



# The Childminding Café

Resources, Coaching and Inspiration for your Childminding Business

[www.thechildmindingcafe.co.uk](http://www.thechildmindingcafe.co.uk)

## *Child Safety in the home environment: Advice and Tips for Childminders*

*Safety advice for Childminders – helping raise awareness of the dangers that can occur within your home environment and guidance to look at ways to make a safer place for children*



The Childminding Café aim to provide useful advice and guidance to help childminders become familiar with the risks of child accidents. Giving tips and ideas to prevent serious accidents occurring . We at the Childminding Café welcome any feedback or more tips to add to this document in order for everyone to keep children as safe as possible within the home and environment we work.

# What are the risks of child accidents ?

- Burns & Scalds / Hot Water
- Choking & Suffocation
- Food and Choking
- Strangulation
- Blind Cords
- Poisons
- Button Batteries
- Fire Safety
- Air Safety
- Carbon Monoxide
- Water Safety/Drowning
- Glass Safety
- Using Safety Equipment
- Choosing Safe Toys
- Safer Sleeping
- Garden Trampoline Safety
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- Using Mobile Phones and Cameras
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- First Aid
- References



# Burns and Scalds

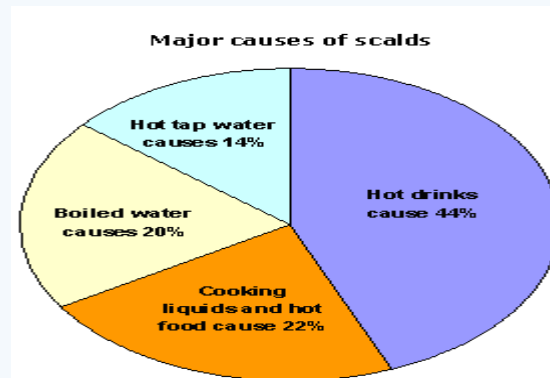
More often burn injuries happen in the home environment, most can be prevented by:

- Never passing hot drinks over babies heads or drink hot beverages whilst holding a baby or young child – Remember (Hot drinks can still scald a child up to 15 minutes after it has been made).
- Always use a bottle warmer or jug of hot water to heat milk and shake well. Microwaves can cause hot spots that may scald a baby's mouth.
- Always use a kettle with a curly flex and keep it away from the edge of the worktop and ensure children cannot access climbing furniture to reach up to it.
- Always turn saucepan handles towards the back of the cooker and use the back rings if possible.
- Always use appropriate fireguards and keep children well away from hot appliances.
- Never use an iron with small children within the room. Always store the iron after use. Remember (When the iron is turned off it can still cause serious burns if it has not cooled down).

- Never allow children to make hot drinks before they are tall enough to pour from the kettle without standing on a chair or having to reach up ( We advise childminders not to allow children to have access to very hot water at any time within your care).
- Always put cold water in the bath before you add hot water to it. Always check the temperature of the bath water with your elbow before bathing your child. Never leave a child unattended when filling the bath.
- Always keep hot hair straighteners out of reach of small children. Never leave them to cool on a bedside cabinet or door handle. Always unplug the appliance after each use.

## Hot Water Safety

Thermostatic Mixing Valves – These help lower the temperature that comes through hot water taps.



# How to treat Burns and Scalds

If a child in your care experiences a burn or scald:

## THINK- COOL,COVER AND CALL

1. Cool the burn or scald under cold running water for at least 10 minutes and remove all clothing and jewellery (unless it is melted and firmly stuck to the wound).
2. Cover with something clean and non-fluffy. This could be for example: cling film or a clean plastic bag.
3. Call 999 or seek medical advice.
4. Always record the incident and inform the child's parent/carer

# Choking and Suffocation Hazards

## How can we prevent Choking?

- *Be alert for small objects lying around.*
- *Undertake daily risk assessments, Check under furniture and between cushions for small items that children may put in their mouths.*
- *Ensure accessible toys are suitable for the age and stage of children in your care.*
- *Avoid younger children playing with toys that are only suitable for older children.*
- *Take into account the safety of toys considering the risk of possible choking hazards.*
- *Remember Latex balloons are also a choking hazard. Children can bite into the balloon they can take a breath causing helium to suck into the child's airways.*

## Potential Choking objects that may be hazardous to children!

- *Coins*
- *Buttons*
- *Small button type Batteries*
- *Toys with small parts*
- *Small toys that fit into a child's mouth*
- *Small balls or marbels*
- *Balloons*
- *Pen and Marker Caps*
- *Hair accessories – Bows, barettes, rubber bands*
- *Refrigerator Magnets*
- *Animal food*





# Food can cause Choking Hazards

Foods that should be kept away from children younger than 4 years:

- Nuts and seeds
- Cheese
- Chunks of meat
- Whole grapes
- Hard and sticky candy
- Popcorn
- Peanut butter with chunks
- Chunks of raw vegetables
- Hot dogs
- Chewing Gum



Ways to avoid the risk of Choking Hazards caused by foods.

## Babies

- *Bottles* – never leave a bottle propped up to feed a baby, in the eventuality they are choking they will not be able to push the bottle away.
- *Toys and small objects* – Always keep small coins, buttons, small parts of toys, small button cell batteries and any other object out of reach.

## Toddlers

- *Food* – Toddlers can choke on food items such as grapes, Meat including hot dogs and burgers. Never give toddlers hard sweets, lolly pops with sticks and nuts.
- *Eating* – Toddlers often fidget when eating, encourage them to sit still and concentrate at meal times. Always stay with the toddler at all times when they are eating food.
- *Toys and Small Objects* – Toddlers often put objects in their mouths, as well as up their nose and in their ears. Although, they are experimenting try to teach them not too.

**DON'T RISK IT, QUARTER IT**



**Choking is one of the leading causes of death for children under 3.**  
Even if your child is confident eating solid foods, a grape or a cherry tomato is just the right size to get stuck in their windpipe.  
www.fospa.com



# Food can cause Choking Hazards



## Young Children (aged 3-7 years)

*Food – Children are more likely to eat much safer at this age, however are still at risk from choking. Always supervise children with dangerous hard foods such as sweets or ice cubes.*

*Toys and Small objects – Children understand the risks of putting things in their mouths at this age. Perhaps it is best to avoid giving younger children toys with small parts if children you care for are keen on tasting everything often. Children often are able to play with more complicated toys at this age.*

## Older Children

*Sitting Still – Encouraging children in your care to sit still while eating gives them the opportunity to chew their food and swallow properly. It is still good practice to supervise all children to when they are eating, we recommend not giving any child or young person chewing gum, bubble gum, ice cubes and hard sweets, if you choose to give these items of foods please keep watch at all times.*

## Reminder of foods that may cause choking include:

- *Hard boiled sweets, cough sweets, nuts, and popcorn.*
- *Seeds may be too small to choke on but can get stuck in a child's airway and cause an infection.*
- *Chewing gum and marshmallows, jelly or gummy candies may get lodged in your child's throat.*

## What to do if a child is choking





# Keeping Safe from Strangulation

**Babies** – It is very easy for Young babies to get tangled in ribbon or cord around their neck and become unable to free themselves.

Recommendations to keep babies safe:

- Do not tie dummies to clothes because the tie ribbon could strangle babies in your care. If you do want to tie dummies to babies clothes, always keep the ribbon shorter than 150mm/6 inches to reduce risk of strangulation.
- Always check Cot Bumper regulations, they do not offer protection and can pose a risk of strangulation.
- Always keep blind cords and chains tied up and out of reach, for example: Move cots and highchairs away from blind cords or chains (due to cases of blind cord strangulations rising you will find more detailed advice in line with new safety requirements set) – see next page
- Never hang any type of bag that has cords or strings over babies cots.

**Toddlers** – Toddlers are particularly vulnerable to strangulation, they are often curious. Toddlers heads weigh proportionately more than their bodies compared to adults and muscles are not fully developed which means they will find it more difficult to free themselves if they do get tangled in strings, cords and chains. Their windpipes are also smaller and less rigid than those of adults and older children which results in suffocation much quicker when their necks are constricted.

- If toddlers climb chairs, beds, cots or tables, ensure all blind cords or chains and other hanging strings and loops are well out of reach.
- Keep Drawstring bags out of reach

**3-5 year olds** – Children at this age are more mobile and become often curious. It is recommended that you follow the same advice as that of toddlers to ensure dangling cords are still out of reach..



# Why do blind cords pose such a risk?

## Why do blind cords pose such a risk?

- Research indicates that most accidental deaths involving blind cords happen in the bedroom and occur in children between 16 months and 36 months old, with the majority (more than half) happening at around 23 months.
- These toddlers are mobile, but their heads still weigh proportionately more than their bodies compared to adults and their muscular control is not yet fully developed, which makes them more prone to be unable to free themselves if they become entangled.
- In addition, toddlers' windpipes have not yet fully developed and are smaller and less rigid than those of adults and older children. This means that they suffocate far more quickly if their necks are constricted.
- As with drowning, toddlers can be strangled quickly and quietly by looped cords with carers in close proximity, potentially unaware of what is happening.
- To reduce the risk posed by looped cords, including blind cords, cords should be kept out of the reach of children.

## What can Childminders do to make it a safer place?

- Install a blind that does not have a cord, particularly in a child's bedroom
- Keep Pull cords on curtains and blinds short and ensure they are kept out of reach
- Move children's beds, cots, highchairs
- Tie up the cords or use one of the many cleats, cord tidies, clips or ties that are available
- Do not hang toys or objects that could be a hazard on the cot or bed

- Tie up the cords or use one of the many cleats, cord tidies, clips or ties that are available
- Do not hang toys or objects that could be a hazard on the cot or bed
- Don't hang drawstring bags where a small child could get their head through the loop of the drawstring.
- If possible, replace your old blinds with blinds that are considered 'safe by design' These are cordless or have concealed or tensioned cords
- Share this information with parents and carers to help raise a better understanding of the dangers and how best you can work together to safeguard children in your care

## Additional Safety Advice from 'The Royal Society for the Prevention of Accidents' (RoSPA)

- RoSPA does not recommend cords to be cut, even as a short-term solution. It is suggested that any action taken on the blind cord is a permanent one which will take the cord out of reach of children. It is not an expensive task and a limited number of cleats are available to those who need them via the RoSPA website.
- Cutting the cord in the wrong place can make the blind inoperable; and it may also lead to one cord becoming a lot longer which increases the risk of entanglement. Cut cords can also become tangled up resulting in the reformation of a loop.
- Are you a childminder or parent/carer? If you know friends, families and other people who have young babies and toddlers, please share this safety advice on your Facebook and on Twitter to help prevent further tragedies happening.



# How to prevent accidental poisoning

## Did you know ...?

- Although Child resistant medicine tops and strip and blister packs for tablets help to slow children down, they are not childproof.
- Children as young as 3 years can open them in seconds!
- Children often find medicines such as painkillers in handbags or bedside cabinets. Swallowing these medicines are the most common way for children to be poisoned.
- Detergent capsules and concentrated liquids that are often found under the kitchen sink can harm children too.
- Children can also squirt liquids into their eyes and cause serious harm as well as causing accidental poisoning from swallowing the liquids. Remember – Capsules more often come in boxes and are not child-resistant.



*6 Months – Babies start to put things in their mouths, putting them at risk of swallowing harmful objects/substances.*

*Keeping medicines locked away or placed out of reach of babies.*

*Fit safety catches on any cupboards and drawers that are in reach of babies.*

*Make sure all bottle tops and lids are securely fitted.*

*Keep handbags out of reach and move medication from the bedside cabinets.*

*Ensure all cleaning products in bathrooms or under the kitchen sink are placed into a high cupboard or securely locked away when babies start to crawl.*

*Products that contain bittering agent such as Bitrex taste nasty and children will more likely spit the chemical out.*

*Remember new liquid capsules can also be dangerous too – Children can bite or squeeze the liquid out.*



# Safety Reminders – what we can do to prevent children from being poisoned

- **Toddlers** – At this stage toddlers love to explore and imitate what we do, putting them at more risk from poisoning than any other age group.
- Keep medicines and cleaning products locked up or out of reach and sight to protect toddlers. We recommend putting them in a high lockable cupboard.
- Remember Child resistant caps are not necessarily child-proof. Make sure they are also locked away because some 3 to 4 year olds will manage to open them in seconds.
- Toddlers often copy what we do, so we suggest you take any medication when they are not watching you.
- Never pretend that medication are sweets, look at other ways to encourage toddlers to take medicine to avoid confusing them.
- Remove any glasses with alcohol dregs in them, any small amount of alcohol intake can be harmful to small children.
- Keep any aromatherapy oils, perfumes and cigarettes out of reach of small children.
- **Young Children** – Although children aged between 3 to 5 years have some idea about safety and what they can eat, they are still at risk from accidental poisoning.
- They are more likely to open child-resistant caps / tops
- Children can become confused about colourful medicines, they may think they are sweets. Always keep them locked away safely and if possible keep them in their original bottles.
- Ensure cleaning products, DIY and garden chemicals kept in the house or garden shed are out of reach also.
- Teach children about plants in the garden, children can also get confused about these. Explain to children that plants must not be eaten. Remember poisonous berries can be mistaken for ones we use in desserts.



# Keeping Children safe from Button Batteries

## Where can Button Cell Batteries be found ?

- A wide range of children's toys
- Remote controls/ vehicle key fobs
- Calculators
- Small electronic devices
- Hearing Aids
- Thermometers
- Digital Scales
- Flameless candles and nightlights

## What are the dangers?

- If undetected, batteries can do serious damage to the gastrointestinal system
- The electrical charge creates soda inside the body
- Burn through the throat or stomach
- Cause more serious damage to other internal organs

## Who is at risk?

- Babies and toddlers
- Older children may become fascinated by objects

## What can we do to protect our children ?

- Check that all toys and other products that require cell batteries have lockable battery compartments.
- Be extra vigilant with particular items including greeting cards, frameless candles and remote controls – these often do not have lockable compartments.
- Keep any unsecure items away from children.
- Keep spare batteries in a lockable place and recycle any used batteries appropriately.
- Share this information with parents about the dangers of button batteries.

## What should we do if we suspect a child has swallowed a button cell battery?

- Seek medical advice immediately – take them straight to A&E department at your local hospital or dial 999 for an ambulance.
- Act quickly – Remember that the saliva in the child's body will react with the battery.
- Do not allow the child to eat or drink
- Do not make them sick
- Do not wait to see if any symptoms develop

# Fire Safety in the Home

Fires in the home happen every year and sadly take lives. Following simple steps can reduce the risk.

- Always install appropriate smoke alarms on every floor of your home, make sure these are tested every week to ensure they are still in working order
- Keep matches, lighters and cigarettes out of sight and reach of all children.
- Always make sure any cigarettes are put out properly.
- Always use appropriately fitted fire guards that are sturdy.
- Do not put any laundry near a fire, over a fireguard, in the oven or in the microwave.
- Fire retardant does **NOT** mean that the item will not burn.
- Plan how you, your family and the children you care for will escape if a fire breaks out.
- Don't overload plug sockets, only use one plug per socket or a bank.
- Fire and rescue services do not recommend you use fire extinguishers if you are not trained to do so.

Do you use a deep fat fryer ?

It is recommended that if you wish to use a deep fat fryer, it is safer to use a thermostat controlled one because they do not over heat.

Always remember:

- Never fill the pan more than a third full with oil.
- If the oil starts to smoke it is too hot, always let it cool down before cooking.
- Never leave the pan unattended.
- If the fryer does catch fire **NEVER** take risks. Turn off the heat if it is safe to do so. **GET OUT OF THE HOUSE AND STAY OUT AND CALL 999.**
- **NEVER** throw hot water over the pan.

Do you use Candles ?

Candles can be very dangerous when left unattended or not used correctly in the home, we recommend that candles are not to be used when caring for children in your home.



# Fire Safety in the Home - Continued

Always Remember when using candles:

- Always place candles in an appropriate holder on a steady surface away from curtains and out of reach of children and pets.
- Take extra care with tea-lights, these often become too hot resulting in melting plastic surfaces such as TV tops and baths.
- Always make sure candles are fully blown out and have cooled down before leaving the room.

Always Remember A Safe House is a Happy Home



# Air Safety

## Did you know ?

*Cigarettes are extremely toxic to both you and the people around you. There are over 4000 toxic chemicals in cigarette smoke, 69 of which can cause cancer. These chemicals can damage almost every organ in the body.*

*Toxic ingredients in cigarettes include:*

- *Nicotine*
- *Carbon Monoxide*
- *Acetone*
- *Arsenic*
- *Lead*
- *Turpentine*

*Do not allow children to breathe in smoke, passive smoking is particularly harmful to children because their bodies are still developing.*

**Keep your house and car free from smoke**

## What to do if you smell gas?

*Call Transco, the gas emergency service immediately on:*

**0800 111 999**

- *Do not smoke or strike a match*
- *Do not turn any electrical switches on or off*
- *Always put out naked flames*
- *Open all accessible doors and windows*
- *Keep people away from the area*
- *Turn off the meter at the valve*

# Carbon Monoxide (CO)

- Carbon Monoxide (CO) – Carbon Monoxide is known as silent killer. You cannot hear, see or smell it. Young children are especially vulnerable to the effects of (CO).

## Simple steps to reduce the risk of poisoning:

- Make sure that all gas appliances and flues have been installed and serviced every year by a Gas Safe Registered Engineer.
- Don't block ventilation to your appliances.
- Have an audible Carbon Monoxide alarm fitted (**THESE ARE AVAILABEL FROM ANY DIY STORE**).
- Never run cars, motorbikes or lawn mowers in a closed garage.

**Do you rent your home ?** – From the 1<sup>st</sup> October 2015 all landlords have been required by law to install working smoke alarms and carbon monoxide alarms in rented properties

## Remember:

- Carbon Monoxide alarms should be fitted on every level of your home, especially near sleeping areas – always keep them at least 15 feet away from fuel-burning appliances.
- Having CO alarms does not replace smoke alarms, both should be fitted.
- Do not use a grill, generator or camping stove inside your home, garage or near your window.
- If you need to warm a vehicle, move away from the garage immediately after starting it. NEVER leave a car, SUV or motorcycle engine running in your garage.

Carbon Monoxide poisoning can result from faulty furnaces or other heating appliances, portable generators, water heaters, clothes dryers or cars left running in garages. CO poisoning can cause severe side effects or even death.



# Water Safety at Home

*Drowning has been one of the leading cause of injury-related death among children aged between 1 and 4 years old.*

- Children can drown in just a few centimetres of water. Babies can drown in as little as one inch of water.*
  - You should never leave a child unattended in the bath or paddling pool, not even for a minute.*
  - Older children should not be left in charge of younger children in or near water surrounds.*
  - Always keep electrical appliances well away from water to avoid electrocution.*
  - Do not touch electrical appliances with wet hands.*
  - Always mop up any spillages straight away to avoid slips and falls*
  - Never leave a child to wander off near water.*
- Put your mobile phone away, give children your full attention when near or playing in water.*
  - Empty all tubs, buckets, containers and pools immediately after use. Store them upside down and out of reach of children.*
  - Keep toilet lids closed and use toilet seat locks to prevent drowning. It is advised that all bathroom and laundry doors are kept closed and locked if possible.*
  - If possible, learn CPR to give you peace of mind what to do in the eventuality of a serious accident occurring.*



# Glass Safety

- According to reports there have been more glass related incidents as a result of glass being used more often within childcare settings. Children have died as a result of architectural glass. Children are often injured when tumblers and bottles break.
- **Safety Glass** – You should always ensure any glass that is low level is safety glass. Any new glass in new furniture should be provided as safety glass. It is a requirement set by Building Regulations to use safety glass.
- **Safety Film** – This helps toughen glass and stop it from splintering if it breaks. This can be placed on existing glass

Ways to prevent glass-related accidents in your childcare setting:

- Only purchase safety glass to BS 6206 (Laminated, toughened or glass which passes the impact test). This includes replacement windows and doors – in particular at low level. Using Laminated glass increases safety and security.
- If existing glass is not to standards apply shatter resistant film.
- It is recommended that when buying new furniture to look for approval to BS EN 1251:2009 and BS 14749-2005, BS EN 14072:2003, BS EN 12150-1:2000 and BS EN 12600-2002.
- Always remove any broken glass immediately and dispose safely.
- If you have a Greenhouse or cold frame ensure this has special safety glazing features or if unsuitable to do so isolate with fencing.

# Using Safety Equipment

Although using safety equipment can help create a safer environment for children you care for it is still of great importance that supervision is maintained at all times.

Examples of safety equipment you should use and how they will help protect children easier:

**Safety Gates and Barriers** – These will prevent babies and toddlers from climbing up stairs as well as falling down them. They will help prevent children entering rooms that are considered to be hazardous to children including the kitchen and bathroom. Once your child reaches around two years they may be able to climb over them or open them themselves.

**Windows locks and safety catches** – These prevent children being able to climb out, using these will limit the window opening too wide. Older children may be able to open catches or locks. It is recommended that you keep keys and locks within easy reach to you in case of an emergency or fire.

**Impact absorbing surfaces** – These are particularly useful in areas where play equipment is used to prevent children from seriously hurting themselves if they fall.

**Anti-Slip Products** – Always consider using a bath mat or use stickers on the floor or bath.

**Five Point Harness** – Always make sure you use these in highchairs, baby seats and pushchairs to prevent children falling out of them.

**Corner Protectors** – These protect babies and toddlers from bumping into sharp furniture if they fall or walking into them, most types are available to attach to your furniture such as dining tables.

**Night Lights** – These prevent children from tripping or bumping into things when they go to the toilet or into other rooms throughout the night.

## Quick Reminder

- Never leave babies on a changing table, bed or sofa
- Don't place bouncing cradles or baby car seats on tables or work surfaces
- Never Shake your Baby
- Always supervise babies and toddlers
- Remove them from any danger
- Talk to them about safety from an early age – Use celebration times
- Always make your home a safer environment for little ones
- Make sure children are aware of dangers
- Explain why, Not just by saying 'NO – DON'T DO THAT
- Show them how to do things safely
- Keep them reminded about the dangers and how they can be safer
- Children like to copy others so setting a good example is key

Have fun Safely



# Choosing Safer toys for children within your setting

- Although most toys are actually very safe, accidents more often happen when a young child plays with a toy that is meant for an older child
- Some accidents occur when a child trips over toys that have been left out
- A child can sustain serious injuries in seconds when using toys that have undetected dangers



How safe are your toys ?

# What to consider when choosing Safe toys for Children within your setting

## Safety Tips on Toy Safety –

- Buy toys that are from a reputable outlet.
- Ensure the toys are suitable for the age range of children you care for.
- Be particularly careful with children under three years.
- Be careful with older children's toys when you have younger age groups within your setting.
- Check for loose parts, hair, breakages, sharp edges and points.
- Check toys regularly for wear and tear, ensure the toys are repaired or disposed of when no longer suitable.
- Keep play areas tidy and clear of items that may cause tripping – encourage
- Store outdoor toys when not in use.
- Keep toys clean, always read the manufacturers directions first.
- Follow the instructions provided and familiar yourself with warning signs on toys.
- Always supervise young children within your care

- Sale of toys are governed by strict regulations to protect young children from choking

## Toys and the Law

All toys in the UK must meet a list of essential safety requirements which have been set out in the [Toy \(Safety\) Regulations 2011](#) – all toys should carry a [CE Marking](#) to prove the regulations are being met.

- Toys made of fabric should be labelled as flame resistant or flame retardant.
- Stuffed toys should be made to be washable
- Painted toys should be covered with lead-free paint.
- Art materials should say nontoxic
- Make sure toys are not too loud – some electrical toys could be loud enough to cause hearing damage if held directly to a child's ear.

Always report unsafe toys, if you have bought a toy for a child which has caused injury, or have reason to believe that it may be in breach of the toy safety regulations. Contact your [local Trading Standards office](#) straight away so that appropriate tests and if necessary recall the toys.

# Safe Sleep

*Children depend on you entirely for safety, especially when sleeping.*

*Think ahead and avoid the dangers that can happen:*

- Lay babies down to sleep on his/her back unless otherwise advised by a doctor and their parents.*
  - Avoid co-sleeping with babies*
  - Never use pillows, duvets or cot bumpers in babies cots; as a result they could suffocate*
  - Never leave children in the home on their own*
  - If you go out, only appropriate assistants whom are responsible adults should be left with children*
  - Only use bunk beds for children over 6 years of age*
  - Think about where you put children's beds – fit locks or safety catches to stop windows opening more than 6.5cm*
  - Avoid dressing children in Pyjamas with ribbons or draw strings.*
- Keep beds away from blinds with dangling cords*
  - Don't smoke in bed or even in a chair if you are feeling sleepy. It is advised that you do not smoke at all when caring for children*
  - Switch off and unplug all electrical appliances at night except for those that need to stay on such as the fridge/freezer.*
  - Avoid letting babies getting too hot*
  - Don't cover babies faces or head while sleeping or use loose bedding*

## *Safety tip*

*Always remove all pillows, soft bedding, cot bumpers and soft toys from the cot to avoid accidents occurring.*

**Fact:** *Sudden Infant Death Syndrome (SIDS) is the sudden and unexplained death of a baby where no cause is found. Although SIDS is considered to be rare, sadly it does still happen. Therefore taking these simple steps can help reduce the chance of this tragedy happening with babies in your care.*



# Garden Trampoline Safety Advice

## What to consider if children have access to a trampoline within your setting ?

- It is not suitable for any child under the age of 6 years to use a trampoline – children may not be physically developed enough to control bouncing.
- Ensure you have sufficient public liability insurance.
- Do you have permission from the child's parent/carer?
- Trampolines can cause injuries to any part of the body including the neck, arms, legs, face and head.
- Most injuries are caused by landing awkward as a result sprains or fractures to the wrist, forearm and collarbones are more common occurrences.
- Although adult supervision should be undertaken at all times, this does not guarantee safety. Supervision, however will reduce the risks.
- You could join a trampolining club that will help you raise awareness of the basics of landing safely.
- *Before you purchase ?*
  - Always choose a model with safety pads, ensure the pads cover any springs, hooks and frame. The colour of the pads should contrast with the frame.
  - It is advisory to use models that provide safety netting – the safety netting should also prevent bouncing off the trampoline.
  - New trampolines should always meet the European Standard EN71-14:2014 'Safety of toys – Trampolines for domestic use'

## Where is safe to put the trampoline ?

- Place the trampoline on a soft and springy lawn, wood bark chip, sand or other cushioning material if possible.

## How to keep it safe ?

- Always fit the trampoline down before use.
- Always check the padding and nets are correctly in place and any springs and fixed parts are covered.
- In bad weather, if possible place the trampoline away.
- If your trampolines has ladders if possible remove them to prevent unsupervised access by smaller children, when not in use.

## Rules to encourage when in use

- Take turns, use one at a time.
- Children should not do somersaults or risky moves – unless trained to do so!
- Never allow a bouncing exit.
- Remember trampolines are not suitable for children under 6 year olds.
- Children should always be supervised at all times when in use.

# Out and about - Car Seat and Booster Seats

## Child Car Seat or Booster Seat: What the Law says

### Are you aware of the rules that apply to safeguarding children in travelling vehicles?

- **GOV.UK** state that all children travelling in cars must be restrained in appropriate car seats dependant on their age, height and/or weight dependant on the individual seats. It is important that all childminders are aware of the changes to legislation.
- Children must use a child car seat until they are 12 years old or 135cm tall, whichever comes first.
- Only EU-approved car seats can be used in the UK. These will have a label on the seat showing a capital 'E' in a circle.
- Children's car seats can be chosen based on the height or weight of the child you care for.
- **Height Based car seats** – these are known as 'i-Size' seats and must be only used rear-facing until the child you care for is over 15 months old. Only after reaching 15 months old can a child be placed forward-facing in a car seat.
- It is your responsibility to check the seat to make certain it is suitable for the height of your child.
- **Weight Based car seats** – these car seats must be rear-facing until a child weighs more than 9kg (equal to 19.8 lbs).
- Once a child reaches the appropriate weight you may use a seat for a child forward-facing if you choose (dependant on the way the seat can be used and the way a child must be restrained in it) depending on their weight.

There is more than one type of car seat to choose from:

- | Child's Weight                        | Car Seat  |
|---------------------------------------|---|
| • 0kg to 25kg using a harness         | Rear-facing baby carrier, or rear-facing baby seat  |
| • 9kg to 18kg safety shield           | Rear or Forward-facing baby seat using a harness or |
| • 15kg to 36kg seat) using a seatbelt | Forward-facing child seat (High-backed booster      |
| • Over 22kg                           | Booster cushion                                     |
- You can find information on how to choose a car seat and travel safely with children in cars at <http://www.childcarseats.org.uk/choosing-using>

### Fitting a child car seat:

- You must only use a child car seat if your car seat belt has a diagonal strap, or otherwise
- Specifically designed for use with a lap seat belt
- Fitted using ISOFIX anchor points
- You must also:
- Deactivate any front airbags before fitting a rear-facing baby seat in a front seat
- Not fit a child car seat in side-facing seats

# Car Seat and Booster Seats

## Children with disabilities

- The same rules apply for children you care for who have disabilities unless it is advised by a doctor to say that they are exempt on medical grounds. Children can use a disabled person's seat belt or child restraint designed for their individual needs.

## When can a Child travel without a car seat?

- In some circumstances a child is allowed to travel without a car seat
- When travelling in a taxi or minicab (private hire vehicles)

## In a licensed taxi or minicab

- Children under 3 years of age are allowed to travel without a child's car seat or seat belt, they must be accompanied only on the back seat
- Children aged 3 years and over can travel without a child's car seat if they wear an adult seat belt

## Minibuses, coaches and vans

- Minibus or coach drivers and companies are not required to provide child car seats. As a child carer it is
- your responsibility to provide your own if you want to make sure a child has one.
- Children can travel without a car seat or seat belt, if they are not available on a coach.
- The rules for travelling with a child in a van are the same as those for cars.

## Unexpected Journeys

- If a correct child seat is not available, a child aged 3 years of age can use an adult seat belt if the journey is all of the following:
- Unexpected
- Necessary
- Over a short distance
- Please note you cannot take a child under 3 in a vehicle without a seat belt or the correct child car seat (except travelling in a taxi or minicab).

## No room for a third child seat

- Children under 3 years of age must be in a child car seat. If no room is available for a third child seat in the back of the vehicle, the child must travel in the front seat with the correct child seat.
- Children over 3 can sit in the back using an adult belt.

## Vehicles without seat belts

- Children under 3 years of age must be in a child car seat. If a seat belt is not available the child cannot travel.
- A child over 3 years can travel in the back seat without a car seat and without a seat belt if the vehicle does not provide any restraints.

**Remember keep your child safe at all times, check your children's restraints on every journey!**



# Using Mobile Phones and Cameras

As long as a childminder has a relevant policy on mobile phone and camera use within their setting, the use of mobile phones to take photographs of children they care for is permitted.

You must however;

- Always get permission in writing from parents to confirm they are satisfied with your policy and allow you to take photos of their children.
- Only then should you use the photographs to evidence the work you do with children in your care.
- Share any photographs that are taken with parents.
- You must register with the **Information Commissioners Office (ICO)** as a data handler if you take, store and retain digital photos of children
- Consider how your Whistleblowing policy includes the use of cameras and mobile phones- if you work with assistants or a co-childminder

Mobile Phone and Camera Policy – for Childminders.

The revised EYFS 2012 requirement 3.4 Child Protection states 'the safeguarding policy and procedures must cover the use of mobile and cameras in the setting.'

Ofsted states ' the intention in the EYFS is not to make communication difficult but ensure that mobile phones are only used when essential and you are not distracted when using them when caring for children.

It is a requirement that you develop a policy to ensure procedures are followed as a result of existing reports of misuse of photographs and mobile phones occurring in childcare settings have led to children being abused.

Policy Available to download:

The **Childminding Café** provides a new template for you to download and amend to suit your own childcare business – **Mobile Phone and Camera Policy for Childminders** can be accessed within the Resources link in the Management and safeguarding area.

# Bullying and Cyberbullying

Tips for parents and carers to help protect children from bullying and cyberbullying within their childcare setting, at home or online.

- **Talk about bullying and Cyberbullying** – Explain to the child what bullying is, ask them if they are being bullied in a calm manner and ensure you listen to the child. Consider how they might be feeling? They may be scared, embarrassed or feel ashamed about being bullied. The child may be worried about what might happen to them if they tell someone about the bullying.
- Once you learn that a child may be being bullied, it is good practice to discuss this with the child's parent if safe to do so and make sure they feel confident and comfortable to discuss with you anytime.
- **Make sure they are aware of who to ask if they need help** – Children are often scared to ask for help if they are being bullied, they may think the bullying would become worse if they speak out. Let them know they can talk to you at all times, if preferred they need to know they can speak to another trusted adult such as a teacher or other family member.
- If they choose not to discuss this with you, you can suggest that they contact **Childline**. **Childline** have professionals who are experienced and will provide a listening ear. No names have to be given and will be treated in the strictest of confidence. **Childline** is a free confidential helpline for children and young people – **0800 1111**
- **Help them relax and take time out** – Children are often worried and lack confidence when being bullied, good practice involves helping the child do things such as listening to music, playing sports, arts and crafts etc. Ensure such activities are what they enjoy, making them feel better about themselves which gives them the opportunity to build their confidence back.
- Remember to reassure the child that being bullied is not their fault and give them reason to feel loved and valued.
- **Teach children to stay safe online** – Try not to stop a child from using the internet or mobile phone as a result of Cyberbullying. This does not necessarily protect the child and may stop the child from discussing this with you.

# Bullying and Cyberbullying

- You can access the [Thinkuknow website](#) or contact [KidsHelpline](#) they can give you advice on online safety for children and young people. This is suitable for different age groups. The website gives children guidance on how to contact social media sites if they believe someone has posted something upsetting about them.
- [Block'em](#) is a free app for any Android user and will block unwanted calls and text messages from specified numbers. This website will also give free advice for iOS7 users also.
- [Talk to the child's parent, teacher or club](#) – You can talk to the child's care giver, the bullying can occur anytime and in any situation. As a child care provider we all have a responsibility to protect any child from bullying. If the child is being bullied in another setting you can with the permission of the parent discuss the matter with the person in charge.
- You may need to involve the police if the bullying involves ongoing harassment and intimidation or a hate crime (such as racism or homophobia) it is best to speak to any persons involved with the child first.
- [Take further action if the bullying is still happening](#) – If the bullying continues and you are not happy with the response received:
  - Write a letter of complaint and arrange a meeting to discuss the concerns
  - Always keep a record of incidents include as much information as possible such as: any photographs of any physical injuries or damaged items, the date and location with a time of each incident. Also include any contact you have received, this may be in letter, email or telephone format.
- If you are still worried about a child – contact [help@nspcc.org.uk](mailto:help@nspcc.org.uk) / 0808 800 5000 for free help, advice and support.



# Whistleblowing

## What does Whistleblowing Mean?

Whistleblowing is the reporting of misconduct by another person within an organisation. The concern may relate to something that has happened, is happening or that a person may fear it will happen in the future.

## What to do if you need to Whistleblow ?

- It is your responsibility as a childcare provider to raise any concerns you have about the conduct of any assistants, other childminders and childcare professionals to safeguard and promote the welfare of children.
- You should take steps to keep all children safe and well and act upon any concerns accordingly either in your care or in other person's care.
- If you have assistants within your setting it is also their responsibility to report any concerns about your conduct or that of other childminders and other childcare professionals.
- If you have any concerns you should firstly report them to your Lead Childminder.
- If the concern is with regard to Lead Childminder and you don't feel that you are satisfied with her response/advice you should then contact your Local Authority Designated Co-ordinator (LADO)
- Or Contact Ofsted, they can act on any relevant information you provide.
- You can contact the NSPCC National Whistleblowing Advice Line by telephone or email, see [www.nspcc.org.uk/preventing-abuse/child-protection-system/England/reporting-your-concerns](http://www.nspcc.org.uk/preventing-abuse/child-protection-system/England/reporting-your-concerns)
- Free Advice Line available for anyone concerned about how workplace child protection issues are being handled – This advice line is only available in England – 0800 028 0285 or email: <mailto:help@nspcc.org.uk>

## What is considered to be unacceptable behaviour (but is not limited to):

- Any form of abuse ( Physical, Emotional, Sexual or Neglect).
- Putting children at risk
- Acting Illegally – if a criminal offence has been committed, is being committed or is likely to be committed.
- Acting in contravention to the EYFS Statutory Framework

## The Law on Whistleblowing:

- A Whistleblowing body seeks to protect any person giving the information against unfair treatment should they wish to disclose in relation to Child Protection.
- Disclosure qualifies protection if it falls into one of the list of categories listed above.

The Childminding café has a Whistle blowing template that can be amended to individual childminders own business requirements – Members can access this via the resources section – in the management area. It is recommended that all childminders have a policy in place to protect you and your assistants – **Whistle Blowing policy for childminders template**

# The Prevent Duty

What are the requirements of the Prevent Duty ?

- The Prevent Duty became Law from 1<sup>st</sup> July 2015
- You have a duty to risk assess the dangers of children being radicalised – measures should prevent children being drawn into terrorism.
- Be alert to any reason for concern in the child's life, home or elsewhere.
- You must report any concerns about radicalisation.
- You must actively promote British Values within your setting.

What are the signs of a child being radicalised ?

- Signs can include children discussing war, guns and the killing of soldiers, if a family member is going away to fight with IS etc.
- Prevent Duty England and Wales provide a document that can be downloaded at: [www.gov.uk/government/publications/protecting-children-from-radicalisation-the-prevent-duty](http://www.gov.uk/government/publications/protecting-children-from-radicalisation-the-prevent-duty)
- You can access The Prevent Duty Advice document for childcare providers also on The Childminding café website as a member.
- Some authorities provide valuable training for childcare providers – get in touch with your local childcare information centre for further details.

What are British Values ?

- **Democracy** – Making decisions together, for example make sure questions are valued
- **The Rule of Law** – Collaborate with children to create rules and codes of behaviour, demonstrate your understanding of rules set in Personal Social and Emotional developmental areas.
- **Individual Liberty** – reflect on differences and understanding of others, demonstrate freedom of difference of opinions.
- **Mutual respect and tolerance of different faiths and beliefs** – treat everyone with the respect you expect to be treated like. Always share and respect other opinions.

You can find useful information set in the Ofsted Common Inspection Framework that was implemented in September 2015. This includes reference to “providers promoting children’s welfare and preventing radicalisation and extremism”.

[www.gov.uk/government/publications/prevent-duty-guidance](http://www.gov.uk/government/publications/prevent-duty-guidance).

The Childminding Café have resources to support childminders in safeguarding and promoting The Prevent Duty.

- Full list and suggestions – How can you demonstrate that you are promoting British Values?
- British Values Poster – template

# First Aid

All childminders must hold an appropriate valid paediatric first-aid certificate.

The EYFS state “Providers should consider the number of children, staff and layout of premises to ensure paediatric first aider is available at all times and able to respond to emergency situations immediately.

- In England it is a requirement with Ofsted. Certificates should be updated every three years.

In England, the EYFS guidelines state that first-aid must:

- First-aid should cater for any child care provider in the absence of parents.
- Training must be a minimum of 12 hours.
- Should cover all that must be included in a first-aid kit for babies and children.
- Demonstrate techniques on how you would resuscitate babies and children using models for you to practice that cover each age range.
- Demonstrate how to record accidents and incidents appropriately.

Note: A baby is less than one year old and a child is aged between one and puberty.



# First Aid

First Aid Skills will help keep babies and children safe in the workplace: - You may come across unexpected cases of;

- Allergic reactions
- Asthma attack
- Bleeding heavily
- Broken bones
- Burns
- Choking baby/Child
- Croup
- Epileptic Seizure
- Febrile Seizure
- Fever
- Head Injuries
- Meningitis
- Nose Bleeds
- Poisoning/harmful substances
- Unresponsive and breathing baby
- Unresponsive and breathing child
- Unresponsive and not breathing baby
- Unresponsive and not breathing child
- Vomiting and Diarrhoea

# First Aid in the workplace

The Childminding café recommends all childcare providers to undertake appropriate paediatric first aid training to prepare you for a child being in an emergency situation. Learning first aid aims to give you the confidence to be able to help should you need to.

A list of courses available in across the UK are:

[www.redcrossfirstaidtraining.co.uk/courses/First-aid-public-courses/First-aid-for-baby-and-child](http://www.redcrossfirstaidtraining.co.uk/courses/First-aid-public-courses/First-aid-for-baby-and-child)

[www.redcrossfirstaidtraining.co.uk](http://www.redcrossfirstaidtraining.co.uk)

[www.actiontraining.co.uk/paediatric](http://www.actiontraining.co.uk/paediatric)

[www.milliestrust.com/first-aid-courses/ofsted-approved-paediatric-first-aid-courses](http://www.milliestrust.com/first-aid-courses/ofsted-approved-paediatric-first-aid-courses)

[www.sja.org.uk/sja/training-courses/first-aid-courses](http://www.sja.org.uk/sja/training-courses/first-aid-courses)

You can contact your local childcare authority for up to date availability and requirements set in your local authority.

We have put together a list of recommended contents you can include in your first aid kit specifically suitable for use with children.

Always remember to re-stock any used contents and report any incident/accident in your record books at all times

Contents of your first aid kit that the Childminding Café recommend you should include:

- 1 x First Aid Leaflet
- 2 x Large HSE Dressing
- 8 x Medium HSE Dressings
- 2 x Sterile Eye Pad Dressings
- 4 x Triangular Bandages
- 20 Assorted Washproof Hypoallergenic Plasters
- 1 x Pair Vinyl Gloves
- 1 x Resusciate One Way Valve
- 1 x Microporous Tape 2.5cm x 10m
- 1 x Pair of Scissors
- 5 x Sterile Non Woven Gauze Swabs 5cm x 5cm
- 6 x Sterile Wound Cleansing Wipes
- 5 X Low Adherent 5cm x 5cm Dressing
- 1 x Sterile Finger Dressing
- 6 Safety Pins
- 1 Thermometer

# References

- [www.rospa.com/home-safety/advice/product/toy-safety](http://www.rospa.com/home-safety/advice/product/toy-safety)
- [www.legislation.gov.uk](http://www.legislation.gov.uk) - Toys (Safety) regulations 2011, London: The Stationary Office, 2011. SI 2011/1881.
- [www.capt.org.uk/safety-advice/choosing-safe-toys](http://www.capt.org.uk/safety-advice/choosing-safe-toys)
- [www.gov.uk/workplace-fire-safety-your-responsibilities/who-is-responsible](http://www.gov.uk/workplace-fire-safety-your-responsibilities/who-is-responsible).
- [www.Rospa.com](http://www.Rospa.com) Royal Society for the Prevention of Accidents (RoSPA) 0121 248 2000
- [www.capt.org.uk](http://www.capt.org.uk) Child Accidental Prevention Trust (CAPT) 020 7608 3828
- <http://www.rospa.com/leisure-safety/advice/trampoline/>
- <http://buttonbatterysafety.com>
- [www.lullabytrust.org.uk/SaferSleep](http://www.lullabytrust.org.uk/SaferSleep)
- [www.sja.org.uk](http://www.sja.org.uk) St John Ambulance
- [www.redcrossfirstaidtraining.co.uk](http://www.redcrossfirstaidtraining.co.uk) British Red Cross
- <http://www.gov.uk/child-car-seats-the-rules/using-a-child-car-seat-or-booster-seat>
- [www.childcarseats.org.uk/the-law/](http://www.childcarseats.org.uk/the-law/)
- [www.safekids.org/tip/water-safety-tips-home](http://www.safekids.org/tip/water-safety-tips-home)
- [www.rlss.org.uk/water-safety/water-safety/water-safety-at-home/](http://www.rlss.org.uk/water-safety/water-safety/water-safety-at-home/)
- [www.gov.uk/government/publications/fire-safety-in-the-home](http://www.gov.uk/government/publications/fire-safety-in-the-home)
- [www.firesafe.org.uk](http://www.firesafe.org.uk)
- [www.food.gov.uk/business-industry/caterers/startingup/childminders](http://www.food.gov.uk/business-industry/caterers/startingup/childminders) Food Standards Agency
- [www.nspcc.org.uk/preventing-abuse-and-neglect/bullying-and-cyberbullying/signs-symptoms-effects/](http://www.nspcc.org.uk/preventing-abuse-and-neglect/bullying-and-cyberbullying/signs-symptoms-effects/)
- [www.rospa.com/rospaweb/docs/advice-services/home-safety/blind-cord-safety.pdf](http://www.rospa.com/rospaweb/docs/advice-services/home-safety/blind-cord-safety.pdf)



*The Childminding café hope you will find this Child Safety Document useful in raising greater awareness and improving safer environments for children, young people and adults*

*Please feel free to contact the childminding café to give feedback on your thoughts, any new ideas and any sharing experiences of any of the topics discussed within this document.*

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