

- ✎ empty paddling pools straight after use
- ✎ put covers on water butts
- ✎ make sure your garden is secure so that your child can't get into next door gardens where there may be ponds or other drowning hazards.

Poisoning

Toddlers like putting things in their mouths to see what they taste like. They will also find all sorts of ways to reach things they think look like sweets.

- ✎ keep all medicines locked away or high up out of reach and sight
- ✎ keep cleaning products high up out of reach or, if necessary, fit safety catches to low cupboard doors where they are kept. Try to choose cleaning products that contain a bittering agent. It helps to prevent children swallowing the contents as it makes them taste nasty
- ✎ make sure bottle tops and lids are always firmly closed when not in use
- ✎ fit carbon monoxide alarms wherever there is a flame burning appliance (such as a gas boiler) or open fire. Carbon monoxide is poisonous. You can't see it or smell it or taste it. Also, make sure that your appliances are serviced regularly and that ventilation outlets in your home are not blocked
- ✎ check your garden for poisonous plants and teach children not to eat anything they pick outdoors until they have checked with an adult.

Cuts, bumps and bruises

Toddlers just don't understand about danger and while minor cuts, bumps and bruises are part of growing up, serious accidents involving, for example, knives or glass can be dangerous.

- ✎ use safety glass in low glass doors and windows or cover panes with safety film
- ✎ keep scissors, knives and razors out of reach of pre-schoolers
- ✎ use door guards to protect your child's fingers being trapped in doors but remember to close doors at night to stop fire spreading
- ✎ use corner protectors to protect your child's head from sharp corners on furniture.

Out and about

By law, young children must always be put in proper child car seats when travelling in the car – even on short, local journeys. Outdoors, toddlers can be holding your hand one moment and gone the next.

- ✎ always use a car seat that is right for your young child's age, height and weight
- ✎ make sure the seat is fitted properly in the car and that your child is securely strapped in the seat
- ✎ never leave your toddler alone in the car. Even strapped in, they may fiddle with window or door controls
- ✎ never allow a child under five on the street without a grown-up
- ✎ use a harness and reins when out walking with your young child, or hold their hand tightly
- ✎ set a good example when crossing the road on foot by choosing a safe place and talk to your child about what you are doing

sample copy

We strongly advise parents and carers to learn first aid

For further information on first aid and first aid courses contact

British Red Cross www.redcross.org.uk

St John Ambulance www.sja.org.uk

St Andrew's www.firstaid.org.uk

capt is a charity committed to reducing childhood injury.



22-26 Farringdon Lane, London EC1R 3AJ

t 020 7608 3828 f 020 7608 3674

e safe@capt.org.uk w www.capt.org.uk

registered charity number 1053549
© Child Accident Prevention Trust 2008
LEA021 printed February 2008



toddlers and up
top safety tips
for parents and carers
of pre-schoolers

sponsored by



www.capt.org.uk

Toddlers are keen to explore their surroundings but don't understand what might hurt them. They may repeat warnings back to you so you think they understand, but they don't.

Every day lots of pre-school children are rushed to hospital because they've been hurt in accidents at home.

Find out how you can keep your little one safe.

Falls

Although toddlers are unsteady on their feet, they can move very fast. But they have no sense of danger. They will tend to trip over or try to climb things. This means they are very prone to falling.

- ✎ fit safety gates to stop your toddler climbing stairs or falling down them
- ✎ if gaps between banisters or balcony railings are more than 6.5cm (2.5") cover with boards or safety netting. If you have horizontal stair rails, remember they are particularly easy to climb or slip through so board them up
- ✎ begin teaching your toddler how to climb stairs but never let them go up or down on their own. Remember even four year-olds may need some help
- ✎ don't use a bunk bed for your pre-schooler - they are not suitable for children under six years old
- ✎ make sure low furniture is kept away from windows and that windows are fitted with locks or safety catches to stop them from opening more than 6.5cm (2.5") to prevent your child falling out. However, make sure adults know where keys are kept in case of fire
- ✎ use a five point harness to secure your toddler in a highchair or when out in a pushchair.



House fires

If your home catches fire you and your child could breathe in the poisonous smoke. It's especially dangerous if the fire breaks out during the night while you're all asleep.

- ✎ fit smoke alarms on every level of your home
- ✎ test the batteries every week
- ✎ change the batteries every year or get alarms that have ten year batteries, are wired to the mains or that plug into light sockets
- ✎ keep matches and cigarette lighters out of young children's reach
- ✎ make sure you always put cigarettes right out
- ✎ at night, switch off electrical items wherever possible before going to bed and close all doors to contain any fire
- ✎ practise how you will escape from your home if there's a fire, so you know what to do if the alarm goes off.

Burns and scalds

Toddlers slip on much more than an adult, and will burn or scald much more easily, but toddlers want to fiddle with and touch everything.

- ✎ test the bath water with your elbow before putting your young child into the water - it should not feel either hot or cold. We advise that you have a thermostatic mixing valve fitted to your bath hot tap to control the temperature of the water that comes out of it to stop your child being badly scalded
- ✎ use a kettle with a short or curled flex
- ✎ when cooking, make sure you use the rings at the back of the cooker and turn saucepan handles towards the back so they can't be grabbed by little fingers
- ✎ if possible, it's best to keep your toddler out of the kitchen - well away from things like hot kettles, toasters, saucepans and the oven door when it's hot. You could put a safety gate across the doorway
- ✎ keep hot drinks well away from young children
- ✎ keep irons and hair straighteners out of reach and avoid ironing with your toddler around in case he or she tugs on the flex. Make sure you put the iron and hair straighteners out of reach while cooling too
- ✎ fit fireguards to all fires and heaters and use a sparkguard too if you have a coal or wood fire.

Choking and suffocation

Toddlers can easily choke - even on something quite small like a grape. They also tend to put everything in their mouths.

- ✎ cut large food up so it's small enough for little mouths and don't give young children hard food like boiled sweets
- ✎ don't give young children peanuts. They contain aracus oil which can give an allergic reaction that can stop your child from being able to breathe. Peanuts should not be given to children under six
- ✎ always supervise children eating and encourage them to sit still
- ✎ keep small objects like coins, buttons or small parts from older children's toys away from toddlers
- ✎ keep plastic bags of all types out of reach and sight of young children so they can't be played with and end up over a child's head.

Strangulation

Toddlers can strangle themselves playing with cords. They are also prone to getting their heads stuck when they squeeze their body through small gaps. This can be particularly dangerous if they are off the ground, as it can lead to a toddler hanging.

- ✎ cut or tie-up curtain or blind cords well out of your toddler's reach
- ✎ don't leave any type of rope or cord lying around, including dressing gown cords
- ✎ try to watch your pre-schooler's play and discourage them from trying to squeeze through rails or banisters
- ✎ keep garden play equipment well away from washing lines.

Drowning

Toddlers can drown in quite shallow water - typically in baths and garden ponds. Remember that drowning is silent - you won't necessarily hear any noise or struggle.

- ✎ never leave young children alone in the bath - even for a second
- ✎ empty the bath as soon as you've taken your child out
- ✎ fence off, fill in or securely cover your garden pond if you have one
- ✎ watch toddlers in paddling pools or playing near water