

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.

SAFETY IN THE HOME

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

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.

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.

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.

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)		
Are age appropriate toys given to young children? Do you keep toys for older children away from babies and toddlers?		
Do you keep batteries (e.g. button batteries) out of the sight and reach of children?		
Do you make sure the tablecloth does not overhang?		
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)		

KITCHEN

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

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)		
Do you help your grandchild(ren) learn how to use the stairs safely and correctly?		
Do you keep the hall, stairs and landing free from clutter?		
Do you have adequate lighting?		
Are the banister rail gaps close enough to prevent falling through?		

BEDROOM

Question	Yes	No
Are all cots and beds safe and moved away from the windows and radiators? (think about cot bumpers, duvets, pillows)		
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)		
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)		
Do you keep hair straighteners out of sight and reach at all times?		
If bunk beds are in use, are the safety precautions followed?		

GARDEN AND OUTSIDE AREA

Question	Yes	No
Do you keep all chemicals clearly labelled, in their original containers and locked away?		
Is play equipment secure, safe and sited over a soft surface?		
Do you have secure fences to prevent children wandering off?		
Have you checked for poisonous plants in the garden?		
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)		
Do you supervise young children outside, especially around water and ponds?		
Do you ensure all items that could hold water are emptied, upturned or covered when not in use? e.g. paddling pool		
Do you ensure that garden and outside areas are kept free from animal e.g dog waste?		
Is your buggy/pushchair fitted with a harness?		

BATHROOM

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