



Radio Stations : **All Community Radio Stations**
Subject : **Early Childhood Development**
Audience : **Parents, caregivers and educators**
Program Topic : **Child Safety (PROTECTION)**

Guidelines to the presenter

- Presenter – please familiarize yourself with the brief and the use the facts effectively by referring to them from time to time during the show.
- You should be seen as a peer rather than an authority.
- Offer guidance or opinion rather than telling people what to do.
- Encourage people to seek further information
- Always keep the objectives and outcomes in mind and drive these.

Topic:

Child Safety

Objectives

- To highlight potential dangers to children in their homes and act accordingly to make safe environments
- To generate an understanding of child supervision to reduce accidents
- Generate awareness of potentially dangerous substances and activities for children.

Introduction

On this show, we celebrate the fact that you are the most important person in your child' life. You have the power to give your child the best possible start in life and it doesn't have to cost you a cent.

Accidents happen easily and so we often hear of bad stories where children got burnt, drowned or consumed a poisonous substance like medicine and household chemicals. Many of these things can occur in your own home and so it becomes our responsibility to be aware of the risks and take precautions. This task isn't easy because what may

seem safe to an adult is often dangerous to a child

Questions	Facts/Information
<p>1. <i>The first years of a child's life is time that they spend mostly at home and this needs to be a safe environment for them to grow up in. Can you tell me a bit about this?</i></p>	<p>Accidental injuries are a major health problem throughout the world. Home injuries are a leading source of accidental death for children. Every year they leave many thousands permanently disabled or disfigured. Our homes are meant to be places for children to learn and grow in a safe loving environment but for small children there are many things that can be dangerous to them, in and around the home. Home is a place to relax, play and enjoy spending time with family. Of course, accidents happen, and there will be minor scrapes and bruises along the way, especially as kids grow and discover new things. And that's OK. The problem is the more serious injuries that are often completely preventable. It is therefore a parent's responsibility to ensure that their homes are safe.</p>
<p>2. <i>What sort of things make the home dangerous?</i></p>	<p>Newspaper reports always bring to the public's attention all the things that can go wrong in a home - such as being bitten by a trusted pet, choking on balloons, eating poisonous medicine or wandering out the front door. Fortunately, home injuries are largely avoidable through education and prevention. Parents can take proactive steps to childproof the home and keep their children safe by teaching them a few practical rules.</p>

<p>3. <i>What are the main risks in the home environment?</i></p> <p>4. <i>What are some of the main things that parents and caregivers need to do to prevent injuries in the home?</i></p>	<p>Batteries Burns and Scalds Choking and Strangulation Falls Fire Guns and sharp tools Medication Poison Sleep Safety and Suffocation TV and Furniture Tip-Overs Water and Drowning</p> <p>Some General safety advice for all caregivers, is that</p> <p>Children should be supervised at all times Keep floors free of toys and obstructions that can be tripped over Always use a securely fitted safety harness in a pram, pushchair or highchair Never leave babies unattended on raised surfaces Do not place baby bouncers on raised surfaces - they could fall off with the movement of the baby</p> <p>Store medicines and poisonous substances like paraffin and cleaning products out of reach of children</p>
<p>5. <i>Let us go into some detail about some of the things you can do to prevent accidents. I guess the big problem is that young children are still learning and often don't realize the dangers in their environment and this can result in falls and injuries?</i></p>	<p>Unintentional falls are the leading cause of non-fatal injuries for children. Those most at risk from a home accident are the 0-4 years age group. Falls account for the majority of non-fatal accidents while the highest number of deaths are due to fire. Most of these accidents are preventable through increased awareness,</p>

6. *How can you prevent dangerous falls?*

improvements in the home environment. From the moment babies starts to crawl, the world is a magical place filled with new adventures and discoveries. From a child's perspective, everything is a potential mountain to climb (that giant bookshelf), obstacle to overcome (stairs) or mysterious place to investigate (anywhere beyond the gate). Little bumps will happen but you want to ensure that children have space to explore without hurting themselves.

Take the time to really look at your home and try and identify possible places that a child could hurt themselves and then try and make a plan to prevent this – the best way to do this is to crawl just as the child does. For example move furniture away from windows. Always make sure that the door/gates leading onto the street are closed or that there is fulltime adult supervision. Watch out for sharp objects or things that could tip onto a child (like a television) or a tablecloth that could be pulled and things fall on the child.

No pre- school child can take responsibility for his or her own safety. It is therefore the caregiver's and parent's responsibility to create an as safe as possible environment for children.

Children at the toddlers age are active explorative and unpredictable and it is important that parents should think carefully about specific safety in the home. Never depend on telling a toddler not to do something. The younger the child the more difficult it is for them.

<p>7. <i>I've heard the kitchen is one of the most dangerous places?</i></p>	<p>Yes. The kitchen is the center of many households and activities. It is however particularly hazardous due to the presence of hot, electrical and other appliances, toxic substances and sharp objects.</p> <ul style="list-style-type: none"> • Never leave small children alone in the kitchen when preparing food. • Use back burners of the stove and turn pot handles inwards or to the back. • Keep electrical cords of appliances such as the kettle cord short and out of reach so that they cannot be pulled. • Install child safety latches on all cupboards with dangerous products (Poisons, glass, sharp objects) or put these things out of reach • Buy potentially poisonous products with childproof caps if available. Always lock them away out of reach. • Avoid hanging curtains near the stove
<p>8. <i>In South Africa we have a really high incidence of fire related injury and death. Burns are the second leading cause of accidental deaths especially for infants under one year of age. Burns are also the second leading external cause of death in children from 1 to 4 years of age. Therefore fire safety is extremely important. What are some fire safety tips?</i></p>	<p>Store paraffin, petrol and gas out of children's reach and away from heat. Keep children and toddlers away from these things and away from open flames like candles</p> <p>Keep candles, paraffin lamps and stoves away from curtains , bedding and other materials that burn easily</p> <p>Do not mix paraffin with other things to make it burn longer or faster</p> <p>Do not leave children unattended where there is an open flame</p> <p>Keep a large bucket of sand in the house</p>

<p><i>11. What to do if there is a fire in your house?</i></p>	<p>guard rail in front of your heater and stove top.</p> <p>When fire strikes, everything happens too fast to make a plan. So it best to make your fire emergency plan NOW before you need it. Discuss this with your family often. Have at least two exits from your house if possible. Practice what to do in a fire. Teach children never to go back in the house after they escape. Teach them not to hide under beds or in closets. Grab your family IMMEDIATELY and leave the house.</p> <p>Remember Few people are burnt to death in fires. Most people die from smoke and poisonous gases. Make sure you have an escape plan to guard you home and your family against fire. The purest air is closest to the floor so crawl on the floor out of the fire to escape.</p>
<p><i>12. What do you do if someone gets burnt?</i></p>	<p>If a person is on fire, cover them with sand or roll them in a blanket. If a person has been burnt, put the burnt areas in cold water as soon as possible for ten to twenty minutes. If the burn is very bad, take them to the clinic straightaway. Do not pull off anything (like clothing or plastic) that may be stuck to the burnt area of the skin.</p>
<p><i>13. Children can also get burnt from other things like hot water or pot?</i></p>	<p>Burns are very common especially with small children. Many of the children who go to accident and emergency with a burn or a scald are referred on for further hospital treatment. Recovery may be long and painful and many are left with</p>

<p><i>14. How can one prevent burning and scalds?</i></p>	<p>permanent scarring. Hot drinks cause most burns to children under the age of five. A child's skin is much more sensitive than an adult's and a hot drink can still burn a child 15 minutes after being made. Young children are also very vulnerable to sunburn.</p> <p>Hot bath water is responsible for the highest number of fatal and severe scalding injuries among young children. Children can also suffer burns after contact with open fires, a cooker, irons, curling tongs and hair straighteners, cigarettes, matches, cigarette lighters and many other hot surfaces.</p> <p>Never hold a hot drink and a child at the same time</p> <p>Never leave young children alone in the bathroom</p> <p>Put hot drinks out of reach and away from the edges of tables and worktops</p> <p>Encourage the use of a coiled flex or a cordless kettle</p> <p>Keep small children out of the kitchen whenever possible</p> <p>Run the domestic hot water system at 46°C or fit a thermostatic mixing valve to taps</p> <p>When running a bath turn the cold water on first and always test the water temperature with your elbow before letting a child get into the bath or shower</p> <p>Always use rear hotplates and turn the panhandles away from the front</p>
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<p>15. What should one do if you see a fire starting?</p>	<p>of the cooker Keep hot irons, curling tongs etc. out of reach even when cooling down.</p> <p>Make sure you know the emergency numbers of those closest to you. For example the fire emergency number is 107. Teach this to your children too</p>
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<p>Conclusion</p>
<p>There are many potential dangers for a child that may seem harmless for adults for example a drink that is only warm for you may be dangerously hot for a child. We've only discussed a few and in future shows we'll look at some other potential dangers in the home environment and how we can best prevent these. Accidents happen easily so take note of the things we've discussed today to help reduce the risks facing your child.</p>

<p>Learning outcomes</p>
<p>After listening to this show the audience should:</p> <ul style="list-style-type: none"> • Know to make their homes as safe as possible • Know about fire safety strategies are employed – e.g. a bucket of sand is kept on hand • Be aware that children be allowed to explore safely in their environments and are protected from falls and dangerous poisons • Know about appropriate treatment for burns.