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NATIONWIDE EDUCATION

Nationwide, as the world's largest building society, is keen to help children and young people build important life skills. Nationwide Education is part of Nationwide's commitment to the community and towards safe, sustainable and financially secure futures. The free web-based programmes are designed for use not only on interactive whiteboards and PCs at schools and nurseries, but for you and your child to use at home.

Nationwide Education is designed to be fun and engaging with up-to-date information, guidance and useful tips.

We hope you and your children will enjoy using the interactive stories, games and activities to build their understanding, especially about safety in the home.

WHY IS HOME SAFETY EDUCATION IMPORTANT?

Children are keen to explore the world around them. They touch, smell and taste everything with little fear or understanding of potential danger. They usually feel they are safe with their parents, who keep them warm when they are chilly, feed them when they are hungry, play with them when they want to have fun and settle them to bed when they are sleepy; so almost everything appears safe to them in their world at home. However, we know this is not always the case; homes are full of things that can injure, cut, trip, poison, choke, burn or scald.

Most children's 'accidents' happen in and around the home. Many are just minor bumps and scrapes, but some are more serious, which scar, disfigure and lead to permanent disability or even death. Most of these cases could have been prevented, if only parents (as well as children) had been more aware of the risks and taken precautions.

As children learn and develop lifelong habits (including how to keep safe) from an early age, Nationwide Education's Home Safety programmes begin with young children, aged two, aiming to further develop their knowledge as they grow, giving them a sound understanding of the risks in and around the home.

Nationwide Education's Home Safety section for children aged 2-11 includes:

- **Safety First at Home** (aimed at ages 2 - 4)
- **Being Safe at Home** (aimed at ages 4 - 7)
- **Staying Safe at Home** (aimed at ages 7 - 11).

The main areas of risk that are covered in each programme:

- Trips, Slips and Falls
- Fire and Heat
- Sharp Things
- Poisons

This parents' section is designed to help you become more aware of the risks around the home and, in turn, work together with your children to learn more about keeping safe, whilst having fun. It includes instructions on how to use the resources, a word bank giving clear explanations of safety-related words in child-friendly language, home safety tips, emergency plans and lots of suggestions of activities for you and your child.

PROGRAMME CONTENT

FOR 2 - 4 YEAR OLDS

- **INTERACTIVE STORY BOOK: 'SAM'S BIRTHDAY'**
- Fun sheets
 - Colouring sheets 1-8
 - Counting Dangers
 - Not in my Mouth

FOR 4 – 7 YEAR OLDS

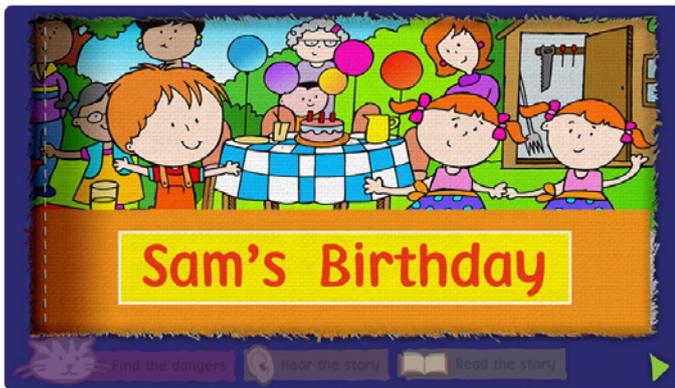
- **INTERACTIVE STORY BOOK: 'TIGER'S HOUSE'**
- Fact sheets
 - Trips, Slips and Falls
 - Fire and Heat
 - Sharp Things
 - Poisons
 - The Emergency Services
- Work sheets
 - Kitchen Dangers
 - Hot or Not?
 - Safety Tips
 - Home Safe Maze

FOR PARENTS

- Printable sheets
 - Rewards
 - Magnets
 - Emergency Planning with Children
 - Family Emergency Escape Plan
 - Making an Emergency Call
- Word bank

INTERACTIVE ACTIVITIES

INTERACTIVE STORIES



'Sam's Birthday' story book (for ages 2-4)

This story book, created in the style of a 'rag' book, is a fun activity featuring a story and an interactive activity - Find the Dangers - designed to help children become familiar with different types of household danger.

Ideally, for each page, children should first read or hear the story and then complete the task, before moving on to the next page.

Aim: To introduce children to home safety issues in a fun and engaging way, whilst helping to develop children's reading skills

Instructions:

- Click on the green arrow keys at bottom right to turn the pages forwards or backwards, or click and drag the page across the screen, as you might turn the pages of a book.
- Click the 'Find the dangers' button for a reminder to find four dangers in the picture and the types of dangers to look for. As the mouse is moved over each picture, key words (related to the dangers) appear and are read aloud. When the danger is then clicked on, it is highlighted with a red circle and a warning message can be heard. There is a sound effect when the child finds all four dangers.
- Click the 'Hear the story' button to hear the story read aloud.
- Click the 'Read the story' button to see the words of the story (displayed over the image). Click on the cross to make the words disappear again.

Issues covered in the story:

The story is set in a family home as the family prepares for Sam's third birthday party. The story is told in picture form as well as simple one line sentences and is all about the day of Sam's birthday.

Page 1 shows Sam in the kitchen with Mum. Tiger, his cat, is also with them. Mum is preparing breakfast. There is a range of dangerous items and risks shown.

Page 2 shows Sam's sister, Poppy, baking a birthday cake with Gran. Tiger is seen lapping up spilt milk and again there's a range of potential dangers.

Page 3 shows Sam rushing into the room and Grandpa snoozing on the chair. Tiger's knocked over a vase of flowers and there are many dangerous things in the lounge.

Page 4 shows Dad busy cleaning the hallway and again many potential hazards can be seen.

Page 5 shows Sam in his bedroom playing. It's a typical young boy's room but is full of risks and hazards.

Page 6 shows Gran running a bath for Poppy surrounded by a range of dangerous things.

Page 7 shows Mum and Dad finishing fixing a surprise present for Sam – a garden climbing frame but the shed is a really dangerous place with tools and poisons.

Page 8 shows the family out in the garden trying to get the barbecue ready but the wind is blowing and it's a bit risky.

Page 9 shows the party in full swing with all the guests at Sam's birthday party. Even though everyone's having fun, there are lots of dangers to look out for.

The main things to talk about on each page are:

Page 1: The Kitchen

- Sharp knives left out
- Electrical cables hanging that can be caught and pull the kettle down
- Hot things like the kettle and toaster that can scald or burn
- Poisonous chemicals and cleaning things

Page 2: The Kitchen

- Hot ovens and open gas flames
- Tea towels left near flames on cooker
- Saucepan handles sticking out that can be knocked and pour boiling liquid down
- Dropping sticky food stuff on floor where you could slip or trip
- Wobbly high stools where you could fall

Page 3: The Lounge

- Overloaded electricity sockets, which could catch fire and burn, or you could trip on cables
- Tripping over ruckled rugs
- Too many toys left on the floor where you could trip
- Broken glass vases where you could cut yourself

Page 4: The Hallway

- Cables from Hoover where you could trip
- Glass bowls on edges of table which could fall and break
- Reaching up whilst on stairs where you could overbalance and fall
- Hot irons left out
- Open wall socket

Page 5: The Bedroom

- An open window where you could fall out
- Broken drinking glass where you could cut yourself
- Old biscuits left out, which could be mouldy
- A banana skin on the floor where you could slip or trip
- Open socket

Page 6: The bathroom

- Medicines and tablets, which can be poisonous if not prescribed for you
- Open sharp scissors that could cut
- Mat where you could trip
- Hot tap left running on full where you could burn yourself
- A full bath where you could drown

Page 7: The Shed

- Huge number of sharp pointed tools that can cut or hurt
- Electric cable, which could be tripped over or pulled at
- The drill itself, which is electric
- Open socket
- Nails and screws, which are not only sharp but very dangerous if put in the mouth.
- Cat litter which is poisonous
- Fuel for lawn mower, which is poisonous

Page 8: The Barbecue

- Open matches, which could start a fire
- Hot barbecue, which could burn
- Wind blowing tablecloth, which could catch light on the barbecue flames
- Broken bottle on the ground, which could cut

Page 9: The Garden Party

- Pointed sharp barbecue tools
- Hot flames of the barbecue
- Spilt drink where you could slip
- Dangerous tools in the shed

Four main examples of dangers can be found on each page and these can be discussed with the children as they find each one but there are other potential risks that may cause problems too. Key safety messages include:

- understanding what danger is and keeping an eye out for it
- staying away from fire and things that are hot
- not touching sharp things
- recognising and avoiding poisonous things (including old food and medicine)
- being careful when moving about
- cleaning up mess or spills that can be tripped over or slipped on
- avoiding dangerous places like garden sheds
- not leaving things in places where they can fall and break.



'Tiger's House' story book (for ages 4-7)

This story book is a fun activity in which pages can be turned onscreen. You can read the story yourself, ask your child to read or play the narration and see the words highlight. The reader is asked to find and click on five particular dangers in each picture, but there are many more to discuss.

Aim: To introduce children to home safety issues in a fun and engaging way, whilst helping to develop children's reading skills

Instructions:

- Use the arrow keys by the 'Turn page' button on the far right of the screen to turn pages forwards or backwards (page numbers are displayed in the middle of the toolbar).
- Click on the 'Full story' button to access the full story. Click on the 'Short story' button to access the easier version.
- Use the 'Contents' button to show the contents page with a list of rooms/areas of the house. (Click on any of these to go to that room/area.)
- Use the 'Play' button to have the story read aloud with synchronised words highlighting.
- Use the 'Pause' button to pause the story or select individual words for discussion.
- Use the 'Stop' button to stop the narration.

Issues covered in the story:

In **Chapter 1**, Tiger the Cat sees Poppy being taken off to hospital in an ambulance and learns that she has been hurt at home. He is determined to go through the house and find out how she might have hurt herself, in order to make the house safer for the family. The story shows different rooms or areas around the house (kitchen, lounge, hall, landing, bedroom, bathroom, garden, garden shed) - each has a number of things that are or can be dangerous. Once you have read part of the story, there are pictures of five dangers - as you move the mouse over each picture, key words appear. You can find them in the picture on the next page. When the danger is clicked on, it is highlighted with a red circle. Once all five are found, you are asked to think about what else might be unsafe in the picture.

The story covers four types of danger: Trips, Slips and Falls; Fire and Heat; Sharp Things and Poisons. There are examples of these in each rooms or area of the house. Some of the dangers you may like to discuss with your child are listed below:

The Kitchen (Chapter 2)

- Hot oven
- Saucepan handles sticking out over the cooker edge
- Open sink cupboard with poisonous cleaning things
- Hot iron left on and cable trailing
- Sharp bread knife left out
- Spilt liquid
- Open window
- Breakable flowerpot on window sill
- Uncovered food left out
- Kettle with trailing cable
- Matches left out
- Glass jar close to the table edge
- Refrigerator door open
- Bees or wasps
- Open Sockets

The Lounge (Chapter 3)

- Toys/DVDs/food left on the floor
- Hot drink on the coffee table
- Glasses on the edge of the coffee table and chair
- Spilt drink
- Sharp scissors on the floor
- Uneven rug
- Lit candles near the curtains
- Overloaded electric socket on the wall
- Electrical cables trailing on the floor
- Alcohol left out
- Model owl ornament on edge of shelf
- Open food left out and drink
- Vase with water on the television
- Remote control half under rug
- Open container of tablets

The Hall (Chapter 4)

- Hoover cable stretched out
- Shoes, bags and toys on the floor
- Open sockets
- Hall cupboard door open with cleaning products
- Too much balanced on the bookcase and on shelf in cupboard
- Mess on the stairs
- Glass vase close to the table edge
- Uneven door mat
- Telephone cable trailing on the floor
- Cleaning items in cupboard
- Dripping cloth and bucket of water

The Landing (Chapter 5)

- Loft door left open
- Loft ladder out
- Toys and clutter on and near the stairs
- Tricycle close to the stairs
- Glass fishbowl and plant close to the edge of the cabinet
- Fish food left out (poisonous to humans)
- Towel and things over the banister
- Broken rail
- Hot drink left out
- Overloaded box on edge of chest of drawers

The Bedroom (Chapter 6)

- Bedside lamp cable hanging down
- Overloaded electrical sockets with lots of plugs
- Cable across the doorway
- Toys, paints and jar of water left on the floor
- Ruffled rug with toy underneath
- Chest of drawers messy and all drawers open so it could topple
- Glass on the edge of the chest of drawers
- Open window
- Box on the edge of the wardrobe ready to fall
- Too much on the shelves
- Toy chest lid not properly shut

The Bathroom (Chapter 7)

- Hot water tap left on
- Water in bath too full
- Medicines in the open cupboard
- Toys left on the floor
- Shampoos and cleaning things in the open cupboard
- Sharp scissors on the floor
- Electrical heater with cable trailing
- Uneven rug on slippery floor
- Hairdryer with cable trailing and near the vase with water
- Scales in the middle of the floor
- Too much on window sill
- Too much on edge of wall shelf

The Garden (Chapter 8)

- Garden pond full of water
- Stinging Nettles
- Poisonous berries
- Broken glass on the ground
- Fire left unattended
- Electrical extension lead with cable trailing
- Sharp hedge trimmer on the ground
- Rake left out
- Slippery leaves on ground

The Garden Shed (Chapter 9)

- Heavy and sharp garden and work tools
- Sharp nails left out on floor
- Poisonous weed killers, paints, etc in tins and bottles
- Open sockets
- Trailing cables
- Hose pipe and water dripping
- Water spilt from the hose
- Things that could be knocked and fall
- Ladder rung missing
- Things balanced on the edge of the table and shelves
- Electrical power tools like saws and drills
- Open cans of paint and uncleaned brushes
- Small nails and screws
- Sharp broken pieces of wood and nails sticking out
- Electric lawn mower

HOME SAFETY TIPS TO SHARE WITH YOUR FAMILY

KEEPING TODDLERS SAFE

- Many toddlers still don't have an understanding of what is dangerous and they will explore, touch and taste any object they can get their hands (and mouths) on. It's a good idea to actually get down at toddler level, on hands and knees, and explore each room of the house (and the garden too). You might be surprised at the number of dangers within easy reach!
- For each room, think about all the items that could be a potential danger and think about what you need to do to keep your toddler safer. Store dangerous items (e.g. sharp cutlery or stationery, cleaning products, toiletries, matches) well out of reach, moving them to a higher shelf or adding locks or safety latches to low cupboards. If necessary, add safety equipment to the home (e.g. socket covers, fireguards, stair gates).
- If you have older children, ask them to help you look after their younger brothers or sisters and also keep the family safe by putting away toys, letting you know about possible dangers that they see, etc.

KEEPING CHILDREN SAFE

- As they grow from toddler to school-aged child, most children begin to develop an understanding of the types of things that can be dangerous (e.g. that the oven is hot and that knives are sharp) but don't always understand what they need to do to keep safe. Keep pointing out possible dangers, explaining how these can harm someone and what needs to be done to keep everybody safer.
- At an age you feel appropriate, show your children how to use or handle potentially dangerous objects, like scissors, safely and make time to help them practise and develop their skills.
- Parents are powerful role models. Demonstrate safe behaviour to your children (e.g. keeping the floor tidy, handling sharp objects carefully, using oven gloves to get things out of the hot oven) and talk about what you're doing to keep safe.

TOP TEN HOME SAFETY TIPS

1. Always keep floors/stairs clear – put toys away; clean up spills, broken glass, etc quickly.
2. Use secure stepladders to reach high items.
3. Don't leave heavy things, which could fall on you, on edges of shelves.
4. Keep knives, scissors or sharp tools in drawers, away from young children.
5. Never leave open flames (gas/fire/candles/barbecues) unattended - they could set things alight.
6. Don't leave saucepan handles sticking out on the hob or boiling liquid unattended.
7. Make sure you run the cold water tap in a bath before the hot, so the water is less likely to scald.
8. Have a working smoke alarm on each level of the house.
9. Keep all cleaning products and medicines locked away, out of the reach of young children.
10. Always wash hands before touching food and make sure the family always wash their hands after using the toilet.

Here are some more detailed home safety tips, divided into: Trips, Slips and Falls; Fire and Heat; Sharp Things; Poisons.

HOME SAFETY TIPS: TRIPS, SLIPS AND FALLS

Stairs

- Stop children from playing on or near stairs, or climbing through or over the banisters.
- Make sure hallways and staircases are well lit.
- Encourage family members not to leave toys, books, bags, shoes or anything else on or around stairs.
- Teach children to hold the handrail when going up and down stairs.

Heights

- Keep low furniture away from windows and fit window locks or safety catches.
- The top bunk of bunk beds is not recommended for children under six years old.
- If you have a balcony, never let children play there alone, or climb or lean over the rails.
- Instead of using stools to reach heights, use a secure ladder or stepladder, and ask a friend to hold the bottom of it.
- Do not allow children to climb on roofs, sheds, outbuildings and fences.
- Make sure all outdoor play equipment is placed over something soft (e.g. bark, grass or matting) and ensure it is in good condition and fitted securely.

Trips and falls

- Unplug appliances with cables that could be tripped over and store the cable out of the way.
- Check mats and rugs are not worn, uneven or curled up. On smooth flooring, use anti slip pads.
- Make sure children wear the proper safety equipment when using bikes, skateboards, rollerblades, skates, etc.
- Warn children never to run with anything in their mouths or when carrying anything sharp, pointed or made of glass. And make sure they tie their shoelaces.

Water

- Warn children about the dangers of water and drowning (even in shallow water) and that they can lose consciousness if they fall and bump their head.
- Teach children to walk, not run, on wet surfaces, or near baths, pools, ponds, etc.
- Use a non-slip bath mat in the bath or shower base.
- Mop up spills straight away.

Things falling

- Be careful not to leave hot or heavy things near the edge of tables or desks, or in places where they might fall or be pulled over.

HOME SAFETY TIPS: FIRE AND HEAT

Kitchen heat

- When you are cooking, use the rings at the back of the cooker first and turn pan handles towards the back.
- Turn the heat down or off if you have to pop out of the kitchen.
- If you use a chip fryer, never leave it unattended or fill it more than a third full.
- Keep flammables, like tea towels, and cables away from the heat.

Electrical appliances

- Do not overload electrical sockets; one plug per socket is safest.
- Watch out for trailing cables; consider using cordless appliances.
- Check electrical plugs, sockets and cables for scorching or fraying; make sure they are properly insulated.
- Avoid running your washing machine or dishwasher overnight; an electrical fault could cause a fire while your family is asleep.
- Unplug electrical appliances when they're not in use (other than those designed to stay on, like refrigerators).
- Warn children never to touch electrical items with wet hands.
- Never use mains-powered electrical appliances (e.g. CD players, hairdryers, heaters) in the bathroom or near water.
- Never leave an iron or hair straighteners unattended while they are on, and place them out of children's reach to cool down.
- Always use a residual-current device (RCD), which cuts off the electric current if there's a fault or problem, when using electrical garden equipment or DIY tools.

Scalds

- Be careful to place hot drinks out of reach of children, and where they won't be knocked or fall.
- Make sure young children are supervised if they're in the bathroom or kitchen.
- Always run the cold tap first and then just add as much hot water as needed, and test bathwater with your elbow first.
- Consider getting a thermostatic mixing valve (TMV) fitted to your tap, to control the water temperature.

Fire prevention and safety

- You need a working smoke alarm on every floor of your home – upstairs as well as downstairs – to warn you quickly if a fire starts. Test them every week to check that they're working, and don't remove the batteries for any reason.
- As a family, plan a fire escape route and practise it (see downloadable fact sheet – Family Emergency Escape Plan).
- Use fireguards to stop children falling onto fires or heaters, and never place clothes or toys on them.
- Try to have fire blankets and extinguishers in kitchens in case of emergencies.
- Keep matches and lighters out of sight and reach of children.
- Avoid smoking in the home, but if you must smoke, always use a proper ashtray, placed where it cannot be knocked over.
- Watch where you place candles. Keep them away from anything flammable and only have them lit if an adult is in the room. Don't put night lights or tea lights on a plastic surface.
- Keep keys to doors and windows where family members can find them quickly and easily in an emergency.
- Never leave barbecues, patio heaters or open fires unsupervised.
- Make sure you're familiar with basic first aid in treating burns (e.g. keeping the burn in cold water for at least ten minutes).
- In the event of a fire, stay low, get out, stay out and call 999 (see downloadable fact sheet – Making an Emergency Call).
- If a person's clothing catches alight, they should stop, drop and roll.

HOME SAFETY TIPS: SHARP THINGS

Knives and household items

- Keep knives, forks, scissors, and other sharp utensils in a drawer with a safety catch.
- Teach older children how to use scissors and knives safely – and supervise their use.
- When washing up or loading and unloading the dishwasher, be careful when handling sharp utensils or glass items.

- Never leave razors or spare blades where children might get hold of them.
- Keep sharp office equipment (e.g. paper shredders, staplers, compasses, pencil sharpeners) and sewing equipment (e.g. needles, pins) out of the reach of small children.
- Store all DIY and gardening tools securely. Remember that heavy sharp items are particularly dangerous if they're dropped.

Broken glass

- Keep glass items (e.g. drinking glasses, casserole dishes, vases) out of reach.
- Wherever possible use safety glass in doors and windows - especially at a low level.
- Make sure that mirrors are well hung or securely attached to the wall.
- Be careful where you place vases and photo frames so they are out of reach of small children.
- If you recycle glass and metal, keep the recycling containers out of reach.
- Always clear up broken glass quickly and dispose of it safely.

Electrical blades

- Warn children that electrical appliances with blades (e.g. blenders, carving knives, hedge trimmers) are especially dangerous, as they're heavy and the blade moves very quickly.
- Keep anything with sharp blades out of reach, preferably in a secure cupboard or locked shed.

Sharp edges

- Make sure furniture outdoor play equipment is in a safe condition with no sharp edges.
- Remind children that some plants have sharp thorns or prickles.
- Remind children that the edges of tin cans and even paper can cut them.

HOME SAFETY TIPS: POISONS

Household products and chemicals

- Keep all poisons (e.g. cleaning products, shampoos, cremes, batteries, sprays) locked away or on high up shelves – where they are out of reach and out of sight.
- Keep garages and sheds locked, so children don't have access to hazardous materials (e.g. fungicides, herbicides, insecticides, rat poisons, weed killers, pesticides, motor oil, anti-freeze, batteries, brake fluid, degreaser, paint, glue, white spirits, rust remover, varnish and wood preservative).
- If you keep cleaning supplies, including dishwasher detergent and dishwashing liquids, under the sink, make sure the cupboard is kept locked.
- Remember that child-resistant bottle tops are not completely child-proof.
- Toiletries and make-up are magnets for children. Be really careful with perfume, hair dye, hairspray, nail polish, and nail polish remover - put them out of reach.
- Always store chemicals in their original, labelled containers.
- Keep alcohol and cigarettes well away from children's reach.
- Carbon monoxide is known as the silent killer because you can't see it, hear it, smell it or taste it. Fit carbon monoxide detectors if you have a gas boiler or fuel-burning stove or appliance.
- Get rid of unwanted chemicals safely. Contact your local council for advice on what to do.

Medicines

- Medicines can look like sweets to young children. Avoid keeping medicines in your handbag or bedside drawer - make sure they're locked safely away.
- Children learn by imitating adults. So take your own medicine when they aren't watching.

Food poisoning

- Teach children that food can be poisonous too, if it's dirty, not fresh or not cooked properly.
- Always wash your hands before touching food and encourage the family to wash their hands before eating.
- Keep food preparation areas clean and disinfected.
- Store food at the recommended temperature and cover it if it's left out.
- Look at the 'use by' date to make sure food is fresh.
- Make sure that 'risky' foods like chicken, rice, eggs, etc are cooked thoroughly and always check if they are safe to be reheated.
- Teach children never to eat plants, mushrooms or berries in the garden before checking with an adult.
- Always follow instructions for defrosting food so that it is ready to eat safely.

FUN THINGS TO DO TOGETHER AT HOME

- Make sure you and your child go through the stories on Nationwide Education’s Home Safety section:
 - Talk about ‘Sam’s Birthday’ (2-4) – relate it to a birthday party they may have had.
 - Talk about the ‘Tiger’s House’ story (4-7) - what do they think happened to Poppy?
 - Read the story together and see if they can do the activities and find the dangers.
- Ask them to be your ‘Danger Ranger’, looking out for danger inside and outside the house. Give them sticker rewards when they see and report things (see downloadable printable sheet – Rewards).
- Play games like ‘I spy’, which can increase their observational skills and link it to things like ‘I spy with my little eye something that’s hot and could burn you’ etc.
- Play role play games together - you pretending to be the child, they the parent. Encourage ‘acting out’ things around the home (e.g. cleaning the rooms, filling the bath, cooking and baking, having a barbecue). Lead the game, pretending there are some risks and dangers and get them to suggest how to avoid being hurt.
- Keep a family picture diary – each day, get every member to do a simple drawing of something hot, sharp or poisonous, or something that could cause a trip or fall, with a picture of how you can make it safe. Stick them in a scrap book, day by day, with a title: ‘Today we made these dangerous things safe at home’. (Always make sure the positive message is given: ‘We can make this safe by putting it away/cleaning it up’, etc).
- Make fridge magnets with smiley faces as reminders saying ‘if something is hot, sharp or poisonous – **don’t touch!**’ (see downloadable printable sheet – Magnets).
- Have your child draw/paint/make a collage about a safe room.
- Play an alphabet safety game for every letter of the alphabet - use an alphabet wall chart, if you have one, to find something dangerous in the house and talk about what can make it safe.
- Make up songs and rhymes to remember safety messages (e.g. using nursery rhymes and replace the words with your own) – see some of these examples:

TRIPS, SLIPS and FALLS

(to the tune of the nursery rhyme
‘Here We Go Round the Mulberry Bush’)

This is the way we trip and fall
Trip and fall, trip and fall
This is the way we trip and fall
If we leave things on the floor

FIRE AND HEAT

(to the tune of the nursery rhyme
‘London’s Burning’)

The house is burning
The house is burning
Dial 999, dial 999 ...etc

SHARP THINGS

(to the tune of the nursery rhyme
‘Three Blind Mice’)

Three sharp knives
Three sharp knives
See how they cut
See how they cut
We must not touch them or leave them out
Because if we cut ourselves we will shout
Remember what we’ve been talking about
That’s three sharp knives

POISONS (to the tune of the
nursery rhyme ‘Polly Put the Kettle On’)

Never ever drink or eat
Never ever drink or eat
Never ever drink or eat
Pills or cleaners or bleach

PRACTICAL THINGS TO DO TOGETHER AT HOME

- Take every opportunity in your own home, and the houses of family and friends, to look out for risks and dangers. Encourage your child to point out all the things that are dangerous and what could be done to make them safer. Get them to do a risk assessment in each room, listing the dangers (either writing them down or drawing pictures).
- Give them praise and reward every time they pack away their toys or help you tidy things safely away.
- If anything is split or broken, explain what and how it happened. Talk together about how it could be avoided.
- Talk about any accidents or injuries that you or family members have had, again looking at how and why they happened and what could have been done to prevent them.
- Use the word bank given so you can explain things in easy terms.
- Use post-it notes or sticky labels as reminders and warnings around the home where things might be dangerous.
- Keep a list of emergency telephone numbers in clear large letters (in order of whom they should ring) by the phone or stuck on the fridge. Make sure it includes family and friends you trust and are likely to be at home or on their mobile.
- Talk to your child about making a 999 call. Make sure they know NEVER to mess about or make a prank call – only call 999 in a real emergency. Talk through the steps and the questions they may be asked (see downloadable fact sheet – Making an Emergency Call).
- Make an escape plan for your family, in case of a fire. Everyone should know what to do in an emergency (see downloadable fact sheet – Family Emergency Escape Plan). Don't make it frightening or panicky but simple and straightforward so they understand. Make a role play game out of it and practise it every few months so it's easily remembered.
- Encourage them to talk/ show/ explain all the safety things they've looked at and learnt with other family members, friends and neighbours.
- And the best thing you can do – set a good example!

DOWNLOADABLE FUN SHEETS AND FACT SHEETS

FUN SHEETS FOR AGES 2 – 4

- **Colouring sheet 1:** 'Fire can burn you.'
- **Colouring sheet 2:** 'Cookers are hot.'
- **Colouring sheet 3:** 'Tidy up. Don't trip!'
- **Colouring sheet 4:** 'Don't fall!'
- **Colouring sheet 5:** 'Knives are sharp.'
- **Colouring sheet 6:** 'Tools can be dangerous.'
- **Colouring sheet 7:** 'Poisonous! Don't touch!'
- **Colouring sheet 8:** 'Don't take medicine without a grown-up.'
- **Counting Dangers** – A simple counting activity designed to help children think about different types of hot or sharp dangers as they count rows of objects
- **Not in my Mouth** – Children identify things are not safe to put in their mouth

FACT SHEETS FOR AGES 4 - 7

- **Trips, Slips and Falls** – Summary of household dangers that might cause someone to trip, slip or fall
- **Fire and Heat** – Summary of household dangers that might start a fire or cause a burn or scald
- **Sharp Things** – Summary of household dangers that are sharp, pointed or might cut and injure
- **Poisons** – Summary of household dangers that are poisonous
- **The Emergency Services** – Basic information about the emergency services and how to call 999

FACT SHEETS FOR PARENTS

- Emergency Planning with Children
- Family Emergency Escape Plan
- Making an Emergency Call

There are also two printable sheets - 'Rewards' and 'Magnets' - to use with your children.

WORD BANK

A - E

Alcohol	Drinks like beer and wine that are for grown-ups only and can be 'poisonous' for children
Ambulance	A van that takes sick or hurt people to hospital
Banister	The handrail that you should hold when you go up or down stairs
Barbecue	A type of cooker where grown-ups can cook food outside
Bath	The tub in the bathroom you sit in to wash (Watch out it's not too hot and that you don't slip!)
Bed	A piece of furniture in your bedroom where you lie down and go to sleep
Berries	Small round fruits growing on bushes or trees (Be careful - some might be poisonous!)
Blade	The sharp part of a tool
Books	Lots of paper pages held together inside a cover (Look after your books and don't leave them on the floor!)
Burn	When you hurt yourself and damage your skin by touching something hot (like the oven)
Cabinet	A small cupboard on a wall for creams, soaps, medicines (Some of these can be poisonous!)
Cables	Thick wires carrying electricity through them (Don't trip over them!)
Candles	Sticks of wax that you burn. They give us light but the flame can burn your ski
Carefully	Doing something safely and slowly
Carpet	The thick covering on the floor
Chair	A piece of furniture with a seat and a back that you sit on
Cleaning things	All the bottles, sprays and creams that keep a house clean (These are poisonous!)
Coast guards	People who deal with emergencies at sea
Coat	Item of clothing you wear over your clothes to keep you warm when you are outside
Computer	A machine that holds lots of information
Cooker	Where we cook food (It gets very hot and can burn you, so don't touch!)
Cupboard	A place for storing things safely behind closed doors
Dangerous	Something that can hurt or injure you, or make you feel sick
Don't touch	If you are told not to touch something, it is because it's dangerous and you could get hurt
Electric cable	A thick wire carrying electricity along it
Electricity	A type of power that travels along cables (It gives us heat and light, but it is very dangerous, so keep away!)

WORD BANK

E-P

Emergency services	People like the police and fire fighters, who deal with things like fires, car crashes and injuries
Fall	When something or someone drops to the ground
Fire and rescue service	People trained to put out fires and rescue people from burning buildings
Fish bowl	A glass bowl where pet fish are kept
Food	What you and animals eat to keep healthy and stay alive
Football	A large ball that you can kick (But be careful where you kick it. It could hurt someone or break something!)
Fridge	A big, cold container where we keep food safe and fresh
Front door	The opening at the front of the house to the outside street.
Games	Things you can play with
Garden	Land outside a house
Gate	A type of door that stops things coming in or going out of a garden or field
Hedge trimmers	Sharps tools for cutting hedges
Hoover	A machine that sucks up all the dirt from floors (It has long cables, so don't trip over them)
Hot	Very, very warm (Hot things can hurt you and burn your skin.)
Hot coffee	A drink that can be very hot, so be careful not to knock it over or it could burn you
Hurt	In pain
Injury	When your body is hurt
Iron	A hard, metal object that heats up to smooth wrinkles in clothes (But it can be hot and dangerous!)
Knife	A sharp tool for cutting things
Lamp	A small light that sits on a table
Leaves	The green things that grow on trees and then fall to the ground in autumn
Loft ladder	A ladder that comes down from the loft (the space under the roof at the top of the house)
Medicines	Tablets or special liquids used to make people feel better (Never take medicine without a grown-up!)
Nettles	Wild plants that have small pointed hairs that can sting you
Not in your mouth!	If you are told this, you must listen because what you are going to do could poison you
Petrol	Fuel put in cars or machines (like lawn mowers) to make them work
Plants	Living things that grow in the ground, in gardens or fields

WORD BANK

P-Z

Play safely	To play away from dangerous things
Plug	The piece at the end of a cable that fits into the wall socket (You must not touch plugs!)
Poison/ poisonous	Something that can hurt you or make you very sick if you swallow it
Police	People trained to keep you safe and deal with crime
Pond	A small place in the garden that's filled with water (Always take care near water!)
Rugs	Small carpets (They may slide so take care not to trip or slip on them!)
Saucepan	A pot to cook food in (It's heated on the top of a cooker and gets very hot.)
Scald	A type of burn caused by hot water or hot drinks
Sharp	Something that can cut and hurt you
Shed	The small building in the garden where tools are kept
Slip	When you fall over because your foot slides on the floor
Stairs	The steps that lead from downstairs to upstairs
Stepladder	A small frame that grown-ups use to climb on to reach things (Don't you try - you could fall!)
Swallow	When you pass something from your mouth and throat to your tummy
Taps	You find them over your sinks and baths. You turn them to let the water come out (Be very careful of the hot water!)
Telephone	The thing you hold to your ear to listen and talk to someone who might be far away
Television (TV)	The screen that has pictures and sounds for you to watch different films and programmes
Thistles	Wild plants with prickly leaves and purple flowers
Tidy up	Don't leave a mess but put everything away where it should be kept
Tools	Something you use to help you do work (e.g. make, mend, or clean)
Towels	Soft thick cloths that you use to dry yourself
Toys	All the things you play with, like dolls, cars, and games (Remember to put them away!)
Trees	The large tall plants with woody trunks, branches and leaves
Trip	When you catch your foot on something and you fall over
Vase	A pot to hold flowers and water (Be careful not to knock it over!)
Water	The liquid you drink or use to wash, swim, etc (Water in the bath can be hot and pond water can be deep, so be careful!)
Weed killers	Poisons that kill wild plants that are growing where you don't want them
Window	The glass part of a wall where you can see out, (Watch you don't fall out!)