

We can work it out – together!

If families, friends and neighbours work together we can make the world a safer place for children. By sharing what we know about keeping children safe, we can stop children and young people from having serious accidents.

Our quiz below includes some useful pieces of advice to share with your family and friends. Two answers are right and one is wrong or won't help to keep your child safe. See if you can pick the wrong answer out.

Babies and toddlers

1. **It's best to change a baby's nappy on the floor because:**

- A: A nasty fall can seriously harm my baby
- B: Babies have a lower centre of gravity
- C: Small children can roll or wiggle off beds and tables much faster than you imagine

2. **I should never hold my small child and a hot cup of tea or coffee at the same time because:**

- A: My small child may get addicted to caffeine
- B: A baby's skin is 15 times thinner than an adult's
- C: Hot drinks can still scald a young child 15 minutes after they are made

3. **I should never leave a small child alone in a bath – even for a few moments – because:**

- A: They can get very wrinkly skin
- B: A young child can drown quickly and quietly in just a very small amount of water (2 inches!)
- C: They might turn on the hot tap and suffer third degree burns

4. **I should always use a five-point harness in the pushchair or highchair because:**

- A: Falling even a small way can be dangerous – and cause serious head injury
- B: Little fingers love to fiddle with things - and a five-point harness is harder for a child to undo
- C: Five is my lucky number

5. **I must never carry a small child on my lap in the car because:**

- A: My child can get carsick travelling on my lap
- B: The law says that for safety reasons all babies must travel in a baby car seat and all children under 12, or under 135cm (4'5"), must travel in a child car seat, booster seat or booster cushion.
- C: In a 30mph crash, holding onto a baby takes the same strength as lifting eight bags of cement

6. **To keep children safe from being poisoned by medicines or cleaning products I should:**

- A: Keep medicines in a locked cupboard or in a very high place
- B: Look for cleaning products which contain a bittering agent like Bitrex®
- C: Not worry because special caps make bottles child proof

Growing Kids

1. **Before I let children walk to school or anywhere else, on their own, I should make sure:**

- A: They are able to judge speed and distance accurately (usually from about the age of nine upwards, but varies) and fully understand how to use the Green Cross Code for themselves
- B: They can tie their own shoe laces and spell 'dictionary'
- C: I have walked the route with them and made sure they are aware of all the hazards and can recognise the safest places to cross

- 2. In built-up areas it is very important for drivers to observe the speed limit (which is usually 30mph but may be lower) because:**
- A. I'll never be involved in an accident if I drive carefully
 - B. If I hit a child at 30 mph there's an 80% chance the child will survive, but if I hit them at 40mph there's an 80% chance they will die
 - C. Children have difficulty judging speed and distance and are easily distracted, and can step out in front of a car
- 3. I should encourage my child to wear a cycle helmet whenever they ride their bike because:**
- A. This helps pedestrians to see them
 - B. Cycle helmets can reduce the risk of serious head injury by 85%
 - C. Over two thirds of all cycle deaths and half of cycling injuries involve a head injury
- 4. It's important to have a working smoke alarm on every level of my house because:**
- A. If a fire breaks out at night we are three times more likely to be killed, because we probably won't wake up
 - B. This alarm will alert the Fire and Rescue Service
 - C. The smoke released in house fires contains poisonous gas – and most people caught in fires die from breathing in carbon monoxide gas

ANSWERS

- Babies and toddlers**
1. B - is the wrong answer! Babies do have a lower centre of gravity, but the reason you should change them on the floor is to prevent the risk of falls.
2. A - is the wrong answer. The real reason is to prevent the risk of serious burns, which can happen very easily.
3. A - is the wrong answer. We don't believe wrinkly skin is actually harmful. But you must never leave small children alone in the bath at any time - because of the risk of drowning or scalding.
4. C - is the wrong answer. Don't leave child safety to luck. Always use a five-point harness to prevent nasty falls from pushchairs or highchairs.
5. A - is the wrong answer. Car sickness isn't nice. But children die in car accidents when they are sitting on adult's laps. Always use a baby seat, child car seat or booster seat on every journey.
6. C - is the wrong answer. Child-resistant lids slow children down, but no lid is truly child-safe! Some little fingers can undo child-resistant lids very quickly - so keep medicines out of reach and out of sight.
- Growing Kids**
1. B - is the wrong answer. Your child is only ready to walk to school, or anywhere else, alone when you are sure they can judge speeds and distances accurately. You need to walk the route with them beforehand. Point out hazards, and make sure they have really understood the reasons behind stopping, looking and listening. And can recognise safe and unsafe places to cross.
2. A - is the wrong answer. It would be good if it was true. But however carefully you drive, accidents can still happen. Children step or run out into the road without looking. The only way you can stop serious injury to children is to make sure you always drive slowly enough. The slower your speed the less risk there is that you will kill or seriously injure a child.
3. A - is the wrong answer. Obviously it's a good thing if helmets do best to protect children (and adults) from serious head injury.
4. B - is the wrong answer. Smoke alarms will alert you to the first signs of a fire, so you can make sure that everyone leaves the house safely before you are killed by poisonous gas. But they won't call the Fire and Rescue Service - you'll have to do that yourself once you are all safely out of the house!