

# Preventing Accidents at Home

Be aware of what your child can do or reach. For babies, stay with them when they are on furniture and strap them into highchairs. For young children avoid falls by having safety catches on windows and use stair gates.



Supervise your children whenever they are around water, whether that is in the bath or in a paddling pool or near open water outside.



Don't give your child small, whole foods like grapes, nuts or boiled sweets. Cut them up into quarters. Stay with them while they are eating. Make sure they sit down while they are eating.



Lock away anything that could be dangerous if swallowed. This includes all chemicals, medicines, cleaning products, alcohol and button batteries. Keep medicines in their containers and in locked cupboards.



# Always go to A&E or call 999 if your child:

- Becomes pale, mottled and feels abnormally cold to the touch
- Has pauses in their breathing, has an irregular breathing pattern or starts grunting
- Has severe difficulty in breathing, becoming agitated or unresponsive is going blue round the lips
- Has a fit/seizure
- Becomes extremely distressed (crying inconsolably despite distraction), confused, very difficult to wake or unresponsive
- Develops a rash that does not disappear with pressure (the 'glass test')
- Has testicular pain, especially in teenage boys.

# First Aid

## TOP TIPS FOR PARENTS AND CARERS



Practical tips for preventing accidents at home.

Information on the best ways to deal with:

- Burns and scalds
- Bumps and bruises
- Poisoning
- Choking

Advice on when to seek medical help.



# Basic First Aid

Have a first aid kit ready that is easy to get at.

## Bumps and Bruises

Apply a cold cloth/flannel or some frozen vegetables wrapped in a tea towel and give a dose of paracetamol.

If your child has a bump to the head they may cry and be distressed but this will normally settle down with comfort and reassurance. They may even feel sick or vomit in the next 24 hours. If this continues or you are worried call 111.

If the area continues to swell and your child is extremely distressed then go to A&E or call 999.

## Burns and Scalds

Run the affected area under cold water for 20 minutes (if the burn is on the face hold a wet cloth on it).

Put cling film on the affected area (unless it is the face) and cover with a cold, wet cloth. Give paracetamol or ibuprofen to help with the pain.

Get the burn checked on the same day by a GP or nurse, if it is very small you can go to a pharmacist. If it is larger than your child's palm, is around a limb or breaks the skin go to A&E.

## Choking

Choking is caused by something blocking your child's airway so that they can't breathe. They might cough, go red in the face and struggle for breath.

If your child is choking then keep calm, look in their mouth and see if there is an object which can be easily taken out.

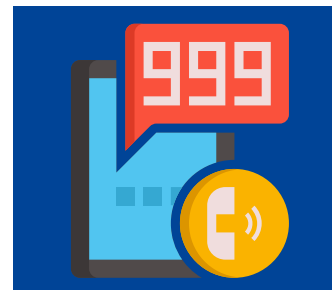
Don't stick your fingers far back in their mouth or down their throat, this can push the object further back and make it worse.



**Get them to cough and hit them firmly on their back (back blows) with the heel of your hand.**



**If they are still choking after 5 back blows then do upper tummy thrusts 5 times.**



**If they are still choking then call 999 and carry on the above until help arrives.**

## Poisoning

Go to A&E straight away if your child has swallowed:

- your medication
- a button battery
- any household cleaning product
- bleach
- gardening products.

Don't try and make your child sick, this can make things worse. Take the packaging from what they have swallowed with you to A&E.

Sometimes children can swallow things that might make give them an upset tummy but are unlikely to cause any major problems. If you're in any doubt though call 111 or visit your GP.

## Where to get more help

