



THE GOOD EGG GUIDE TO IN-HOME

# ChildSafety

The Good Egg Guide to keeping your child safe at home

[www.inhomechildsafety.com](http://www.inhomechildsafety.com)





“ Young children are particularly vulnerable to home accidents and this informative reference booklet highlights some of the main causes of injury to children. We hope that this resource will provide a useful source of information for parents, grandparents and others who have young children in their care.

RoSPA is delighted to have contributed to this guide. ”

**RoSPA**  
**The Royal Society for the Prevention of Accidents**

# Welcome

to the Good Egg Guide to keeping your child safe at home.

For babies and young children, the family home is their world. As they grow, it becomes a big world of discovery with new experiences waiting around every corner. This is how they learn – but all too often, learning by mistake can lead to serious injury in the place where they should be safest of all.

The startling fact is that the overwhelming majority of injuries to children under five happen at home. From scalds and burns to bumps, falls and poisoning – the list goes on and on. You don't want to wrap them in cotton wool, but just what *can* you do to keep them safe from harm when it's so difficult to keep your eye on them every second of the day?

This booklet highlights the most common causes of injury to children in the home, with commonsense advice on the simple steps you can take to reduce the risk of accidents and make your home as child-safe as possible.



We hope you'll find this information helpful and that you'll keep this booklet handy to refresh your memory on the particular hazards to look out for as your child develops and grows.

It's also a good idea to share the information in this booklet with relatives and other carers who may look after your child from time to time. By making them aware of the potential dangers, you'll know that you've done the best you can to keep your child safe from injury – even when you're not there.

So read on and think about what YOU can do to make sure your children can always feel as safe as houses in their own home...

## Contents



**The importance of taking the right steps to protect your child.**

**What to look out for at each stage of your child's development.**



**Stage 1:  
Getting ready for your new arrival**



**Stage 2:  
Birth to Crawling**



**Stage 3:  
Crawling to Toddling**



**Stage 4:  
Walking Tall**



**Fire Safety**



**A simple checklist of what to do in an emergency.**

## The real story

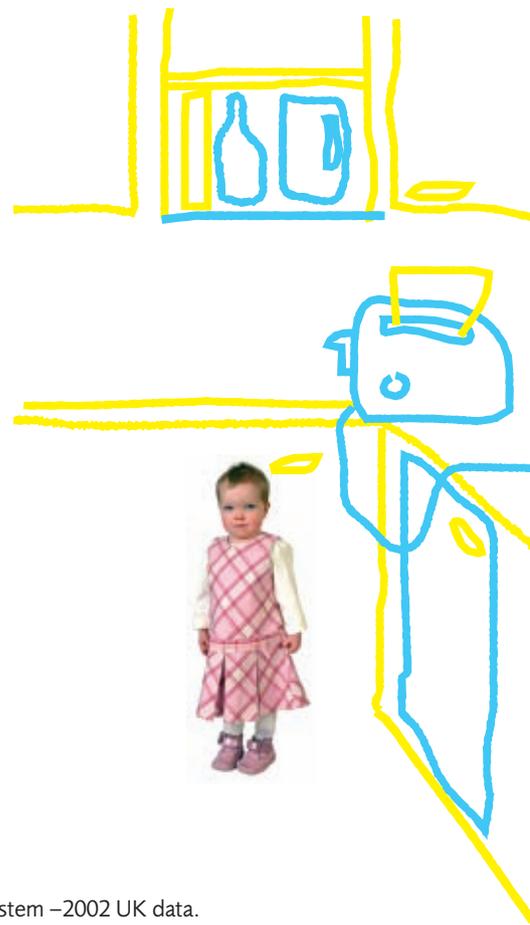
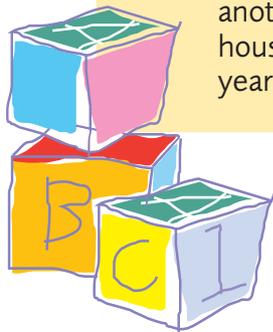
Every year in the UK, over a million children under the age of fifteen are taken to hospital following accidents in and around the home. Over half of these children are under five years old.<sup>1</sup>

That's nearly the equivalent of a double decker bus full of injured children under five, arriving at Accident & Emergency units every hour!

Worse still, there are likely to be countless other cases that we just don't know about, where an injured child has been treated at home or at their local health centre.

The most serious household injuries can leave a child scarred or disabled for life. Even minor accidental injuries can lead to long-term psychological problems. But it's not only the children who carry the scars. Parents and carers can also be left with a lifelong burden of guilt, haunted by the thought that it might so easily have been avoided.

The more you know, the better equipped you'll be to avoid such accidents happening to your child. This is what this booklet is about. Helping you make sure that the child you love doesn't become just another statistic to add to the huge number of household injuries suffered by UK children year after year.





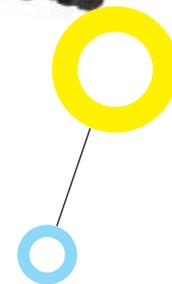
## Brave Mollie in real life drama

Little Mollie Wright has to wear a special vest 24 hours a day because, when she was only two, she poured a cup of boiling tea over herself when her mum, Kay, had just nipped out of the room.

Her flesh-coloured vest can only be taken off at bath time and has to be worn very tightly to stop the scars from rising. Her mum hopes this story will help other parents see just how quickly young children can come to harm in the relative 'safety' of their own home.

As Kay says: "I'd just popped to the loo, after having made a quick cuppa, when I heard Mollie screaming. I thought she must have fallen over. When I reached her, her skin was peeling off in big strips. It was like she was melting in front of my eyes and huge blisters were forming all over her face and chest".

Mollie was rushed to the specialist burns unit at the Royal Hospital for Sick Children in Edinburgh and had to have a four-hour operation to graft skin from her left thigh onto her chest. Surgeons have warned Kay that many of the scars will stay with her beautiful little girl for life.



She added "it just shows what can happen when you turn your back, even for a minute, with a toddler in the house. If we can help save one family from the trauma we have been through then this message will be worth it".

# STAGE 1

## Growing pains



All children are unique little individuals who develop in their own way at their own pace. Every young child goes through certain stages as they learn new skills and become more active – key stages that not only mark important steps in a child's development but can also signpost new dangers too.

Sometimes, the change from one stage to another can happen so quickly that it's difficult for parents and carers to keep up. A child that can only crawl one minute could be taking their first few steps as a toddler the next.

So how can you tell when your child has reached another stage – and what new risks could that bring? As you'll see, it's never too early to put safety first ... even before your baby is born!

### Stage 1 – Getting ready for your new arrival

Preparing for the birth of a new baby is always a busy and exciting time. There's so much to think about, so much to organise, so much to buy – and as a new-born baby is so helpless and vulnerable in the first few months of life, safety should be at the top of the shopping list for every expectant parent.

While their little lungs are still developing, babies up to one year old are at particular risk from the potentially fatal effects of inhaling smoke, should a fire occur. So nothing could be more important than making sure your home is properly equipped with smoke alarms, at least one on each floor.

If your home is NOT fitted with a smoke alarm, now is the time to get one. Your local Fire and Rescue Service will fit one free of charge and give advice on the best place to put it. If you already have alarms fitted, this is an ideal opportunity to put in new batteries for the peace of mind that all your alarms are in full working order ready for your new arrival. (For more details about what you can do to protect your children from the worst effects of a fire in the home, please turn to page 26.)

Keeping your baby safe from harm doesn't stop there, of course. So, what other safety measures should you be thinking about as you shop around for all the essential equipment you'll need when you bring your baby home?