

<p align="center">KEEP KIDS SAFE: TEN MINUTE TIPS (January)</p> <p align="center">A 10 minute workshop session to be used with parent groups</p> <p>Aim: To preventing nicotine poisoning Main message: “Out of reach”</p>				
	AIMS	Activity	Materials needed	Time (mins)
1	<p>Introduction</p> <ul style="list-style-type: none"> Explain that nicotine is very poisonous to children and over the next 10 minutes, we’re going to discuss what products contain nicotine, where we keep them and what we can do in the future to keep our kids safe and protect them from nicotine poisoning 	<p><u>Leader to explain</u></p> <ul style="list-style-type: none"> Even a small amount of nicotine can poison a young child and could lead to: <ul style="list-style-type: none"> - vomiting - nausea - confusion - dizziness - convulsions - cardiac arrest - coma - and even death 	None	<p>1 min</p> <p>(total session time = 1 min)</p>
2	<p>To identify the types of nicotine products that are around and that we have access to on a daily basis.</p>	<p><u>Discussion with group</u></p> <p>What types of products contain nicotine?</p> <p>Answers should include:</p> <ul style="list-style-type: none"> E-cigarettes (Nicotine % may differ and a few contain no nicotine) E-cigarette liquid Nicotine gum Patches Lozenges (look like small mints or sweets) Spray Cigarettes 	None	<p>1 min</p> <p>(total session time = 2 mins)</p>

December's topic: Preventing fires from overloaded sockets

December's message: *"Bin the block"*

Dissemination: Around the 1st of the month, text, tweet and upload the face book message and image. Posters (A4 & A3) are available to download and print off, as well as A5 flyers – see resource 4 - December. To further support and enforce the message, it is recommended that these posters are displayed in your settings each month. The scripts and image below have been designed to support the calendar message that parents see on a daily basis during December 2017.

TEXT

"Keep Kids Safe: Don't risk it! Bin the adaptor block and get a bar extension lead"

TWITTER

"Keep Kids Safe: Electrical fires are one of the main causes of house fires. This December, we're asking parents to 'Bin the Block' and buy a safer bar extension lead"

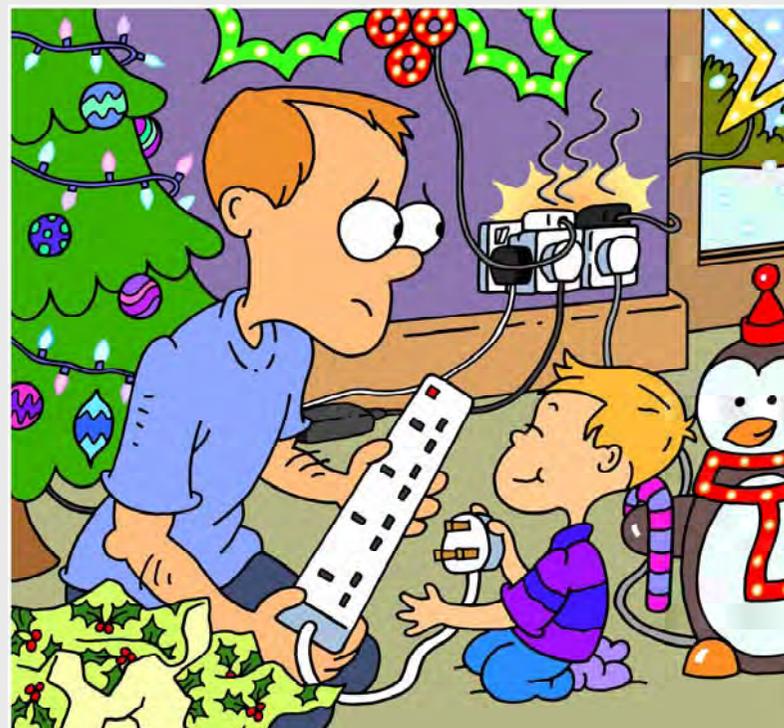
FACE BOOK - message

Upload December's calendar image (resource 4) onto your organisation's face book page and add the following text.

"Electrical fires are one of the main causes of house fires and at this time of year, we are more likely than ever to overload our sockets.

Stay safe this Christmas and replace all of your block adaptors with a safer 13 amp bar extension lead."

FACEBOOK - image



June's topic:	Preventing nappy sack suffocations
June's message:	<i>"Nappy sacks can kill"</i>
June's text:	<i>"Keep Kids Safe: Don't risk it! Nappy sacks can kill. Keep them out of reach of kids"</i>

Background Information

Suffocation and asphyxiation injuries in children are generally caused by cords, clothing ties, bag straps and plastic bags. Over recent years, an increasing number of children have been fatally injured through suffocation incidents with disposable nappy sacks.

Babies naturally grasp them and try to put them in their mouth. This action can lead to the nappy sack covering the baby's mouth and nose as the baby breathes in. In England and Wales, at least 11 children have died through this type of suffocation injury.

These nappy sacks are lightweight and flimsy. They are not produced from the same materials as plastic bags, nor do they have to adhere to the same European standards as plastic bags. This makes them very dangerous to young children.

Important notes

Parents may believe that they will hear their child suffocating. Many parents have stated that they will hear their child cough, cry, thrash or move around if they are suffocating. This is not the case.

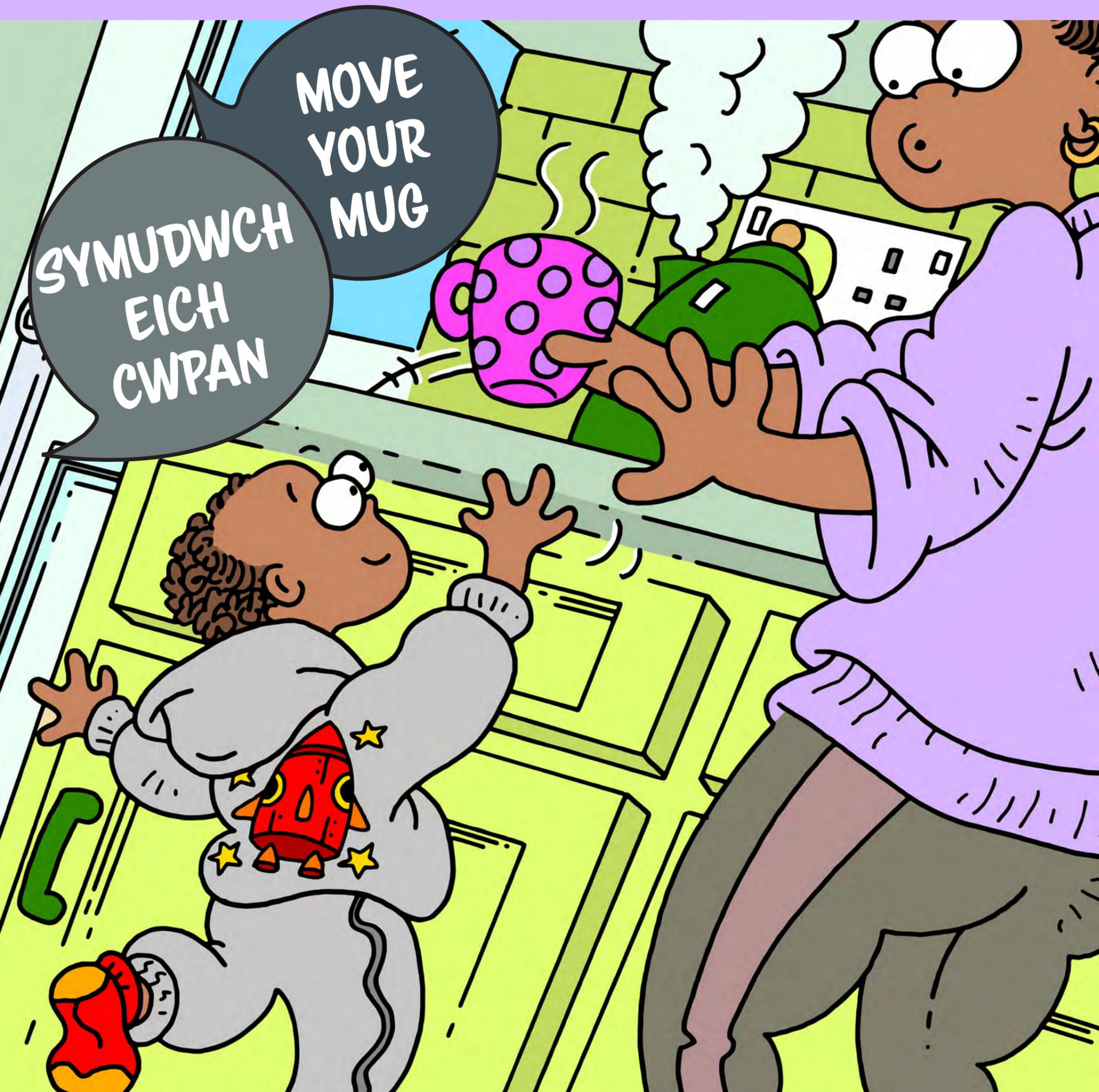
If your parents suggest or discuss this, it is important to advise them that these types of injuries happen quickly and quietly. In a focus group conducted for this *Keep Kids Safe* resource, parents who believed they would hear their child suffocating were less likely to remove the danger in the first place. They believed that they would hear their child in trouble and then be able to react.

Essential information and advice to give to parents:

- Nappy sacks should always be stored somewhere safe and secure where children cannot reach them.
- Many parents keep nappy sacks in the child's bedroom, often on the changing station. These should be removed and stored somewhere high up and out of reach.
- Advise parents that older children should not have access to nappy sacks. Older children may leave them around the baby's cot/bed or even give them to the baby to play with.
- When out and about, parents should not keep nappy sacks in the pushchair or pram.
- When changing babies, advise parents not to give baby a nappy sack to play with or distract them whilst they are being changed.

Supporting actions:

- Modelling good practice in your settings. If parents change babies in your setting, ensure they know how dangerous nappy sacks are. If your setting provides a changing area, print off June's poster and display it in this area.
- Modelling good practice in your setting. If your setting provides nappy sacks in the changing or toilet areas, they should be stored high up so that older children can not access them. This practice should be included into your policies and staff training.
- Information can be given to parents in group sessions. A *"Ten Minute Tips"* session plan is provided in your resource pack.
- Print off and display June's posters around your settings.
- Disseminate June's message via text, twitter and facebook.



Gwnewch yn siwr na all eich plentyn chrafangia neu gyrraedd eich paned



Make sure your child can't grab or reach your cuppa



Cadwch eich diod poeth allan o gyrraedd plant



Keep your hot drink out of reach of children