

ETONHOUSE PARENTING WEBINAR



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Safe Environments

How you can create safe environments at home and outside for young children.

Jump, skip, hop, splash and stomp! All children have a keen sense of curiosity and love to explore. Dr Diana Lin, a Specialist Paediatrician from Urgent Care Clinic International, shares tips on early childhood safety and injury prevention in the second session of the EtonHouse Parenting Webinar.

Content

1. Home safety tips
2. Outdoor safety tips
3. Car and road safety
4. Prevention of common accidents and injuries



Dr Diana Lin

Specialist Paediatrician,
Children's Emergency Physician

9 Strategies To Prevent Injuries At Home

Bedroom

1

Double-decker beds are not suitable for a child under the age of 7

2

Do not leave your baby alone on the bed or diaper changing table where they can roll over and fall



Living room

3

Keep windows locked, fitted with grills, and avoid placing furniture near windows where your child can reach out to the window

4

Wipe spills immediately and use non-slip mats

Kitchen & Bathroom

5

Handles of hot pot turned inwards, away from a child's reach

6

Always add hot water to cold water during a bath and never leave your child alone in a tub

Others

7

Do not leave electrical cords dangling

8

Install safety gates at stairs and safety locks on drawers/doors

9

Avoid sarong cradles and baby-walkers as babies have fallen out of them and sustained injuries

8 Tips While Playing Outdoor



- A fall from any equipment taller than your child's height can be dangerous (e.g. monkey bars, slides)
- Look out for any loose bars, sharp corners, nails or boards that are sticking out at older playgrounds
- Watch out for broken glass bits or trash near the play area
- Wear protective gears (e.g. helmet, elbow and knee pads, proper shoes)

SUPERVISION IS PERTINENT TO CHILD SAFETY AT HOME OR OUTSIDE

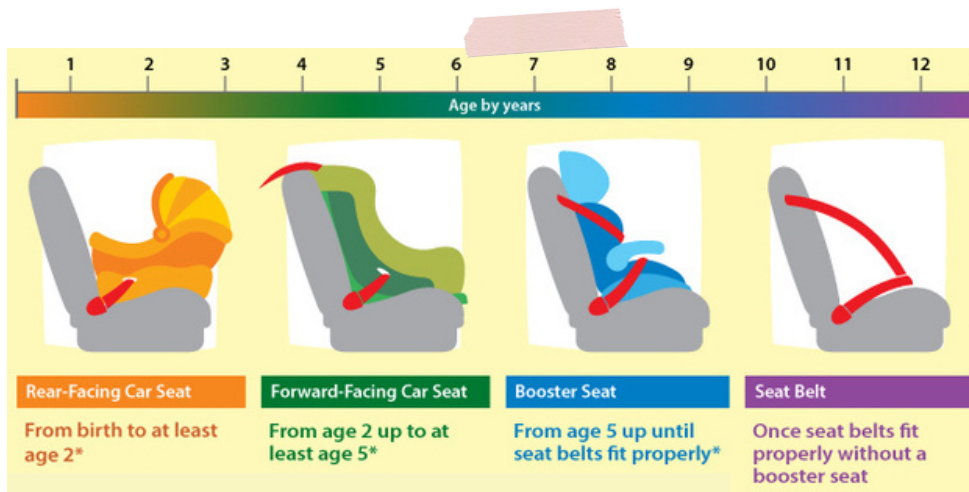
- Remind your child to be patient, take turns, and use the equipment suitable for their age
- Never let your child swim alone, a child can drown in a few centimetres of water
- Keep your child out of the swimming pool and playground during and after a bad weather
- Teach your child to identify the dangers



CAR AND ROAD SAFETY

Importance of a car seat

During a car accident, a child's head could be thrown forward resulting in brain injuries when it knocks against the skull if the child is unrestrained. Their neck and back muscles may not be strong enough to withstand these forces. **A car seat reduces the risk of injury, hospitalisation or even death by almost 2/3.**



**The recommended age range for car and booster seats varies according to a child's growth and the seat's weight/height limit. The image on the left is taken from the Buckle Up Safely article by KK Women's and Children's Hospital, click [here](#) for more information.*

Tips for travelling with young children



- Remember the goal: child safety in the car or on the road
- Familiarise your child with books, videos or games on road or car safety
- Address your child's fears, needs or feelings
- Engage them with their favourite toy, book or song during the journey
- Make pit stops or ask for help to have a more comfortable trip

PREVENTING COMMON ACCIDENTS AND INJURIES



FALLS

Watch out for the following and seek medical help if your child develops these symptoms after a high-speed fall or fall from height: loss of consciousness, multiple episodes of vomiting, severe headache, seizures or fits, change in behaviour (persistent crying, confusion, lethargy or abnormally sleepy).



FOREIGN BODY INGESTION

A foreign body can be inserted through a child's ear, nose or mouth. Seek medical help if your child is breathless, unwell, has abdominal pain or distension.



BURNS AND SCALDS

Causes of serious burn in children include sunburn, hot-water scalds, fire, electrical, or chemical burns which may lead to permanent injury or scarring. Remove the source of burn immediately and wash the affected area under a running tap with large amounts of cool water to prevent the burn from worsening.



ACCIDENTAL POISONING

Keep medicine, laundry detergent, household cleaner, and bleach out of reach or out of a child's sight. Do not transfer these items out of their original container. Teach your child these items are dangerous and stay away from them.



Hazards

Always be alert for new hazards as your child grows, modify the environment if required.

Supervision

Remove distractions and be present with your child.

Educate

Start early and teach your child what is safe and how to spot the dangers.