promotion-units-in-scotland](http://www.capt.org.uk/health-promotion-units-in-scotland)


# Empowering families to change


**Parents can feel overwhelmed by the ever-mounting pressure of demands for their time and attention. Motivating parents to make changes to improve child safety involves making accident prevention achievable and something that can fit into life. Empowering parents to sustain those changes can be challenging for practitioners working with families.**

So how can you help parents incorporate changes into their daily lives and maintain them?


 **Anticipate problems** – many accidents happen when parents are taken by surprise by the next stage of their child’s development, whether that’s a baby grabbing their mug of coffee or a small child copying what they do. So the first step is helping parents make the link between childhood accidents and child development, so they can anticipate problems and stay one step ahead.

 **Build confidence** – some parents may lack confidence in their ability to change things. You can help to build their sense of control, so they realise that they can identify problems and then make choices that help keep their children safe. It helps to keep your language non-judgemental. For the one parent in six who struggles to read, think about how you can support them to work out safe options and make safe choices about everyday routines.

 **Identify goals** – ask families to be specific about the change they are going to make. Then help them to plan and visualise what they will do, thinking through when they can do it, how long it will take and any barriers that might get in the way. Ask them to commit to a time: “on Wednesday when my mum has the kids, I’ll sort out the cleaning things under the sink and move them into the cupboard.” When you next see them, ask them how they got on.

 **Keep it small and simple** – keeping a child safe from serious accidents can seem overwhelming and demotivating for some parents. So breaking the issue down into manageable nuggets of advice, like *“Find a safe place in the kitchen where you always put your hot drink down”* given in context in a conversation will help parents feel empowered to make changes.

 **Share experiences** – sharing experiences can be really motivating. Hearing about familiar problems from other parents and how they found solutions means parents can build their knowledge of child safety and see that they too have the skills to be effective and that they are not alone. Group discussions or social media can be enormously supportive and, by sharing, parents reinforce their own sense of efficacy. Why not share CAPT’s Facebook posts with the parents you work with ([www.facebook.com/childaccidentpreventiontrust](http://www.facebook.com/childaccidentpreventiontrust)).

 **Repetition leads to habits** – small changes repeated often enough become automatic habits – this is a really important point to emphasise to parents who already feel under pressure. If families get into habits such as shutting the safety gate each time, or always using the five point harness on the high chair, they soon become automatic, and safety has become part of everyday life. Ask parents to share their tips on how they learn new habits.

# Show your impact and Win prizes

We've put together a ready-made evaluation form for you to use with parents and carers.

**By copying your forms and sending them into CAPT, you will automatically be entered into a draw for three prizes of:**

- **£50 worth of CAPT resources for your organisation**
- **£25 worth of Love2Shop vouchers for you.**

You can gain useful insights into the impact of your Child Safety Week activity – always helpful for managers, funders and inspectors – and discover if there's interest in more sessions on child safety.

## Your contact details

Of course, we need your contact details to enter you into the prize draw. So:

- Either copy this page and use the slip below when you send us your forms.
- Or send us the forms with a covering note including:  
**your name, contact telephone number and email, and the name of your organisation.**

**Please enter me into the free prize draw:**

Copy and cut out (box)

Name:

Job title:

Organisation:

Address:

Telephone:

Email:

## Return your forms to us by Freepost

Then pop the forms and your contact details into an envelope and send them to us using the freepost address: **Freepost RSAG-GBEL-SLAX**  
**Child Accident Prevention Trust**  
**PO Box 74189**  
**London E14 1SQ**





Child Safety Week 2019:

# What did you think?

Thank you for coming along today. Please take a minute to fill out this form and tell us what you think of today's Child Safety Week activity.



**1** Name of town and venue (for example, Ourtown Children's Centre, Ourtown)

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**2** What did you find out about today?

- |                                      |  |
|--------------------------------------|--|
| <input type="checkbox"/> Burns       | <input type="checkbox"/> Fire safety                             |
| <input type="checkbox"/> Poisoning   | <input type="checkbox"/> Drowning                                |
| <input type="checkbox"/> Road safety | <input type="checkbox"/> Things that can stop my child breathing |
| <input type="checkbox"/> Falls       | <input type="checkbox"/> Other                                   |



**3** Did you learn something new today? Yes / No



**4** Will you do something different after today's event? Yes / No



**5** If YES, what will you do?

- |   |  |
|---|--|
| <input type="checkbox"/> Move harmful things so children can't swallow them | <input type="checkbox"/> Use harnesses in highchairs and pushchairs    |
| <input type="checkbox"/> Move things that burn out of children's reach      | <input type="checkbox"/> Fit window locks                              |
| <input type="checkbox"/> Teach children how to stay safe on the roads       | <input type="checkbox"/> Test smoke alarms                             |
| <input type="checkbox"/> Make sure children are safe on car journeys        | <input type="checkbox"/> Tie up blind cords                            |
| <input type="checkbox"/> Keep children safe around water                    | <input type="checkbox"/> Shop for things that will make children safer |
|   | <input type="checkbox"/> Other (please state)                          |
- 



**6** Do you have any other comments about today's event?

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**7** Would you like more activities or events about stopping accidents? Yes / No

# Burns and scalds

**Fast boil kettles, fast heating straighteners and hobs – how did we manage without them? But not so good for babies and small children. Did you know... A baby's skin is 15 times thinner than an adult's, so they can get badly burnt on hot things much more easily than us.**



**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.

**Internal burns from button batteries** – if swallowed, a lithium coin cell 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.

**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** – 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.
- In cafes make sure children stay close to you or in their seats to avoid bumping into people carrying hot drinks
- Tell family members about the dangers of hot drinks

**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.

**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.

## Find out more and share

Follow us on Facebook and share with friends and family:

[www.facebook.com/ChildAccidentPreventionTrust](https://www.facebook.com/ChildAccidentPreventionTrust)

Visit the safety advice section of the Child Accident Prevention Trust website: [www.capt.org.uk](http://www.capt.org.uk)

# Burns and Scalds

Six toddlers are admitted to hospital every day because they've been badly burned.



## Activity ideas

- Show the CAPT video of bacon and eggs being cooked on burning hot hair straighteners and ask parents to guess how long it takes for hair straighteners to cool. Complement this with a lively discussion using CAPT's [Hair straighteners education pack](#).
- Display CAPT's [button batteries poster](#) and download our new session plan [www.capt.org.uk/button-batteries](http://www.capt.org.uk/button-batteries). Demonstrate the damage a lithium coin cell battery can do if it becomes stuck in the throat, by placing one in a slice of ham several hours before your event. Parents will be shocked to see how the caustic soda has eaten into the ham!
- Get 3 disposable coffee cups. Write '5', '10' and '15' on each one respectively. Ask parents to guess how many minutes after it's been made that a hot drink can still scald a child (correct answer: 15).
- Use a bowl and two jugs of water (hot and cold). Ask parents to agree the right temperature for a baby's bath. Use this to start a discussion about running a bath safely, cold water first.
- Run a demonstration using cold coffee or dye and pour this over a doll in a babygro to show the extent to which a baby can be burned by a hot drink.
- Use CAPT's DVD resource pack [Too hot to handle](#) and help parents understand the small things that can prevent serious burns. There are three films to show, support cards to help you run lively discussions and colourful flyers to remind parents what they've learnt. Now just £25.
- The average one year old is 2ft 6 – the same height as a dining table. Demonstrate how far they can reach by asking parents to guess the safe distance to place a hot drink on a table. Mark this with masking tape and award the winner a prize!

## CAPT resources for your event

- Too hot to handle DVD resource pack
- Button batteries poster and flyer
- Hair straighteners education pack
- Hot drinks can hurt me poster
- How safe am I from bath water scalds? flyer
- How safe am I from burns at home? flyer
- Keep hot drinks out of my reach flyer
- Keep hair straighteners out of my reach flyer
- How safe is your child from burns and scalds? leaflet

Available from CAPT's online shop  
[www.capt.org.uk/shop](http://www.capt.org.uk/shop).

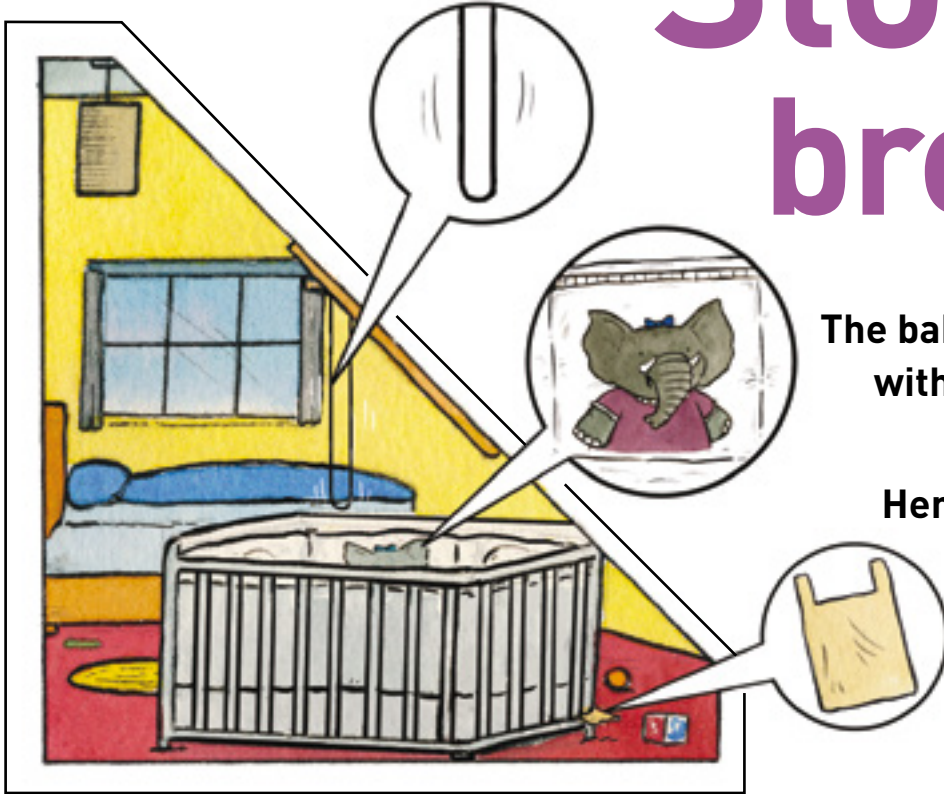
## Useful links

Visit the CAPT website [www.capt.org.uk/button-batteries](http://www.capt.org.uk/button-batteries) to download the new button battery session plan or [www.capt.org.uk/News/hairstraightener-burns-for-life](http://www.capt.org.uk/News/hairstraightener-burns-for-life) for hair straightener resources, or [www.capt.org.uk/csw-action-pack](http://www.capt.org.uk/csw-action-pack) for other useful resources including the burns and scalds safety cards.

British Red Cross has a useful video and advice on treating children with burns: [www.redcross.org.uk/first-aid/learn-first-aid-for-babies-and-children/burns](http://www.redcross.org.uk/first-aid/learn-first-aid-for-babies-and-children/burns)

Visit the Children's Burns Trust website for age related burns prevention advice <https://www.cbtrust.org.uk/learning-zone/>

# Stopping breathing



The baby's bedroom can be packed with helpful products, but some come with hidden dangers.

Here are things to keep in mind to help children stay safe from choking, strangulation and suffocation.

## **Blind cords** – it can take only 20 seconds for a toddler to die from strangulation.

- Fit a cleat hook to tie blind cords and chains back
- Keep children's bedroom furniture away from blind cords and chains.
- Make sure the cords on the back of Roman blinds are connected using a safety device that breaks away under pressure

## **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.

## **Food, drink and small toys** – 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](http://www.sja.org.uk/thechokeables) to find out what to do if your child starts choking.

## **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](http://www.babyslingsafety.co.uk) when using a sling, wrap or baby carrier.

## Find out more and share

Follow us on Facebook and share with friends and family:

[www.facebook.com/ChildAccidentPreventionTrust](https://www.facebook.com/ChildAccidentPreventionTrust)

Visit the safety advice section of the Child Accident Prevention Trust website: [www.capt.org.uk](http://www.capt.org.uk)



# Stopping breathing

At least two young children die from strangulation each year after getting caught in a blind cord.



## Activity ideas

- Bring in foods like carrots, grapes, peanuts, hard-boiled sweets, mini-eggs and a tin of hot dog sausages and put these on display to demonstrate common choking risks. Demonstrate how cutting grapes in to quarters lengthways (not across) makes them safer for young children.
- Gather together a small box of everyday household items that can be threats to breathing or help to prevent them. Place them within a small transparent box or jar e.g. pen lids, small toy parts, grapes, blind cord cleats, nappy sacks etc.
- Ask parents to share their ideas for a decoy/safe drawer or kitchen cupboard, full of things which are safe and too big to swallow, for children to play with.
- Use toys as props to demonstrate safe sleeping advice for babies. Gather together a toy cot, bedding, bumpers, mattress and doll to show what to look out for when putting your baby to sleep.

## CAPT resources for your event

- Finger food without fear flyer
- I can choke on small things poster
- Put small things where I can't choke on them flyer
- Preventing accidents session plans – contains dedicated session plans on:
  - Choking on small things
  - Suffocation from nappy sacks
  - Strangulation on hanging blind cords
- Keep your baby safe booklet
- One Step Ahead wall chart

Available from CAPT's online shop

[www.capt.org.uk/shop](http://www.capt.org.uk/shop)

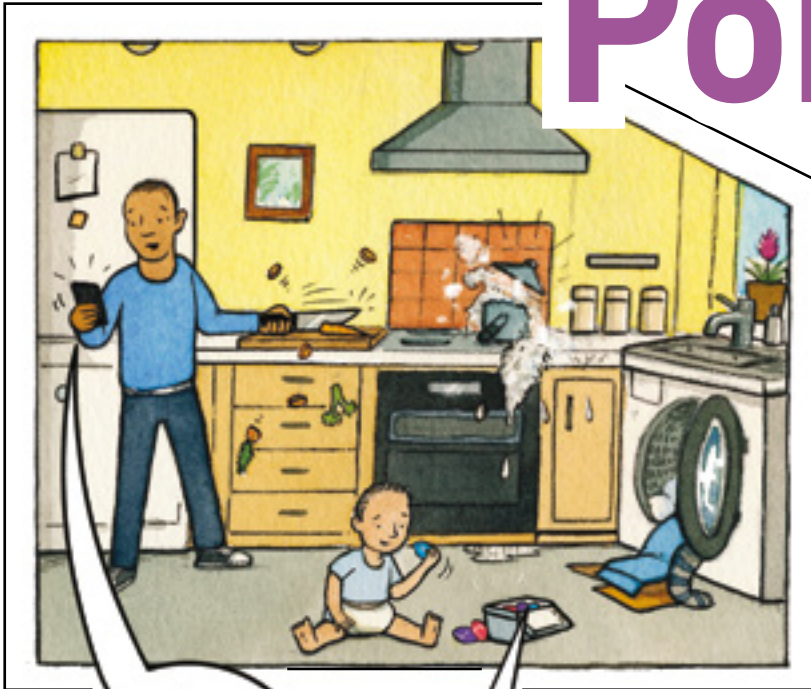
## Useful links

St John Ambulance has created a short, memorable animation showing common risks and giving first aid for choking: [www.sja.org.uk/chokingbaby](http://www.sja.org.uk/chokingbaby)

British Red Cross has advice and videos on how to administer first aid for choking babies and children: [www.redcross.org.uk/What-we-do/First-aid/Baby-and-Child-First-Aid](http://www.redcross.org.uk/What-we-do/First-aid/Baby-and-Child-First-Aid)


The British Blind and Shutter Association's Make It Safe video highlights the dangers of blind cords: [www.makeitsafe.org.uk](http://www.makeitsafe.org.uk)

# Poisoning



Products that are great for cleaning or saving us time, can be very appealing to children, for all the wrong reasons! Here are our top tips for keeping children safe from poisoning:




 **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.

 **Laundry and cleaning products** –

Washing tablets 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 your laundry and cleaning things on a high shelf or in a cupboard with a safety lock
- Put your laundry and cleaning products away as soon as you've used them
- 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.

 **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.

## Find out more and share

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Visit the safety advice section of the Child Accident Prevention Trust website:

[www.capt.org.uk](http://www.capt.org.uk)

# Poisoning



## Activity ideas

- Have a section on your table with the following, and use these to talk to parents about the risk of accidental poisoning and storing products safely:
  - An empty washing capsule box
  - Empty cleaning product bottles
  - A jar of sweets that look similar to medications
  - An empty blister strip pack of painkillers (often found in handbags).
  - E-cigarettes and refills
- Get your free Bitrex® Taste Test to teach parents about household poisons in a way they won't forget. Visit the CAPT website for details: [www.capt.org.uk/csw-bitrex-taste-test](http://www.capt.org.uk/csw-bitrex-taste-test)
- Get parents down on their hands and knees in the bathroom or kitchen at home and they will start to see the world through their child's eyes and spot potential hazards.
- Get a discussion going using CAPT's **Toxic Tales** DVD resource pack. With three films showing common poisoning scenarios, support cards for you and flyers for parents to take home, it helps capture parents' imaginations so that safety messages stick.
- Gather together a variety of tablets and similar looking sweets, cleaning products and juice bottles, line them up and ask parents to spot the difference. If you're working with children too, use a photograph instead to avoid any temptation!
- Download our kitchen poisons activity resource to show parents and carers just how similar cleaning products lurking under the sink can look to children's playthings.

Some 3-4 year olds can open child safety caps in seconds!

## CAPT resources for your event

- Toxic Tales DVD resource pack
- What might poison your child? leaflet
- How safe am I from poisoning? flyer
- How safe am I from poisonous gas? flyer
- How safe am I in the garden? leaflet
- Preventing accidents session plans – contains dedicated session plans on:
  - Poisoning from cleaning things
  - Swallowing medicines
- One Step Ahead wall chart

Available from CAPT's online shop

[www.capt.org.uk/shop](http://www.capt.org.uk/shop)

## Useful links

Visit the CAPT website [www.capt.org.uk/csw-action-pack](http://www.capt.org.uk/csw-action-pack) to download the kitchen poisons activity resources.

The Keep Caps from Kids campaign has a fun video to remind parents why they need to keep washing tablets out of reach: [www.keepcapsfromkids.eu/uk](http://www.keepcapsfromkids.eu/uk)

# Falls

**Highchairs and changing tables are a great help but falls can cause brain injury even from such a low height. Here are our top tips for keeping children safe from falls:**



**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.

## Find out more and share

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Visit the safety advice section of the Child Accident Prevention Trust website: [www.capt.org.uk](http://www.capt.org.uk)



# Falls

Falls down stairs can damage babies' and children's brains as well as their bodies.



## Activity ideas

- Use window catches and a doll and toy changing mat to highlight these fall risks. These props could also help you to open up discussions about other fall risks, such as falls on stairs and falls from trampolines.
- If you're working with families of older children, arrange a talk and demonstration from a local martial arts instructor. They can teach children how to fall safely and avoid serious injuries when climbing and playing in parks and playgrounds.
- Get a group of parents together and show films from CAPT's **Look who's falling** DVD. This highlights three typical accidents and comes complete with discussion guides and take away flyers for parents on how to prevent serious falls in the home.
- Encourage parents to think about the next stage in their child's development, such as rolling, crawling, standing and climbing, and how their child may surprise them. CAPT's guide **Accidents and child development** will show you how accidents are linked to child development.

## CAPT resources for your event

- Look who's falling DVD resource pack
- How safe is your child from a serious fall? leaflet
- How safe am I from a serious fall? flyer
- I can easily fall down the stairs poster
- Toddlers and up top safety tips leaflet
- 5-7s top safety tips leaflet
- 7-11s top safety tips leaflet
- As I grow and change I can... pictorial booklet
- Preventing accidents session plans – contains dedicated session plans on:
  - Falling on the stairs
  - Falling out of the highchair
  - Falling from an open window

Available from CAPT's online shop [www.capt.org.uk/shop](http://www.capt.org.uk/shop)

## Useful links

CAPT's Making the Link site has an interview with consultant paediatric neurologist Dr Andrew Curran from Alder Hey Children's Hospital. He talks about the emotional and economic impact on families of caring for a child with a head injury:

[www.makingthelink.net/tools/head-injuries](http://www.makingthelink.net/tools/head-injuries)

# Road safety



**Young children often struggle to judge speed and distance so need your help. Older children and drivers may struggle with digital distractions. 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** **Driving** – 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.
- Avoid the temptation to look at your phone while driving - keep it in the glove compartment or a handbag out of reach.

## Find out more and share

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Visit the safety advice section of the Child Accident Prevention Trust website: [www.capt.org.uk](http://www.capt.org.uk)

# Road safety

Child road injuries peak between 3pm and 7pm. There are more serious and fatal injuries to school-age pedestrians in the afternoon and early evening than at any other time.

## CAPT resources for your event

- It's fun to go out but... pictorial booklet
- We can get thrown about in the car poster
- How safe is your child in the car? leaflet
- 5-7s top safety tips leaflet
- 7-11s top safety tips leaflet

Available from CAPT's online shop

[www.capt.org.uk/shop](http://www.capt.org.uk/shop)



## Activity ideas

- Display a selection of items of clothing, of different colours, some reflective and some dark. Ask parents which ones would help their children stay safe around roads at night time.
- Teach children the steps in the Green Cross Code by building your own road using chairs for cars, boxes for buildings and using masking tape to draw out road markings and crossings.
- Ask children to design a road safety mascot and list the safety points he or she would be championing.
- Run a car seat safety check session. Your local road safety, trading standards or community police team may be able to help you with this.
- If you are running road safety training consider inviting siblings to attend with the parent to reinforce whole family learning. Also, consider inviting other services such as fire and rescue, to reinforce your own messages and to encourage participation.

## Useful links

There are lesson plans and resources for early years and teachers as well as games and resources for children 3-16 years at [www.think.gov.uk/education](http://www.think.gov.uk/education)

The Cycle-Smart Foundation has educational materials and information about cycle helmets: [www.cycle-smart.org](http://www.cycle-smart.org)

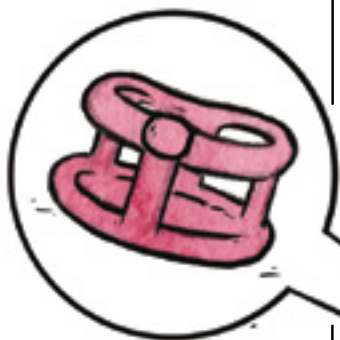
### For Scotland

[www.streetsense2.com](http://www.streetsense2.com) is a road safety educational resource for primary schools.

[www.A2Bsafely.com](http://www.A2Bsafely.com) is a film-based website, originally designed for young people with mild to moderate additional learning needs.

[www.roadsafetyscotland.org.uk](http://www.roadsafetyscotland.org.uk) is Road Safety Scotland's main website with information and resources tailored for different audiences, including pre-school resource Go Safe with Ziggy.

# Drowning



**Most babies and small children who drown, drown at home in the bath or in the garden. Babies can drown in as little as 5 cm of water.**



## Baths

- 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.
- Stay with your baby or young child when they're in the bath and pull the plug as soon as you're finished

## 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.

## Find out more and share

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Visit the safety advice section of the Child Accident Prevention Trust website: [www.capt.org.uk](http://www.capt.org.uk)



# Drowning

Children drown silently so parents won't necessarily hear any noise or struggle.



## Activity ideas

- Babies can drown in as little as 5 cm of water. To demonstrate this, draw three lines, one at 2 cm, one at 5 cm and one at 10 cm. Ask parents to tell you which one they think a child could drown in, and use a doll in the bath to illustrate the point – it's a great way to entertain the children while talking to the adults.
- Paddling pool box - leave this out on your table to engage parents in a discussion about the importance of always emptying the paddling pool after use.
- Babies can drown in as little as 5 cm of water. Help drive this message home to parents by asking them to think about where their child might come into contact with water in their garden and home.
- Find pictures of different types of water, such as canals, ponds or lakes, and encourage children to come up with ideas about what dangers could be lurking.
- Get ready for summer. Hold a session about beach safety to get parents and children thinking about steps they can take to make their summer holidays safe.

## CAPT resources for your event

- How safe is your child at home? leaflet
- How safe is your child in the garden? leaflet
- Babies leaflet
- Toddlers and up leaflet
- 5-7s top safety tips leaflet
- 7-11s top safety tips leaflet
- Keep your baby safe booklet
- I'm only a baby but... booklet
- Now I can crawl I can... booklet
- Now I'm a toddler I can... booklet
- Now I'm getting bigger I can... booklet
- As I grow and change I can... booklet

Available from CAPT's online shop  
[www.capt.org.uk/shop](http://www.capt.org.uk/shop)

## Useful links

Visit the CAPT website [www.capt.org.uk/csw-action-pack](http://www.capt.org.uk/csw-action-pack) to access the free Beach Safe download for children and other useful resources.

The Danger Age is a short video that highlights three common drowning risks to young children:  
[www.almt.org/the-danger-age-video](http://www.almt.org/the-danger-age-video)

For beach safety visit the RNLI's website [www.rnli.org/safety/respect-the-water](http://www.rnli.org/safety/respect-the-water)

For advice on water safety, visit the Royal Life Saving Society's website  
[www.rlss.org.uk/water-safety/water-safety](http://www.rlss.org.uk/water-safety/water-safety)

Scottish Water have produced a film on reservoir safety, find it at [www.scottishwater.co.uk/About-Us/Video-Library/Video-Library/Reservoir-Safety](http://www.scottishwater.co.uk/About-Us/Video-Library/Video-Library/Reservoir-Safety)

# Fire safety



**With so many devices charging as well as other modern appliances, it's easy for sockets to become overloaded.**

**Read on for tips on fire prevention.**

**Are you sure your smoke alarms are working?**

## 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.

### Find out more and share

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Visit the safety advice section of the Child Accident Prevention Trust website: [www.capt.org.uk](http://www.capt.org.uk)

# Fire safety

You're 7 times more likely to die in a house fire if there's no working smoke alarm.



## Activity ideas

- Call the fire and rescue service. Ask if someone can come to talk to your group about the importance of smoke alarms and fire escape routes.
- All UK fire and rescue services provide free home fire safety checks. They fit free smoke alarms in the homes of the most vulnerable families and some offer this to all families. Make sure your families know how to find out more.
- Using paper and pens in your session, help parents and older children to plan and draw an escape route out of their house and get them to practice it with their children.
- For Scotland visit the Go Safe Scotland website [www.gosafescotland.com](http://www.gosafescotland.com) for a range of fire activities for Early Level and Levels 1 and 2.

## CAPT resources for your event

- How safe is your child from burns and scalds? leaflet
- How safe is your child at home? leaflet
- I'm only a baby but... booklet
- Now I'm a toddler I can... booklet
- Now I'm getting bigger I can... booklet

Available from CAPT's online shop

[www.capt.org.uk/shop](http://www.capt.org.uk/shop)

## Useful links

Visit the Firekills website [www.direct.gov.uk/firekills](http://www.direct.gov.uk/firekills) for the latest film and fire prevention messages and tips.

Visit the Electrical Safety First website for help and advice [www.electricalsafetyfirst.org.uk](http://www.electricalsafetyfirst.org.uk) This includes an online socket overload calculator: [www.electricalsafetyfirst.org.uk/guidance/safety-around-the-home/overloading-sockets/](http://www.electricalsafetyfirst.org.uk/guidance/safety-around-the-home/overloading-sockets/)

The WatchTower Giraffe makes it easier to test your alarms. The story book involves children, so they encourage parents to test alarms regularly. Available from CAPT's online shop

[www.capt.org.uk/shop/watchtower-giraffe](http://www.capt.org.uk/shop/watchtower-giraffe)

You can now buy a 10-year smoke alarm from our online shop [www.capt.org.uk/shop/fireangel-st-622-10-year-combined-optical-smoke-and-heat-alarm](http://www.capt.org.uk/shop/fireangel-st-622-10-year-combined-optical-smoke-and-heat-alarm) (with a donation to CAPT)

# 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
D	W	T	Q	M	K	M	B	L	T	D	T	E	Q	I	D	Z	L
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
C	R	C	O	H	B	Y	H	Y	G	I	R	P	B	R	G	P	H
D	Y	U	A	S	I	U	U	I	C	E	O	N	I	T	D	H	O
N	L	I	W	S	Y	N	A	F	T	Y	N	W	C	N	F	N	N
I	I	R	M	C	Y	R	G	T	T	G	O	S	P	U	Y	P	E
L	U	T	J	O	T	P	E	T	R	E	P	M	U	B	T	O	C
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](http://www.facebook.com/childaccidentpreventiontrust)) or visit the website

[www.capt.org.uk](http://www.capt.org.uk)



# It's fun to be safe!



## Spot the dangers

Walking is good for you. But roads can be dangerous. Look at the two pictures of a child crossing the road with a grown-up. In one of the pictures, they are crossing the road safely. In the other picture, they are doing dangerous things.

How many dangerous things can you spot? Circle all the dangers you can see. Then colour in the picture that shows the safe way to cross the road.



## Safety scramble!

Don't get in a muddle with safety. Unscramble the words below to find the best ways to keep yourself and your family and friends safe from harm.

1 If you're talking on this when you cross the road, you won't be able to hear cars coming

**BONEMILEHOP**

2 Playing with these can start a fire

**CATMESH**

3 Sitting on one of these helps your seat belt work better

**RETASAC**

4 This keeps your head safe when you're playing on your bike

**THEMILKBEE**

5 This gives you time to escape if there's a fire

**KAMRAMSOLE**

6 This tells you it's not safe to swim at the seaside

**DRAGFEL**

**Safety Scramble:** 1. Mobile Phone, 2. Matches, 3. Car Seat, 4. Bike Helmet, 5. Smoke Alarm, 6. Red Flag

**Spot the dangers!** • They are not crossing at a safe crossing place • They are not stopping, and looking and listening for cars, before stepping off the kerb • This means they have not seen that a car is coming • They are not holding hands • The child is chasing a ball into the road • The lady is not looking at what the child is doing, so she has not seen that the child is chasing the ball into the road

**ANSWERS:**

# Support from CAPT

**Child Safety Week provides a great platform to focus on accident prevention. But there's so much more that can be achieved if you can build on your Child Safety Week successes during the rest of the year.**

**CAPT offers training that give practitioners the confidence and skills to do this.**

**'The factual information shocked me a bit, but it has given me much more confidence to talk to parents about accident prevention.'**

**'CAPT's inspirational tutors made the training interesting and personal.'**

**'The training has given me confidence to find different ways to promote home safety issues within groups; ideas for displays and ideas of how to cover topics.'**



## **How to engage parents in accident prevention**

This course shows you how to use CAPT's resource Preventing Accidents – Session Plans to get your safety messages across with passion, creativity and humour.

**'I really enjoyed the training today. It even made me think about a few things in my own home that I will change.'**

**'The flash cards in the Preventing Accidents Session Plans pack are great visual aids.'**

**'The course was full of great practical ideas. I'm keen to get working on them.'**

The course shows how you can include child safety into the work you are already doing – 'slotting it in' in ways that are natural and hit home in your routine work with parents.



## **Supporting home safety**

The ideal course for staff who work with parents in their own homes. It centres on using a home safety checklist with parents, to build their understanding of hazards and what they can do about them. It is rooted in an understanding of how child development changes the risks of injury.

**'I will definitely use this information to prevent accidents.'**

**'This was very active training. The trainer made it very interesting with good group participation.'**

**'I really appreciated the training and am keen to use the checklist proactively.'**

**'I am now going to raise the issue of accident prevention at every opportunity!'**

### **For more information**

See CAPT's website [www.capt.org.uk/in-house-training](http://www.capt.org.uk/in-house-training)





**child accident  
prevention trust**

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