

## Contact details

You can contact your health visitor at your local clinic or health centre for further help and information.

Health visitor name: .....

Telephone number: .....

## Useful information

**Local Pharmacy** - Your local pharmacies offer a wide range of services including information and general advice on symptom relief medicines as well as a prescription collection and delivery service.

For impartial and confidential advice or information on the services provided by Bridgewater or to receive this leaflet in an alternative format call our Patient Services team on 0800 587 0562.

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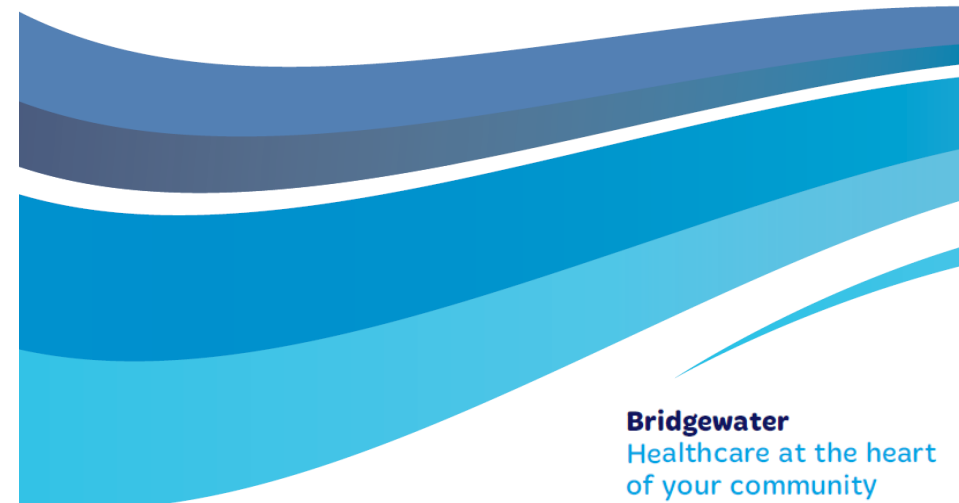
Bridgewater Community Healthcare 

NHS Foundation Trust

## Health Visiting Service

### Information for parents and carers

### Top six tips to prevent injury in children



**Bridgewater**  
Healthcare at the heart  
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## Advice to help prevent injury to your child

There are six main causes of harm/injury in children in the UK. The following advice is aimed at preventing injury to your child.

### Drowning

Never leave your baby or child alone in the bath. Babies or children can drown in only two centimetres of water.

If you have a garden pond you must supervise your baby or child at all times, better still fill in the pond.

### Burns and scalds

- Always place your drink on a high surface out of reach and never hold your child whilst drinking a hot drink
- Put fireguards in front of fires and heaters in your home, even if they are switched off
- Always run cold water first when bathing your baby or child
- Test the water with your elbow or bath thermometer before putting your baby in the bath; children's skin will burn very quickly
- Never leave your child with any electrical device e.g. hair straighteners or curling tongs
- Keep all matches and lighters in a metal tin out of sight and out of reach of children.

### Poisoning

- Always keep hazardous substances in a locked cupboard in the kitchen (e.g. bleach, cleaning products, medicines)
- Don't forget about perfumes and aftershaves, they are poisonous too
- Button batteries can poison children.

### Falls

- Babies can climb as soon as they can roll or crawl. Always change your baby on the floor. Never leave your baby unsupervised on a bed or sofa
- Always supervise your baby or child when he/she is in a high chair or pushchair, even when using a five-strap harness
- Use stair gates at the top and bottom of the stairs to prevent fall injuries.

### Fire

- Store all smoking materials in a metal tin and keep out of reach even when not in use. Ensure you stub your cigarettes out if you feel sleepy
- Fit a smoke alarm to upstairs and downstairs ceilings in your home. Check your smoke alarms weekly and replace batteries when needed
- Never leave pans unattended.

### Choking

- Babies will place anything they find in their mouths, for example button batteries
- Never leave your baby or child alone whilst they are eating. Babies unable to sit unaided should not be left to feed themselves
- Keep playing areas tidied and free from anything your child may choke on
- Keep small objects out of reach.

### Pets

- Never leave babies or children unattended with family pets.