

# Top Tips for Parents & Carers: Child Safety at Home

Follow these simple tips suggested from the [Child Accident Prevention Trust](#) and [RoSPA](#) to help keep babies and young children safe around the house. Remember always to be extra vigilant:

- **Hot drinks and hair straighteners:** Babies and young children's skin is thin and delicate and can easily burn. Keep hot drinks and items like hair straighteners well out of reach of babies and children. High up is best. Put children down before picking up a hot drink.
- **Medications, Laundry Products and Cleaning Products:** Medicines, such as painkillers; Washing pods and cleaning liquids, such as disinfectant and toilet cleaners can poison babies and children if swallowed. Put them high up out of reach. Remember to put them away after use. Always keep cleaning liquids in their original containers. When shopping, look out for products containing a bittering agent such as [Bitrex](#)- a very bitter tasting substance which causes children to spit it out, preventing poisoning.
- **Button batteries:** Lithium coin cell batteries (silver round shaped) which are commonly found in electronic items such as TV remote controls, light up toys, car keys and gaming headsets. If swallowed, these can get stuck in the child's windpipe, cause internal bleeding and burns, and, in some cases, cause death. Place them out of reach of babies and young children. Dispose of used batteries quickly and safely. Keep any loose batteries and items containing these batteries safely out of reach of babies and young children.
- **Cooking:** Young children do not automatically pull away if they are being burnt. To reduce the risk of burns happening, push kettles to the back of the worktop and use the rear cooking rings first. Try to keep babies and young children in a highchair, or better still, keep children out of the kitchen while cooking.
- **Bath Water:** Bath water can cause serious scalds to young children in seconds. Put cold water in the bath first then top up with hot water. Test the temperature of the water with your elbow before putting your child into the bath. Stay with your child in the bathroom in case they fiddle with the hot tap.
- **Fires and Heaters:** Fit fireguards around fires and heaters. Move cots away from radiators so babies and young children cannot get their arm or leg trapped against the heat.
- **Blind Cords:** It can take just 20 seconds for a toddler to die from strangulation from unsafe looped blind cords. Move bedroom furniture away from cords and chains. Fit a cleat hook or tensioner to keep blind cords and chains safely away and always use them. Further information can be found on the [RoSPA](#) website.
- **Nappy Sacks:** Store nappy sacks well out of reach of babies. Never store nappy sacks under the cot mattress.
- **Choking:** Simple things that can be done to stop babies and young children choking include: Putting small parts from older children's toys out of reach, do not prop babies bottles up to feed, avoid popcorn, marshmallows and hard round sweets, cut hard food like carrots, apples and sausages into thin strips, chop nuts up into small pieces, The St John's Ambulance [the Chokeables](#) film provides good first aid advice.

For further tips and advice visit: <https://www.rospace.com/> <https://www.bitrex.com/preventing-poisoning/safety-tips-around-the-home>, <https://www.capt.org.uk/>, and [www.sja.org.uk/thechokeables](http://www.sja.org.uk/thechokeables). For further child safeguarding advice visit <http://www.wiganlscb.com/home.aspx>