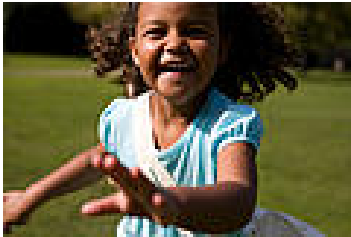


Health4Families Programme - Active and Safe



Summer is coming and it's fun to play outside. We all need to keep active to stay fit, but babies and children need supervision whilst they are being active and learning new things.

We all have a part to play in preventing accidents among children and know that nothing is more powerful than the voice of experience.

The [Child Health Improvement Team](#) would like you to promote the Child Accident Prevention Trust [Child Safety Week](#) and share important safety messages with parents and carers.

Did you know?

- Accidents are a leading cause of death, serious injury and acquired disability for children and young people in Britain
- Children will copy adults' behaviour so one of the best ways to help children to stay safe is to set a good example when using roads, on foot and in the car
- Seven to eleven year olds are at real risk from road accidents as they are easily distracted and may run out quickly
- Paddling pools can be great fun to splash around in during the summer. However, it can take just a minute for children to drown in a few centimetres of water. Never leave children to play unattended
- Many trampolines aren't suitable for children under 6 as they're not yet sufficiently developed to be able to control their bouncing. Choose a trampoline with a net. Small children are also better off bouncing alone and not with an adult, who could crush them if they fell.



Resources:

- [RoSPA](#) – Free resources from the Royal Society for the Prevention of Accidents including posters, activity sheets and video clips
- [Child Accident Prevention Trust](#) – Child Safety Week resources
- [Think!](#) – Road safety resources
- [Bikeability](#) - Cycle training programme
- [Road safety join the dots](#) Poster
- [Road safety poster](#)
- [RNLI](#) Activity posters aimed at 4+ years, but could be used to engage younger children
- [Staying safe at the beach poster](#) – get those crayons out!
- [Public Health England](#) (2017). Really useful report including staying safe key messages.



Training:

- **Health4Families Programme Team Child Accident Prevention E-Learning** - For the Children's Workforce giving an overview of the main causes of child accidents linked to child development including public health measures to reduce the incidence of child accidents. Accessible on the intranet sites of Sussex Community NHS Foundation Trust and West Sussex County Council via line managers
- **E-learning for Healthcare** (NHS staff). Healthy Child Programme Module 10. Child accident prevention. - A brief overview highlighting key points <http://www.e-lfh.org.uk/programmes/healthy-child-programme/>
- **Institute of Health Visiting** e-learning: Child Accident Prevention – Two modules providing an update of knowledge and skills. <http://ihv.org.uk/for-health-visitors/resources/e-learning/>

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