

Home Safety Recommendations

Consider why your child is displaying unsafe behaviours in the home? Think about the behaviours through your child's eyes and how you can ensure their safety without reducing any enjoyment in their day. For example, if your child is climbing up at the window to watch the traffic, **is there a safe way for them to do this?**

These are just ideas and there will be alternative suppliers. We don't suggest any particular company so please do your own research as well

General	
	Suggestions
How do you ensure the right level of supervision is provided to your child?	Consider the appropriate level of supervision for the age and developmental stage of your child.
- Are the radiators the right temperature to reduce risk of burning? Are you able to access and turn down the thermostat? - Are radiators in the house sufficiently covered?	- Control the temperature of the radiators using your thermostat and individual radiator valve. - Use of radiator valve locking cover.  - Use of a thermostat locking cover  - Use of a padded radiator cover
Do you ensure table cloths are removed when not in use?	Consider removing table cloths.
What flooring surfaces are in the house?	Consider removing, replacing or using rug grip material under rugs. 

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Do you ensure e-cigarettes/vapes/alcohol/ prescribed medication locked away?	Keep all e-cigarettes/vapes/alcohol/ prescribed medication out of reach and in a locked container/cupboard
Is your child aware of where they can go in the home unsupervised?	Use of visuals to support your child's understanding with where they can access in the home. Reversible Stop/Go Sign 
- Are your electrical sockets overloaded? - Do you leave electrical items plugged in? - Where are the sockets located in the home/rooms?	Covering electrical sockets with either a safe key operated socket or a safe plug socket cover.  
Do you have finger protectors on your doors?	- Use of finger protectors/guards on doors.  - Use of foam corner guards for walls.

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Have you had a free fire service check?	Contact your local fire service for a free fire safety check in your home. Cumbria Fire service – 03003038623. Enquires.fire@cumbria.gov.uk
Have you considered the safety of your pet around your child?	Ensure child and pet are safe and supervise when together.
Consider how light, noise, smells, and movement could be impacting on your child's behaviour and how you can best support this.	If you feel there are issues with these consider how you can reduce e.g., replacing lights, declutter and use of less fragranced air fresheners etc.

Furniture	
	Suggestions
- Have you ensured furniture is not located near the window to prevent child climbing? - Have you ensured that furniture is not located where climbing is a risk	Remove items from beneath windows that may be climbed on to access the window.
- Have you secured cabinets and free standing furniture to the wall to ensure your child can't pull this over? - Are sharp corners protected?	- Use of anti-tip furniture straps/brackets to attach furniture to the wall  - Use of child corner guards for your furniture 

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Windows	
	Suggestions
- How do the windows in the house open? - Do they have window restrictors?	- Keep windows locked at all times whilst your child is in the home. - Use of window restrictors – there are many different types depending on your style of window therefore choose the appropriate restrictor.   <i>Cable style restrictor</i> <i>concealed key locking style</i>
Is your child able to climb on windowsills? What do you do to prevent this?	Remove items from beneath windows that may be climbed on to access the window.
Do you have blind/curtain cords secured?	- Use cordless/ spring loaded blinds - Use cord stops to limit the movement of inner cords on blinds and shades. - Blind cords to have a child-proof break, which will snap open to remove the risk of strangulation. - Use of a cord clip to prevent your child from being able to access the cords.  - Use magnetic or Velcro tab top curtains to prevent your child swinging on or damaging the curtain pole.
Are your windows locked and keys kept out of reach?	Lock windows and consider keeping a key lock out of reach e.g. in a safe to store window keys.

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Hallway	
Front Door	Suggestions
Where is the lock located on the door? Is this out of child's reach?	Use a chain or bolt lock high up, out of the child's reach. Keep the chain done up and the door locked at all times.
Where are keys stored?	- Keep a key box out of reach e.g. in a safe next to the front door.  - Alternatively, keep the key in situ and cover with a key guard. 
Do you ensure your child can't get out of the house?	Consider locks in relation to your fire service evacuation advice.

Stairs	
	Suggestions
- Does the home have stairs? - Can the child climb over the banister?	- Provide close adult supervision on the stairs. - Banisters on both sides of the stairs to increase safety. - Provide alternative gross motor movement opportunities in more appropriate environments e.g. park, garden, soft play.
Do you have stair gates fitted?	- Use stair gates. - Remove stair gates when your child begins to climb.

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	Use of a taller stair gate if appropriate. Consider age and developmental stage of your child as these can be restrictive if used inappropriately.
Are your stairs kept clear from clutter to prevent trips and falls?	- Stairs to be clutter free at all times. - Consider carpeting wooden stairs
Are your stairs well lit?	Consider appropriate lighting on the stairs.

Kitchen	
Cupboards	Suggestions
- Do cupboards and drawers have locks to prevent child accessing sharp objects, cleaning products and harmful chemicals? - Could these be stored elsewhere or out of reach? - Can unsafe items be relocated or can close supervision always be provided in the kitchen?	- Use of cupboard and drawer locks. - Keep all sharp objects, cleaning products and harmful chemicals out of the stretch reach of your child.
Oven	
- What type of oven is available in the kitchen? - Can the oven be isolated when not in use? - Can the child reach the oven knobs? If so can these be covered?	- Use of knob covers and guards to prevent tampering with oven knobs.  - Use of a lockable gas pipe valve (key operated) if you have a gas hob. - Isolate your oven when not in use by turning off at the plug if electric. - Consider an induction cooker top which will only heat when induction specific pans are used
- Is the child supervised whilst cooking? - Do you make sure the pans are on the furthest away ring to reduce risk?	Use pans on the furthest away ring when cooking in the kitchen.

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Do you ensure child is supervised and working within their abilities?	Consider the appropriate level of supervision for the age and developmental stage of your child in the kitchen.
Worktops	
- Are objects/appliances/ wires on the worktop against the back wall of the kitchen to avoid child reaching and pulling down? - Is your child able to climb on the kitchen worktop?	- Remove all furniture that your child could use to access the worktop. - Keep all sharp/heavy objects off the worktop or out of reach for your child.
- Are all appliances turned off when not in use? - Can you switch appliances to cordless?	- Empty kettle or put away when not in use. - Fill kettles or jugs with no more water than needed to prevent spillages. - Turn off all appliances when not in use. - Use of cordless appliances.
Sink	
- What kind of taps are available in the kitchen? - Can your child access the taps? - Is there a risk of over flow or scalding? - Can the taps be isolated?	- Use of a flood prevention plug. - Use of a stopcock to cut water supply when not in use. - Use of a tap guard on the taps to prevent scalding or flooding.

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	- Consider turning down the thermostat to regulate maximum water temperature. - Consider the appropriate level of supervision for the age and developmental stage of your child in when using the kitchen sink.
Washing Machine/ Tumble Drier/Dishwasher	
- Does your washing machine have a lock? - Do you ensure these appliances are turned off when not in use?	- Use of cupboard locks to prevent access to washing machine/tumble drier/dishwasher.  - Explore if your washing machine has an inbuilt, automatic child lock. - Consider locking the child out of the kitchen/utility when the washing machine/tumble drier/dishwasher is on by either locking the kitchen door or installing a child safety gate at the appropriate height. - Use of knob/button covers to cover dials.  - Use of the washing machine/ tumble drier/ dishwasher whilst your child is in bed or at school. - Turn off and lock washing machine/tumble drier/dishwasher when not in use.

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Living Room	
	Suggestions
- Does the living room have a fire? - Is this suitably covered/isolated?	- Use of tall fireguard. - If the child enjoys watching the lights on the fire/flames, consider providing an alternative visual e.g. larva lamp, snow globe, fish tank or fire on TV/tablet
Do you have rugs/trip hazards on the floor?	Remove, replace or use a rug grip material under rugs.
- Do you have a TV in the living room? - Have you secured the TV?	- Use of shatterproof TV screen protectors. - Use of brackets to attach TV to the wall.
Where is furniture positioned? Is this away from the window to reduce climbing?	- Remove items from beneath windows that may be climbed on to access the window. - Use of child corner guards for your furniture. - Use of anti-tip furniture straps/brackets to attach furniture to the wall.

Bedrooms	
	Suggestions
Are all appliances stored away safely and out of reach of child e.g. straighteners and hair dryer?	- Use of cupboard and drawer locks. - Keep all unsafe appliances store away when not in use.
- Is all furniture away from the window to prevent climbing? - Does your child like to jump and climb?	- Remove items from beneath windows that may be climbed on to access the window. - Use of mattress on the floor to prevent jumping/falling.
Are light switches a wall switch rather than a pull cord?	Use of wall light switch rather than pull cord.
- What type of ceiling light is in the bedroom? - Do these reduce the risk of swinging?	- Use of spotlights rather than lampshades. - Use of blinds instead of curtains to prevent swinging.
Do you have blind/curtain cords secured?	Use of cordless/ spring loaded blinds if possible.

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	• Use of cord stops to limit the movement of inner cords on blinds and shades. • Use of a cord clip to prevent your child from being able to access the cords.  • Blind cords to have a child-proof break, which will snap open to remove the risk of strangulation.
• Are all unsafe toys are out of reach when child is not supervised? • Are toys stored safely? • Are toys available suitable for your child's age and development?	• Store toys away safely when not in use.
• Are you following safe sleep strategies? • Does the bed/cot meet your child's needs and development?	• Refer to The Lullaby trust for advice on safe sleeping.

Bathroom	
	Suggestions
• Are all unsafe products locked away or out of the child's reach e.g. cleaning products, razors, medication, perfumes etc.	• Keep all sharp objects, cleaning products and harmful chemicals out of the stretch reach of your child. • Avoid using in situ bleach products to prevent temptation to touch these.
• Do you have a bath/shower or both? • Do you use a non-slip bath mat?	• If your child is old enough to access the bathroom unsupervised, monitor how long they are in the bathroom and regularly check in. • Consider the appropriate level of supervision for the age and developmental stage of your child in the bathroom. • Use of non-slip bath mat.
• Can the child reach the taps? • Can these be turned off or tap guards used to ensure safety?	• Use of a flood prevention plug. • Use of a stopcock to cut water supply when not in use.

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	• Use of a tap guard on the taps to prevent scalding or flooding. • Consider turning down the thermostat to regulate maximum water temperature.
• Are you ensuring all water is removed from the bath after use?	• Ensure all water is drained from the bathtub when finished.
• Do you ensure there is adequate amount of toilet roll available? To prevent child from blocking sink, bath, toilet.	• Only allow access to the necessary amount of toilet roll required e.g. 1 roll during the day or a few sheets ripped off when using the toilet. • Use of toilet locks on toilet seat to prevent drowning and flooding. 
• Is your child able to lock the bathroom door? • Are you able to unlock the bathroom door from the outside?	• Ensure you can unlock the bathroom door from the outside or have a high lock that can only be used by adults. • Monitor your child's bathroom use – are they accessing the bathroom but not to use the toilet?
• Do you ensure steps and stools are stored away out of your child's reach when not in use?	• Ensure steps and stools are stored away out of reach when not in use.

Garden/ Outside	
	Suggestions
• Do you supervise your child appropriately when outside?	• Consider the appropriate level of supervision for the age and developmental stage of your child in the garden.
• How is your garden/outdoor space secured?	• Ensure fences are maintained with no broken/damaged panels. • Use of gate locks which are high up and out of the child's reach. • Encourage your child to play in a space, which is not by the road. If not possible, fit a driveway guard/gate as a visual prompt and to prevent balls rolling into the road. • Use of netting around trampoline.

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• How do you prevent your child climbing the fence/gate/wall? • Is all garden furniture safe and in a place that reduces risk of climbing?	• Do not position furniture/garden objects close to the fence to prevent absconding. • Consider vertical fence panels to prevent climbing.
• Does your child have sufficient outdoor toys?	• Ensure play equipment is in good condition.
• Are any ponds/ hot tubs securely covered?	• Use of fencing around or covering over pond/hot tubs to reduce accidents. • Drain water out of hot tub/paddling pool when not in use. • Always supervise your child around water. • Use of safety anti-slip rubber matting/ rubber grass mats.
• Is all your gardening equipment safely stored?	• Never leave child unattended around garden tools/equipment. Consider locking these away in a shed or garden box. • Do not allow your child to use heavy/dangerous electrical equipment. • Do not leave your child unsupervised if they are helping you in the garden. • Ensure there are no poisonous plants/flowers in the garden. • Use of padlocks on shed and keys to be hidden.
• How do you keep your child safe on outdoor steps?	• Consider how your child can move and navigate between different levels and steps. • Consider installation of handrails if required.
• How do you prevent your child putting non-food items in their mouth?	• Be aware of toxic effects of weed killers etc. • Regularly check your garden for objects that your child can put in their mouth. • Remove gravel and small stones from the garden.

Explore online charities/benefits available to support with funding the resources.
Below are some examples -

- Disability Living Allowance
- Family Fund
- Focus Family
- Newlife