

# Keeping your grandchildren SAFE





## Grandparents often play a key and valuable role in helping out with childcare. This provides a lifeline for parents and great fun for you and your grandchildren.

To make sure that the memories are special, please take a little time to check that your home is as safe as possible.

Whilst you have successfully raised your own children and feel modern approaches might be over the top, current safety interventions may have prevented some of the injuries and deaths that children have suffered in the past. Every year children in South Gloucestershire are admitted to hospital having suffered injuries that could have been avoided. Injury prevention actions need not be overwhelming. There are some really simple steps you can take for the children in your care.

When children are developing they will want to explore their surroundings and should be encouraged to risk assess. It is however important to consider what they may fall on, off of or into as well as what they can reach, touch and put in their mouths.

**This leaflet highlights potential hazards in the home which are known to be causes of injury to children and the place where children suffer the most injuries.**



You can use the **Action Required** section (found at the bottom of each list) to make notes about what needs to be done to improve safety.

## Safety in the home

Question	Yes	No
Do you keep matches, lighters, cigarettes and e-cigarettes (vapers) out of sight and reach of children?	<input type="radio"/>	<input type="radio"/>
Do you ensure that alcohol, is kept out of the reach of children?	<input type="radio"/>	<input type="radio"/>
Do you store all medicines safely in the kitchen, out of sight and reach of children?	<input type="radio"/>	<input type="radio"/>
Do you make sure that all cleaning fluids, dishwasher tablets, cosmetics and perfumes are kept out of sight and reach of children?	<input type="radio"/>	<input type="radio"/>
Are all of the above chemicals and products locked away using cupboard locks and stored in their original safety proof containers (where applicable)?	<input type="radio"/>	<input type="radio"/>
Do you have at least one smoke detector fitted in the home and do you test it weekly?	<input type="radio"/>	<input type="radio"/>
Do you have a night time fire safety routine and fire escape plan?	<input type="radio"/>	<input type="radio"/>
Do you have a working Carbon Monoxide monitor fitted in the home?	<input type="radio"/>	<input type="radio"/>
Are electric sockets safe and not overloaded?	<input type="radio"/>	<input type="radio"/>
Do you always keep the iron out of reach of children?	<input type="radio"/>	<input type="radio"/>
Are there locks/restrictors on all windows on the first floor and above?	<input type="radio"/>	<input type="radio"/>
Are children's bouncy chairs and car seats always used on a safe ground surface at home?	<input type="radio"/>	<input type="radio"/>
<b>Action required:</b>		

## Living Room and Dining Room

Question	Yes	No
Is there a fixed fireguard in place on all fires? Is it fixed to the wall? (if applicable)	<input type="radio"/>	<input type="radio"/>
Are age appropriate toys given to young children? Do you keep toys for older children away from babies and toddlers?	<input type="radio"/>	<input type="radio"/>
Do you keep batteries (e.g. button batteries) out of the sight and reach of children?	<input type="radio"/>	<input type="radio"/>
Do you make sure the tablecloth does not overhang?	<input type="radio"/>	<input type="radio"/>
Do you always keep hot drinks out of reach and avoid putting them on the floor or low tables? (including when you are holding your grandchild)	<input type="radio"/>	<input type="radio"/>
<b>Action required:</b>		

## Hall and Stairs

Question	Yes	No
Do you have appropriate safety gates fitted and are they used safely? (safety gates are only suitable for children under 24 months old)	<input type="radio"/>	<input type="radio"/>
Do you help your grandchild(ren) learn how to use the stairs safely and correctly?	<input type="radio"/>	<input type="radio"/>
Do you keep the hall, stairs and landing free from clutter?	<input type="radio"/>	<input type="radio"/>
Do you have adequate lighting?	<input type="radio"/>	<input type="radio"/>
Are the banister rail gaps close enough to prevent falling through?	<input type="radio"/>	<input type="radio"/>
<b>Action required:</b>		



## Bedroom

Question	Yes	No
Are all cots and beds safe and moved away from the windows and radiators? (think about cot bumpers, duvets, pillows)	<input type="radio"/>	<input type="radio"/>
Do you follow safe sleeping practices? (think about age appropriate sleeping - duvets, tog rating, sleeping bags, pillows - feet to foot position, no cot bumpers, toys removed from bed)	<input type="radio"/>	<input type="radio"/>
Are blind cords and tie backs safe and out of reach? (there should be no visible loops, cords should be secured with a blind cleat)	<input type="radio"/>	<input type="radio"/>
Do you keep hair straighteners out of sight and reach at all times?	<input type="radio"/>	<input type="radio"/>
If bunk beds are in use, are the safety precautions followed?	<input type="radio"/>	<input type="radio"/>
<b>Action required:</b>		

## Bathroom

Question	Yes	No
Do you run the cold water first when filling a bath?	<input type="radio"/>	<input type="radio"/>
Do you have a thermostatic mixing valve on the hot tap?	<input type="radio"/>	<input type="radio"/>
Do you check the temperature of the water?	<input type="radio"/>	<input type="radio"/>
Do you use a non-slip bath / shower mat (for non-dimpled baths)?	<input type="radio"/>	<input type="radio"/>
Do you supervise your grandchild(ren) at all times in the bathroom?	<input type="radio"/>	<input type="radio"/>
Do you change nappies on the floor?	<input type="radio"/>	<input type="radio"/>
Do you keep all nappy sacks and plastic bags out of reach of children?	<input type="radio"/>	<input type="radio"/>
<b>Action required:</b>		

# Kitchen

Question	Yes	No
Do you keep children out of the kitchen or closely supervise them? (e.g. in a playpen)	<input type="radio"/>	<input type="radio"/>
Does the kettle have a short flex? Is it kept out of reach?	<input type="radio"/>	<input type="radio"/>
Do you have appropriate locks in use for kitchen drawers and cupboards?	<input type="radio"/>	<input type="radio"/>
Do you keep sharp knives and scissors out of sight and reach of children?	<input type="radio"/>	<input type="radio"/>
Do you use the cooker safely (back rings used, pan handles safe?)	<input type="radio"/>	<input type="radio"/>
Do you always strap young children into their highchair (5 point harness)?	<input type="radio"/>	<input type="radio"/>
Does your grandchild(ren) sit down when eating?	<input type="radio"/>	<input type="radio"/>
<b>Action required:</b>		

# Garden and Outside Area

Question	Yes	No
Do you keep all chemicals clearly labelled, in their original containers and locked away?	<input type="radio"/>	<input type="radio"/>
Is play equipment secure, safe and sited over a soft surface?	<input type="radio"/>	<input type="radio"/>
Do you have secure fences to prevent children wandering off?	<input type="radio"/>	<input type="radio"/>
Have you checked for poisonous plants in the garden?	<input type="radio"/>	<input type="radio"/>
Are trampolines used safely, with a net and with supervision? (trampolines should not be fixed to hard ground and are not suitable for the under 6's)	<input type="radio"/>	<input type="radio"/>
Do you supervise young children outside, especially around water and ponds?	<input type="radio"/>	<input type="radio"/>
Do you ensure all items that could hold water are emptied, upturned or covered when not in use? e.g. paddling pool	<input type="radio"/>	<input type="radio"/>
Do you ensure that garden and outside areas are kept free from animal (e.g dog waste)?	<input type="radio"/>	<input type="radio"/>
Is your buggy/pushchair fitted with a harness?	<input type="radio"/>	<input type="radio"/>
<b>Action required:</b>		

**To find out more information about making your home safer for your grandchildren visit:**

[www.southglos.gov.uk](http://www.southglos.gov.uk)

Adapted from the Gwent Home Safety tool and the Keeping Children Safe at Home - Injury prevention Briefing (2014)

