

Health4Families Programme – *Safe children: together we've got this!*



Summer is coming and it's fun to play outside. We all need to keep active to stay fit, but babies and children need supervising whilst they play and explore new things.

Everyone has a part to play in preventing accidents among children and we know that nothing is more powerful than the voice of experience.

Please promote the Child Accident Prevention Trust [Child Safety Week](#) and share these important safety messages with parents and carers.

Did you know?

- Accidents are a leading cause of death, serious injury and acquired disability for children and young people in Britain.
- Children will copy adults' behaviour so one of the best ways to help children to stay safe is to set a good example when using roads, on foot and in the car.
- Seven to eleven year olds are at real risk from road accidents as they are easily distracted and may run out quickly.
- Paddling pools can be great fun to splash around in during the summer. However, it can take just a minute for a child to drown in a few centimetres of water. Never leave children to play unattended.
- Many trampolines aren't suitable for children under 6 as they're not yet sufficiently developed to be able to control their bouncing. Choose a trampoline with a net. Small children are also better off bouncing alone and not with an adult, who could crush them if they fell.



Resources:

- [RoSPA](#) – Free resources from the Royal Society for the Prevention of Accidents including posters, activity sheets and video clips
- [Child Accident Prevention Trust](#) – Child Safety Week resources
- [Think!](#) – Road safety resources
- [Bikeability](#) - Cycle training and safety
- [RNLi](#) Activity sheets and posters aimed at 4+ years, but could be used to engage younger children
- www.westsussex.gov.uk/healthpromotion - Order posters, leaflets and other resources to make your campaign stand out!
- [St John Ambulance](#) First aid advice including free baby first aid guide for parents
- [Red Cross](#) free app provides simple, easy-to-learn skills to help a baby or child in a first aid emergency.



Training: Child accident prevention -

- [E learning for healthcare](#) (NHS staff). Healthy Child Programme (Module 10) and Healthy School Child Programme (Module 03). A brief overview highlighting key points.
- [Institute of Health Visiting](#) E-learning: Two modules directed at Health Visitors, but accessible to all.
- Home Safety Equipment Scheme: For Healthy Child Programme Teams and Family Support Workers in Chichester and Arun District Council areas. Contact laurie.goodhead@nhs.net

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