

June 2019

[Family life today: where's the risk?](#)

Family life can be really busy and sometimes the very things that help make life more convenient bring new risks.

Everyone has a part to play in preventing accidents among children so please promote the Child Accident Prevention Trust [Child Safety Week](#) (3rd-9th June) and share these important safety messages with parents and carers.



Did you know?

- In England every year around 55 children under the age of five die due to an unintentional injury, 370,000 children attended accident and emergency and 40,000 children were admitted to hospital as an emergency (PHE 2018).

- For children under 5 there are five causes that account for 90% of unintentional injury hospital admissions and are a significant cause of preventable death and serious long-term harm, these are -

[Choking](#)

[Suffocation](#) and [Strangulation](#)

[Falls](#)

[Poisoning](#)

[Burns and scalds](#)

[Drowning](#)



RoSPA

Key messages to share with parents:

- New dangers in the home include things like button batteries that can kill when swallowed, child appealing washing capsules that can poison or nappy sacks stored under cot mattresses that can suffocate babies
- Dangers when out and about include distraction from devices when we're driving or walking near busy roads. Young children are at risk from hot drink scalds in busy coffee shops
- Babies and children develop fast, learning a new skill may lead them to explore a potential hazard, such as the stairs or a kettle flex. It's important to keep at least one step ahead of a child's development to reduce the risk of an accident
- Always stay with your baby or child when they are eating and cut up their food. Extra care should be taken with foods such as grapes, apple, sausages and burgers as they can easily cause a child to choke
- Paddling pools can be great fun; however, it can take just a minute for a child to drown in a few centimetres of water. Never leave children to play unattended
- Children will copy adults' behaviour so one of the best ways to help children to stay safe is to set a good example when using roads, on foot and in the car.

Resources:

- [RoSPA](#) – Free resources from the Royal Society for the Prevention of Accidents including posters, activity sheets and video clips
- [Child Accident Prevention Trust](#) – Child Safety Week resources
- [Think!](#) – Road safety resources
- [Bikeability](#) - Cycle training and safety
- [RNLI](#) Activity sheets and posters aimed at 4+ years, but could be used to engage younger children
- [St John Ambulance](#) First aid advice including free baby first aid guide for parents
- [Red Cross](#) free app provides simple, easy-to-learn skills to help a baby or child in a first aid emergency.
- [Family Assist](#) - access to a wide range of local and national information and resources.



References to support evidence based practice:

- [CAPT - Making the link](#) – Source of information and data.
- Public Health England. (2016). [Road Injury Prevention. Resources to support schools to promote safe active travel.](#)
- Public Health England. (2017). [Preventing unintentional injuries: a guide to all staff working with children under five years.](#)
- Public Health England. (2018). [Reducing unintentional injuries in and around the home among children under five years](#)
- [Royal Society for the Prevention of Accidents](#) – Source of information and data.

Learning and development:

- [E learning for healthcare](#) (NHS staff). Healthy Child Programme (Module 10) and Healthy School Child Programme (Module 03). A brief overview highlighting key points
- [Institute of Health Visiting](#) E-learning: Two modules directed at Health Visitors, but accessible to all
- Home Safety Equipment Scheme: For Healthy Child Programme Teams and Family Support Workers in Chichester and Arun District Council areas. Contact laurie.goodhead@nhs.net.

