

Accidents & safety

In and out of the home

Most accidents happen in the home which is why it is important to ensure that your home is a safe place for all your family, especially for young children. One of the highest reported incidents of accidents at home is children being scalded by hot tea. Make your home as child friendly as you can.

Make sure that all medicines, drugs and cleaning chemicals are locked away out of reach. Certain places are full of danger, such as kitchens, sheds and even garden ponds. Make sure TV screens are securely fixed to walls. Hair straighteners, dishwasher tablets being mistaken for sweets and hot drinks are all possible household hazards. An accident only takes seconds.

Make your child aware of the dangers of roads and railways. Always use an appropriate car safety seat for their age and height. Outside the home they should never be alone. Teach them to run, yell and tell if approached by a stranger. Make sure you always know where they are and if they are at a friend's house, make sure you have a contact number.

Sleep-overs - discuss with your child's friend's parents who will be there and seek assurances that they will be supervised. Do not be embarrassed to ask.

Tips

All children love to explore. Even though they may be a little older it is important that they can play in a safe place where you, or another trusted adult can see or hear them.

- Children under 11 should never be left alone at home, especially with pets, even trained, good-natured animals can be tested.
- If your child wants to go and play at a friend's house, chat to their parent, make sure you have a contact number and arrange to collect them.

Protecting children in the pub

One of the signs of a severe head injury is being unusually sleepy, this does not mean you cannot let your child sleep.

You need to get urgent medical attention if:

- **They are vomiting persistently (more than 3 times).**
- **They are complaining it hurts.**
- **They are not responding at all.**
- **Pain is not relieved by paracetamol or ibuprofen.**

If you are taking your child somewhere where there is alcohol, remember that the more you drink the harder it will be to look after them. They can wander off or receive unwanted attention from strangers. It is important to know about any risks there are for children in pubs, as well as other licensed premises, which means anywhere that supplies alcohol or

entertainment. For example, restaurants where you are eating a meal and places like nightclubs where you might take your children for an event like a wedding reception or family party. Children have a right to be protected from harm - not just physical but emotional and moral. It is up to everyone to do what they can to protect them.

Play is important

It is very important that children are allowed to get muddy sometimes, shout and scream and feel free. It is easy to be over protective. Balance is the key. Give them a bit of independence as they grow, as long as they are safe.

1

My son is eight and wants to sleep over at a friend's house.

2

Discuss with your son's friend's parents and find out what they will be doing and who will be at home.

3

Make sure you feel comfortable and that you exchange contact details.