

Button batteries can badly injure or kill a child if they are swallowed and get stuck in the food pipe.

It's important to keep spare and 'dead' lithium coin cell batteries out of children's reach, and to act fast if you think your child may have swallowed one.

Children most at risk are between 1 and 4 years, but younger and older children can also be at risk.

95% of all **childhood burns and scalds** happen at home. Most are caused in the day-to-day situations that many parents don't anticipate, like children reaching a hot drink or grabbing hair straighteners.

The NHS services treat more than 30 babies and toddlers with a hot drink burn every day. That's over 10,000 babies and toddlers a year!

A cup of tea could be the most dangerous thing in your lounge. Any hot drink can scald a baby even 15 minutes after it's been made.

Top tips for parents

Keep out of reach of babies and children

A hot drink takes 15 minutes to cool down to a temperature that will not scald a young child.

Hair straighteners can still burn 8 minutes after being unplugged.

Safe tea video for parents

https://www.youtube.com/watch?v=v_bfzAVzrN0&feature=youtu.be

Bathing babies and children

When running a bath, put cold water in first and top up with hot.

When bathing a baby, bath water should never be hotter than 38 C.

Never leave a baby or child unsupervised in the bath

Falls are the most common cause of accidental injury to children. While most falls aren't serious – active children often fall over – some falls can lead to death or long-term disability.

Falls in the home can lead to serious injury and to hospital admission, this is very common in children under 5 years old.

Preventing avoidable falls is something parents can plan for and consider fitting safety equipment too.

Windows and balconies

A few simple adjustments to the home, serious falls from windows are easily preventable:

Fit safety catches, locks or window restrictors to windows.

Keep keys to window locks in a place where you can easily find them, in case you need to escape from a fire.

Keep furniture like beds and sofas away from windows to prevent children from climbing and reaching windows.

Make sure there's nothing else near a window – like a toy box – that young children can use as a step.

And, if parents of young children live in homes with balconies, remind them to keep young children away from balconies unless they are supervised and to keep balcony doors locked when not in use.

Babies can fall from a bed or changing table and sustain head injuries

To prevent the risk of this:

Change your baby's nappy on the floor – it's the safest place.

Keep bouncing chairs and car seats on the floor. Don't be tempted to put them on a table or work surface, as the seat can move when the baby wriggles.

Never leave their baby unattended on a bed or a changing table.

Falls down the stairs are one of the most common serious accidents in the home.

Babies and children may fall from the top of the stairs or may start to climb the stairs and fall back.

Falls can be prevented, a physical barrier is essential to keep babies and children out of danger.

Use a safety gate to stop babies and toddlers climbing stairs or falling down them.

Falls from highchairs

A fall from a highchair can also cause serious head injury – often the highchair is in the kitchen, on a hard floor.

build safety into everyday routines – Get into the habit of strapping your child into their highchair every time.

Falls from bikes can be dangerous, to more serious injury - Always wear a cycle helmet

Falls from trampolines Only one person should be on the trampoline at any one time. Most accidents happen when two or more people are on a trampoline

Poisoning

Keeping your medicines and cleaning things locked up or out of reach and sight is the safest way to protect your toddler. Ideally put them in a high lockable cupboard. It's best to keep them in a room which people use a lot. That means if your child has climbed up on a chair or worktop and is exploring in cupboards they are more likely to be seen by an adult or brother or sister.

Swallowing medicines, like everyday painkillers that you might keep in your handbag or bedside cabinet, is the most common way for children to be poisoned.

The detergent capsules and concentrated liquids under the kitchen sink can harm children too – they can cause accidental poisoning but also squirt into the eyes and cause damage.

Choking can be completely silent with no sound to warn you something is wrong.

Babies and young children can choke on food we think is quite soft and small, like a whole grape. Cut foods like this in half and avoid peanuts until children are about age 6 years.

Keep nappy sacks out of reach of babies and children

Toys and small objects. Babies put things in their mouths. Keeping small toys out of reach and avoiding toys with small parts can help prevent choking.

Strangulation

There are a growing number of cases of children catching themselves on blind cords or other loops, often when they're climbing. If your child gets tangled in one of these cords it could be fatal.

Minimising risk associated with blind cords

For advice on blind cord safety go to www.capt.org.uk/blind-cords

It is best to avoid attaching anything to your child clothes, if you do however keep the ribbon shorter than 150mm/6 inches to reduce the risk of strangulation.