

1 minute guide: keeping children safe

It is never too early to educate children about healthy lifestyles, personal safety and the dangers they encounter from day to day.

Sun safety

Too much exposure to UV rays can be damaging to children's skin and eyes. UV rays are stronger in the spring and summer months, it is therefore important that we teach children all about staying safe in the sun and how to avoid burning during hot summer weather.

- Check that sunscreen is the correct factor and is in date.
- Check your permissions – do have consent to apply.
- Check if parents/career have applied before attending the setting.
- Explain to children why they need to wear suncream.
- Encourage children to wear a wide brimmed hat– explain that this will protect their face, eyes, ears and neck from getting burnt.
- Encourage parents to dress children in loose, lightweight clothing.
- If you're outside throughout the day, be sure to periodically reapply the sunscreen.
- Try to avoid direct sunlight during the hottest part of the day - spend time in the shade between 11am and 3pm.
- Use sunglasses.
- Encourage the children to drink plenty of water to ensure they are hydrated
- Children should not sleep in a room above 28 degrees.

As part of the sun safety guidelines, we have included this helpful acronym SMART. This stands for:

S is for spend time in the shade between 11am and 3pm.

M is for make sure you never burn.

A is for aim to cover up with a hat, t-shirt and sunglasses.

R is for remember that children need to take extra care.

T is for Then use sunscreen of a minimum of SPF 30.

Drinking water when hot or after exercise

Handwashing

Its important to teach our children around health and selfcare and how washing our hands is a big part of keeping ourselves safe, teaching children to wash their hands before and after eating, after using the toilet, after touching animals and pets, after blowing your nose, coughing, or sneezing.

Children need support and guidance when learning to wash their hands, being good role models and demonstrating the steps will give children the correct tools to learn this simple process:

- Step 1: Wet hands with running water
- Step 2: Apply enough soap to cover wet hands.

- Step 3: Scrub all surfaces of the hands – including back of hands, between fingers and under nails – for at least 20 seconds.
- Step 4: Rinse thoroughly with running water
- Step 5: Dry hands with a clean cloth or single-use towel

Stranger danger

Teaching children of any age to 'Just Say NO To Strangers' gives them the confidence and assertiveness they need if threatened or confronted by a stranger or even somebody that they know and trust. It is an important step towards keeping kids safe when they're away from home or school in the street, park, playground, etc. Practicing the 'Just say NO to strangers' rule (particularly through supervised role play) gives children confidence to deal with being approached by strangers who may try to trick them to get into a car or pretend to have a lost dog or gift for the child.

Home safety

Home safety advice is essential for children of all ages however early years children can be particularly vulnerable when they're unsupervised and encounter home hazards like the risks from electricity, medicines, poisons and chemicals, garden ponds and dangers in the kitchen. Potential dangers in the home could result in serious injuries or the death of a child – they could result in a child sustaining burns and scalds, poisoning, cuts and bruises, drowning, choking, strangulation and suffocation.

Online Safety

Children from very young can have access to online material. It's important to know what children are accessing, is it age appropriate, is it supervised time where an adult is overseeing what is being watched or played. Children can access online content through many devices including the TV, smart phones, iPad & tablets and it's important that we manage this through parent controls. Talking regularly with the child can help keep them safe online. Making it part of daily conversation will allow them to speak freely about this. How do you share information with the child and parents, do you offer support and guidance for parents so they can continue online safety at home.

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Water safety

Water is a daily part of children's lives, whether this is through playing and exploring or as part of their daily routine, such as bath time.

When carrying out a daily risk assessment it's important to look at areas where children play and stagnant water has been left, ensuring that water areas are emptied and cleaned daily reduces the risks of children becoming ill.

At home, younger children are most likely to drown in the bath or garden pond and it's important for parents to understand the risks of babies and young children being left alone, even for a moment. They may get no warning that something is wrong, as babies drown silently in as little as 5 cm of water.

While bath seats can be a useful tool in helping busy parents at bath time, it's important to remember they're just a support, and NOT a safety device.

[watch-out-in-water-2023.pdf \(capt.org.uk\)](#)

Road safety

It is important to teach children road safety and to understand what this looks like for them from a young age. The Green Cross Code was first introduced in the 1970's, the launch for this was to help children to learn and understand how to safely cross the roads. Children today are often taken places in the car or public transport so its important to ensure that settings are able to offer support in road safety.

When taking children out in the community what other safety measures do you put in place to ensure you are protecting them? Do children wear additional clothing which identifies who they are, Hi Viz vests, wrist bands, reins for younger children, safety harness, walking bus. Do you teach children about road safety before you go out and visit the community, do you provide learning opportunities within your setting that supports children's understanding of road safety. How do you support parents when promoting this.