

Children's Early Years

Occupational Therapy Service



Keeping Tots safe

Advice and strategies for parents

Contents Page

Page 3 -----Aims of this booklet

Page 4 ----- Access in and out of the House

Page 5 -----Safety around the Home (General)

Page 7 ----- Safety in the Kitchen

Page 9 ----- Safety in the Bathroom

Page 10 ----- Safety in the Bedroom

Page 12 ----- Safety in the Garden

Page 13 ----- Safety outside the Home

Page 15----- Safety in the Car

Aims of this booklet

The aim of this booklet is to help you as parents/guardians with the following:

- 1) Identify Risk- Highlight areas/behaviours in the home that may be of high risk.
- 2) Give parents practical ideas/advice to reduce these risks as best as possible
- 3) Provide commercial product ideas that parents/families have used in the care of children with additional needs to reduce identified risk behaviours.

Access in and out of the house

- 1) **Lock the door once you're inside and keep the keys out of reach.** Put them on hook high above the door handle to allow for quick access out in case of emergencies but to prevent the child from reaching them. Parents must remind other family members to become used to locking the door behind them.
- 2) **Place a second self-locking lock higher on the door such as a Yale lock.** These can often be fitted by a locksmith at a reasonable cost and will allow access in and out for adults using a key but is out of reach for the child. Lock can automatically lock behind the adult once the door is closed to reduce risk further.
- 3) **Consider fitting a door alarm** that gives off a high pitched sound when the door is opened. These are cheap in price, easy to get hold of and simple to fit. Some models allow a noise to be set if the door is left open for over a certain time.
- 4) **Ensure you have window restrictors on the downstairs windows** as well as the upstairs to prevent the child finding alternative ways out of the home or falling from a window.

Commercially available products to support in this area:

Door locks

- Magnetic Door & Window Open Alarm Pack of 3 by NRS Healthcare
- Cardinal Door guardian for inwards swinging doors by Cardinal

Window locks/restrictors

- The Boa window restrictor safety catches
- The Jacklock cable window restrictor with key
- Dreambaby Sliding Window Locks Pack of 2

Safety around the home

- 1) **Risk assess for items that could be removed-** Ornaments, vases, mirrors and lamps can be high risk items and adults do need to consider removing or at least limiting the use of these in areas our children often climb such as tables, window sills and cabinets.
- 2) **Securing furniture-** Children often enjoy climbing and have little understanding of the risk of falling from height or furniture tipping over onto them. Consider securing furniture to walls using anti-tip devices that are very easy to purchase and fit. Whilst this won't stop the climbing, it will reduce the tipping risk.
- 3) **Block off areas that you find children climbing on-** Whilst we understand this is not always possible, some areas can be blocked off by moving furniture around or re-arranging furniture placement in some rooms. Additionally some parents have boarded up climbable areas like stair bannisters using MDF wood as this can solve a risk area very effectively. Please only undertake this if the adult is competent with D.I.Y tasks.
- 4) **Stair clearance-** Avoid having furniture on the landing that allows the child to climb on to the stair bannister, if possible re-locate this. It is also beneficial to have non-cluttered stairs, free of belongings to reduce risk of trips and falls.
- 5) **Pet gates-** Often stair or toddler gates are too small to support taller children, resulting in them climbing over these items and being more at risk. Large pet gates have often been used instead as these are taller, difficult for the child to navigate over and remain very sturdy. We advise to place these on the bedroom doorframe as opposed to the top of the stairs to reduce the falls risk of a child who is able to climb one.
- 6) **Radiator Thermostat-** To reduce the risk of burns if the child climbs on radiators, ensure the thermostat is turned down or cover the radiator completely with a secure radiator cover.

Commercially available products to support in this area:

Safety gates

- **Safetots Extra Tall Safety Gate at 104cm's tall with width adjustment**
- **Wayfair Belt Pressure Mounted Pet Gate at 105cm's tall with width adjustment**
- **DreamBaby Extra Tall Stair Gate at 104cm's tall with width adjustment**

Securing furniture

- **Quakehold Ultra strong Furniture Strap Kit for all furniture 3pk**
- **Anti Tip/Wall Straps 10pk**

Radiator protection

- **Safetots Dual Fabric Premium Heat Radiator Cover (various sizes)**

Other useful products

- **Safetots Wire locks for Sliding Doors**
- **KidKusion Bannister Guard Film Heavy duty**

Safety in the kitchen

- 1) **High pet gate or stable door-** Preventing unsupervised access to the kitchen can reduce the risk substantially but also being able to see/supervise your children whilst cooking or washing up is very important. Using a high pet gate as discussed previously or turning your door into a stable door can allow you to do both of these.
- 2) **Cabinet locks/catches-** Installing cabinet or cupboard locks is simple, cheap and effective if you find and use the right lock. Using these can prevent your child accessing dangerous items such as cutlery or using draws to climb onto the worktop.
- 3) **Moving dangerous items out of reach-** Items such as cutlery, sharp knives, utensils, cleaning products and washing tablets should be kept in high up/out of reach cupboards if possible. It is advisable to do this even if cupboard locks have been installed. Kettles should also be put away if not used and monitored when boiling.
- 4) **Pan Handles-** When using pans or frying pans on the hob ensure the handles are turned so they don't over hang and use the back hobs near the wall if possible. Due to the risk here, cooking guards are often advisable.
- 5) **Cooker Guards-** Purchasing a cooker guard is a good way of protecting your child from reaching the hob whether cooking or not. Getting a dual purpose one will also prevent the child from reaching the oven or hob controls.
- 6) **Oven Locks-** Cheap and easy to fit. Oven locks prevent the child from opening the oven door whether in use or not.
- 7) **Taps access-** Tap locks can be purchased online for most styles of tap and can reduce the risk of children accessing taps without supervision.

Commercially available products to support in this area:

Oven/cooker/microwave guards

- **Safetots Dual Purpose Stove Guard Double Kit**

- **Safetots Stove Guard**

- **Dreambaby Microwave and Oven Lock Pack of 2**

- **KidKusion Clearly Safe Stove Knobs Locks Pack of 5**

Fridge and cupboard safety locks

- **Dreambaby Refrigerator/fridge/freezer Latch Silver**

- **Dreambaby Push Down Safety Catches Pack of 4**

- **AYCORN Child Magnetic Cupboard Locks, 10 Locks & 2 Keys**

Tap guards

- **Clippasafe Tap Strap Latch**

- **Perma Child Safety Mixer Tap Lock**

Safety in the Bathroom

- 1) **Consider placement of interior locks-** It is worth considering the placement of your bathroom lock to reduce the risk of a child locking themselves in the room if they do gain access.
- 2) **Taps access-** Tap locks can be purchased online for most styles of tap and can reduce the risk of children accessing taps without supervision.
- 3) **Water temperature-** Consider altering the water temperature on the boiler or thermostat so that if taps are accessed by your child unsupervised they reduce the risk of scalding.
- 4) **Toilet Locks-** Toilet locks can limit a child's ability to lift the lid and access the toilet unsupervised.
- 5) **Moving dangerous items out of reach-** Items such as bleach, cleaning products, aerosols, medicines and toilet roll should be kept out of reach to prevent harm. Cupboard locks could also be used to prevent children from reaching these.

Commercially available products to support in this area:

Tap Guards, toilet latches and cupboard locks

- Clippasafe Tap Strap Latch

- Perma Child Safety Mixer Tap Lock

- Safetots Toilet lid Lock Single Pack

- Dreambaby Push Down Safety Catches Pack of 4

Safety in the Bedroom

- 1) **High pet gate or stable door-** Using a high pet gate or turning the bedroom door into a stable door can allow you to keep the child safe in the room whilst also allowing you to see in to check your child.
- 2) **Bedroom video monitoring-** There are now multiple cameras/video systems that can be purchased and fitted in your child's room. These can allow you to supervise your child whilst in another room and some link to your mobile phone.
- 3) **Risk assess for items that could be removed-** Whilst a bedroom should remain calming and comfortable, sometimes ornaments, vases, mirrors and electricals can be high risk items and adults do need to consider removing or at least limiting the use of these in areas our children often climb such as shelves, window ledges and chest of draws.
- 4) **Securing furniture-** Consider securing furniture like cabinets and wardrobes to walls using anti-tip devices that are very easy to purchase and fit. Whilst this won't stop the climbing, it will reduce the tipping risk.
- 5) **Beds-** If your child uses the bed to climb on, consider looking at a floor based bed to reduce this risk.
- 6) **Window restrictors-** Ensure window restrictors are fitted to **all** upstairs windows to limit the risk of a child being able to open windows unsupervised.

Commercially available products to support in this area:

Safety gates

- **Safetots Extra Tall Safety Gate at 104cm's tall with width adjustment**
- **Wayfair Belt Pressure Mounted Pet Gate at 105cm's tall with width adjustment**
- **DreamBaby Extra Tall Stair Gate at 104cm's tall with width adjustment**

Furniture security straps

- **Quakehold Ultra strong Furniture Strap Kit for all furniture 3pk**
- **Anti Tip/Wall Straps 10pk**

Window Locks

- **The Boa window restrictor safety catch**
- **The Jacklock cable window restrictor with key**
- **Dreambaby Sliding Window Locks Pack of 2**

Electrical monitoring

- **TP-Link Pan/Tilt 1080P Wi-Fi Smart Indoor Camera**
- **electriQ 720p HD Wifi Mini Camera with 2-way audio & dedicated App**

Privacy Bed tents

- **Winterial Indoor Privacy Bed Tent, Pop Up Fort, Bed Canopy**
- **Marvel/Frozen single over bed tent den**

Safety in the Garden

- 1) **Ensure your garden is secure-** Consider sturdy fencing with the fence panels facing inward to reduce a child's ability to climb or escape. If a gate is required also consider a secure top lock.
- 2) **Remove clutter and tools-** Keep your garden clutter free and ensure items that pose a risk to children are stored safely away.
- 3) **Consider play equipment carefully-** When purchasing play equipment such as climbing frames, trampolines and slides consider your child's safety needs.
- 4) **Video monitoring-** Consider the use of outdoor video monitoring equipment to support supervision in the garden.

Commercially available products to support in this area:

Electrical monitoring

-MOTOROLA Focus 71 Full HD WiFi Security Camera

- Yale Essentials Outdoor HD 1080p CCTV Bullet Camera

Garden toys

- www.cheapdisabilityaids.co.uk/garden-play- (variety of discounted garden toys)

Safety outside the home

- 1) **Walking reins** –Consider the use of reins or backpack reins. For larger children, specialist reins can be purchased online.
- 2) **Larger pushchairs**- There are a number of larger and sturdier pushchairs on the commercial market. If one of these does not meet your child's needs your GP can refer you to the Wirral wheelchair service for further advice.
- 3) **Buggy Boards**- If you have more than one child, a buggy board is a good option. There are many different types available including ones with safety belts that can fit to most types of pram, buggy or pushchair.

Commercially available products to support in this area:

Walking reins, Backpack reins and wrist reins

- **Walking Reins by fledglings.org.uk**

- **Crelling walking rein for 3yrs+**

- **Backpack Safety Rein by fledglings. Can be added to any backpack**

- **Elma Toddler Backpack with Rein**

- **Safety wrist Rein by fledglings**

- **Clippasafe Navy Wrist Link**

Buggy's and pushchairs

- **Maclaren Major Elite Buggy**

- **Excel Elise Travel Buggy**

Buggy boards

- **Lascal Maxi Buggy Board Plus - Black / Red Seat**

- **BOZZ Easy X4 Rider Buggy Board**

- **Bumprider & Sit Ride-On Seat**

Safety in the car

- 1) **Secure the car-** If you have a car door and window child lock, ensure these are in use at the start of every trip to reduce the risk of the child exiting the car.
- 2) **Seatbelt Guards-** Seatbelt buckle guards can prevent children from unfastening the seatbelt.
- 3) **Additional straps/harness-** Safety straps such as the Houdini stop strap can be used to prevent a child from exiting a car seat harness.
- 4) **Seeking professional help-** There are a number of companies that offer specialist advice, assessment and provision of car seat safety devices.

Commercially available products to support in this area:

Seatbelt guards

- The Buckle safe Buckle Guard by 'in car safety centre'
- Twist cap Buckle Guard by 'in car safety centre'
- ICSC Buckle Cover

Seat Harnesses

- Promobility Magnetic Harness
- Britax Traveller Plus car seat and harness for 3-10yrs
- The Easy Travel Magnet harness by Windmill
- Unisafety Five point Harness

Anti-escape straps for existing harnesses/car seats

- 5 Point Plus Anti Escape System by crelling
- Houdini Stop Strap
- Cross Strap

Useful contacts/websites

- Mick Scholes of Windmill Car seating: 07932746324/01457 820684 or <http://www.windmillspecialneeds.co.uk>
- Crelling Harnesses: 01253 852298 or www.crelling.com
- In Car Safety Centre: 01908 220909 or www.incarsafetycentre.co.uk