

## Find out more

The Royal Society for the prevention of accidents has a really useful booklet 'Safe at Home: Tips for Under-5s': [safe-at-home-under-5.pdf \(rospa.com\)](https://www.rospa.com/under-5s)



## Child Accident Prevention Trust



Please call into the Family Hub to talk further about any of the topics shared here.

The Lullaby Trust provides information on safer sleep for babies at:

[How to reduce the risk of SIDS for your baby - The Lullaby Trust](#)



There are some short safer sleep videos which are free to watch on their website and a Safer sleep helpline:



# Grow and Learn with Me

## Keeping Me Safe

Providing a safe home is a very important part of caring for your baby and toddler.

When babies and toddlers are exploring, they do not know when something is not safe for them and need to be kept safe by the adults caring for them.

In this leaflet you will find some simple things that you can do to help make sure your child is safe at home and when they are out and about.



# Accident Prevention

This booklet from The Royal Society for the prevention of accidents (ROSPA) is full of tips to keep your child safe

It has ideas to help prevent:

- Falls.
- Burns.
- Suffocation and choking.
- Strangulation.
- Scalds.
- Poisoning.
- Drowning.
- Cuts.



Some examples of ideas from the booklet are:

- Keep sharp knives, scissors and garden tools out of reach of children.
- Never leave children or babies alone in the bath, even for a moment.
- Keep hot drinks away from the edge of tables and worktops.
- Never leave a toddler or baby to feed alone.
- Don't hang toys, bags or anything else that dangles in or near a child's cot, bed, playpen, or high chair.

## Babies cry

A baby's cry can be upsetting and frustrating. They cry for different reasons but some gentle comforting will often help to calm them down.

Please speak with your Health Visitor if you are finding your baby's crying difficult.

# Safer Sleep

## Key safer sleep advice from the Lullaby Trust:

The safest place for a baby to sleep is in their own clear, flat, separate sleep space (e.g. a cot or Moses basket) in the same room as you.

1. Lie baby on their back.
2. Keep the cot clear.
3. Use a firm, flat, waterproof mattress.
4. Keep baby smoke-free.
5. Avoid baby getting too hot.
6. Sleep baby in the same room as you for at least the first 6 months.

The Lullaby Trust suggest an easy way to remember their advice is to think of your ABCs:

**ALWAYS** sleep your baby on their **BACK** in a **CLEAR** cot or sleep space.

