



Radio Stations : **All Community Radio Stations**
Subject : **Early Childhood Development**
Audience : **Parents, caregivers and educators**
Program Topic : **Keeping your Child Safe (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:

Keeping your children safe

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.

We've spoken before about child safety. Today we look at some very specific accidents that may occur, especially drowning, and how they may be avoided. We often hear of bad stories where children have burned, 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.

In the previous show about safety we looked at making our homes safe, with a particular focus on the potential dangers caused by falling and fire. The home can be a potentially dangerous place for children – especially small children. Today we will chat more about safety around the home focusing on Water safety and Choking safety specifically.

Questions	Facts/Information
<p>1. <i>Let us talk first about water safety. Playing in water can be fun for children. Is there always a risk of drowning, even when playing in shallow water?</i></p>	<p>Splashing around in the water at bath time or playtime is great fun for children, yet water presents many possible hazards. Drowning can occur in less than one inch of water, making bathtubs, sinks, pools and even buckets a source of great danger. For safety, it's essential to prevent situations that may lead to accidents.</p>
<p>2. <i>Where Do Children Drown?</i></p>	<p>In buckets, baths, ponds, lagoons, canals, vleis, swamps, the sea, dams, rivers, in paddling or swimming pools and even in drains.</p>
<p>3. <i>When does this happen?</i></p>	<p>Not only when swimming, but often having fallen in fully clothed.</p>
<p>4. <i>How can you prevent drowning?</i></p>	<p>Always be on the lookout for possible dangers. Never leave children unattended near water – even in a very shallow bath or bucket.</p>
<p>5. <i>What are some water safety tips?</i></p>	<p>NEVER leave small children alone in the bath. Ignore the phone and doorbell or take the child along.</p>

<p>6. <i>And in the sea and rivers?</i></p>	<p>Empty baths, tubs and other containers after use or, when full, keep behind locked doors.</p> <p>Always fit lids firmly on buckets of water. Too many children have drowned in nappy buckets.</p> <p>Children should learn how to swim as soon as possible.</p> <p>A child should never swim alone. Children who cannot swim should stay away from places where they can drown. Remember buoyancy aids such as inflatable wings, tubes, etc., are only aids. Don't rely solely on their protection.</p> <p>Warn against boisterous play in or near water. A dam wall or the area around a swimming pool is no place for riding a bicycle.</p> <p>Swimming pools must be properly fenced off and have a childproof lock on the gate. The gate must never be left open.</p> <p>Remember to empty paddling pools when not in use.</p> <p>REMEMBER Scalding is also an issue with hot water – always test water first and keep hot water out of reach of children</p> <p>The sea is unpredictable. Even in shallow water, constant supervision of children is necessary.</p> <p>Beware! A lilo or floating toy may easily be swept away - with your child on it. Accidents happen so easily. To allow a child in a boat or canoe without a lifejacket is asking for trouble. The same applies for fishing from the rocks.</p>
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<p>7. <i>Choking is also an issue for small children?</i></p>	<p>It only takes a few seconds for a child to pop a small object into his mouth and choke. Every year more than 100 children under five years die from choking and suffocation. Many more are saved just in time. With a few simple precautions you can protect children against these accidents.</p>
<p>8. <i>What causes choking?</i></p>	<p>Babies and toddlers love to put things in their mouths. Food and small objects cause choking, but children can also suffocate from items like plastic and cords and ropes round their necks</p>
<p>9. <i>Is suffocation a big problem as well?</i></p>	<p>Suffocation is a major cause of unintentional injury-related death, and 60 percent of these cases occur in a baby's sleeping environment. An infant's nose and mouth can be covered accidentally by soft fluffy pillows, comforters or stuffed animals, restricting his or her ability to breathe. Keep your baby's sleeping space as bare as possible.</p>
<p>10. <i>What can we do to avoid choking and suffocating?</i></p>	<p>Keep children's play area and sleep areas free of small objects away from children – e.g. buttons, nuts, coins and pins Make sure children don't choke on peanuts, small bones and seeds. Always watch infants and toddlers at mealtimes and cut their food into small pieces to reduce the risk of choking Keep plastic bags away from children – if a child puts a bag over his head he could suffocate and stop breathing. Balloons are like big plastic bags to be careful of these too.</p>

<p><i>11. What can you do if a child is choking?</i></p>	<p>Do not let infants sleep with a big pillow Do not allow very young children to play with ropes, string or cords</p> <p>First Do not panic if a child appears to be choking. His normal cough reflex will generally expel the object. If the child is small, hold him up by the heels and give him a firm slap on the back. If this is not successful, get the patient to a doctor immediately. Do not slap him hard on the back while he is sitting up as this may make him gasp and suck the object further into the air passage.</p> <p>Do not try to remove the object with your fingers. This will only push it further down.</p>
<p><i>12. Last time we discussed checking your home in order to make it safe – particularly for falls and dangerous items. Is there anything else?</i></p>	<p>Yes – electrical safety is very important and keeping children safe from poisonous substances</p>
<p><i>13. Can you tell me how one goes about ensuring safety from electricity and electrocution?</i></p>	<p>Electricity can be very dangerous and we need to check our appliances regularly for faulty electrical equipment as well as make sure we repair all damaged cords. Try not to overload plugs and if possible cover unused plug outlets. Do not use electrical appliances near water and do not let children play with electrical appliances or near power lines.</p>
<p><i>14. What about all the potentially poisonous substances in our homes?</i></p>	<p>Our houses are filled with potentially dangerous things for children – cleaning</p>

<p><i>15. Medicines are also potentially very dangerous for children...</i></p> <p><i>16. In summary, what would you say at the ten most important safety tips?</i></p>	<p>products in the kitchen, bleach, soaps, paraffin, garden chemicals – all of these can be poisonous to children if eaten or drunk. From detergent to deodorant, many are potentially poisonous to kids if swallowed. To childproof your house, think from a child's perspective, even getting down on your hands and knees to see things from your child's point of view. Therefore it is important to keep household disinfectants, bleach and alcohol out of the reach of children. Close lids of all cleaners tightly after use. Never store paraffin in a cool-drink bottle as a child might think it is cool-drink rather store it on a high shelf or locked cupboard.</p> <p>Yes it is important to keep medication away from food and read medicine labels carefully before giving any medicine (the wrong dose of medicine to a child can be fatal). Also never call medicine sweets as this could confuse children, and try not to keep them in unlabeled containers.</p> <ul style="list-style-type: none">• Never leave your child alone near water• Keep cleaning materials and other chemicals away from children• If you have a gun, keep it locked away and talk to children about the dangers of guns• Keep Sleeping Areas as Bare as Possible, Especially for Babies• Cover Electrical Outlets and Protect Children from Electrical Wires
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<p>17. <i>What should one do if an accident does occur?</i></p>	<ul style="list-style-type: none"> • Keep Small Items and Food Out of Reach • Have a fire escape plan that you can discuss, even with your youngest child, and arrange a family meeting place outside in the case of a fire • Ensure that a window is always open if your are burning a fire to avoid poisonous gases • Secure Windows, Block Stairways and Lock Doors to prevent dangerous falls • Keep Children Safe Around pets and animals • Be prepared for an emergency – so if possible learn first aid <p>Know the relevant emergency numbers, and be able to call them immediately.</p>

Conclusion

Accidents happen easily so ensure that children are not playing in dangerous places. Know where your children are at all times and make sure you can see them. Drowning can happen easily so protect children from water. Many of the things in your home (like medicines, cleaning products and paraffin) are poisonous to children. Make sure you keep them out of reach.

Learning outcomes

After listening to this show the audience should:

- Understand the potential risks in their homes to babies and children, and act to address these
- Know practises around water safety are adhered to.

- Know to store poisonous materials out of reach of children
- Have strategies to avoid potential choking and know how to address this