



Bournemouth Parenting Practitioners Tip Sheet

Health & Safety

Children learn about the world around them by exploring it. They are curious about their surroundings, and will automatically grab and touch things without realising any potential dangers. In order to keep your child safe, you should give them careful guidance about what is dangerous from a young age. Be gentle when doing so. Shouting at them will not teach them about safety.

Make sure that your home is a safe environment for your whole family. The majority of accidents happen at home, and possible danger can be found all over the house. Ensure that you:

- Lock all medicines and drugs away and out of reach of your child.
- Use safety devices such as gates to prevent your child from entering particularly dangerous rooms such as the kitchen or bathroom unsupervised.
- Supervise your child when they are crawling around the house,

making sure that they keep away from electrical wires and sockets.

- No matter how well-trained a family pet may be, you should never leave young children alone with animals as they can turn on them at any point.
- If you smoke, consider quitting. Not only does passive smoke inhaled by your child damage their health, but watching you smoke may lead them to develop the habit later in life.
- Check that your child's toys are suitable for his or her age. Look for small parts which may pose a choking hazard.





Warnings

Explore your house from the point of view of your child. Doing this will alert you to all the possible dangers that your child could face.



What to do

Make a list of all potential dangers around the house and remove them or fit safety devices.



What to say

When explaining danger to your child, use a serious tone of voice to put the point across. He or she will pick up on the warning tone and learn that particular things are out of bounds.



Prevention

Put all dangerous objects such as medicines, electrical items and sharp objects out of reach of your child.

Useful Contacts

For more information, advice or support, contact:

- Royal Society for the Prevention of Accidents (RoSPA), telephone: 0121 248 2000
- Child Accident Prevention Trust, telephone: 020 7608 3828
- Bournemouth Parenting Practitioners, telephone: 01202 453965

