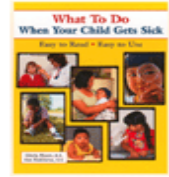


# B-4: Boo-boos, Bel l y-aches and Bumps *Before* you go to the doctor What to do when your child gets sick Train the trainer program



## SAFETY TIPS

15 minutes

Explain that there are many important safety tips in the book and that if parents pay attention to them – they might save their child’s life without even knowing it. State that you will cover three areas from the book.

During this section of the training the trainer will be very effective if she is able to relate incidents from her own experience or have the trainees relate their own stories from personal experience.

### Broken Bones

- **Child alone on a high place**

Point out that the book shows a picture of a woman changing a child’s diaper at a changing table; reaching down to pick up something from the floor; and keeping her hand on the child’s torso as she reaches down.

- **Crib rails**

Indicate that the book states that crib rails should come to the child’s chin.

- **Baby walkers**

Point out that the book states that baby walkers should not be used because children can push themselves into dangerous places (stairs).

- **Safety locks on windows**

Discuss the danger – particularly on second stories – of children pressing against an insecure window or screen and falling out of the window.

Mention that there are a number of items in the book that a landlord might be expected to provide or correct. Give all the trainees a stick-em/post-it to put on the cover of their books and tell them that you will be pointing out several of these items. Suggest that they write down the things that a landlord might be expected to correct or provide and that they could consider talking to their landlords about these items. State that safety locks on windows and screen is one of these things.

## Burns

- State that the book reminds parents to keep **matches & lighters** away from children.
- Mention that **smoke detectors** need to be installed in hallways/bedrooms. Tell trainees to add this to their landlord list. Remind them that batteries in smoke detectors need to be checked regularly.
- Tell them that they should have **fire extinguishers** in their homes and point out that this is also something they could ask their landlords about. Remind them that fire extinguishers need to be checked regularly also. (If the trainer wishes, and if she located a fire extinguisher prior to the training, she might want to demonstrate getting a fire extinguisher off a wall and demonstrate how to use it.)
- Tell them that they need to teach their children about **STOP, DROP & ROLL**. Make sure that everyone knows what stop, drop & roll means.
- Tell them that **water heaters** need to be set no higher than 120° so that children aren't inadvertently burned. Remind them to add this to their landlord list. They should ask their landlords to check the temperature on their water heaters.
- Remind them of the dangers children face around **stoves, irons, and curling irons**.
- Remind them of the dangers of having children around **pots and pans** on the stove.
- Remind them of the danger of **heating baby bottles and baby food in the microwave** because the food/formula gets too hot. Tell them that recent research shows there is a danger of heating food in plastic.
- Discuss **fire safety** and remind them of the importance of having a plan.

## **Other Things**

- **Never leave a child alone in a car:** Urge the trainees to check an article you are leaving in the room on this subject which appeared in the Union Tribune.
- **Put baby to sleep on baby's back**
- **Keep crib/baby away from cords, etc.**
- **Cover electric outlets**
- **Teach children not to touch electric appliances/light switches while touching water**
- **Store sharp thing away**
- **Keep plastic bags away from children**
- **Cover sharp edges of furniture, hearths, etc.**

Show an example of the coverings and mention where they can be purchased.

Tell the trainees that if they would check out and take action on the safety tips from the book, it would be almost as beneficial as taking a class on household safety.

**GIVE A 5 MINUTE BREAK**