

News from Kidsafe Tasmania Spring 2021



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CEO'S SPRING MESSAGE



Welcome to the spring edition of our newsletter. It has come around quickly and even though Tasmania has had a relatively COVID free winter, the drain of the pandemic continues too way heavily on us all.

We encourage you and your family to get outside and enjoy some fresh air as spring approaches.

Children love to play, and spring brings on more opportunities to get out and about.

Kidsafe Tasmania is here to help you, I hope our tips in this newsletter help.

Feedback is always welcomed, message me at jenny.branchallen@gmail.com

We would really love to hear what you think of your local playground, run some of our checks over it and tell us how it fairs!

Regards Jenny



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HOW SAFE IS YOUR PLAYGROUND?

With the chance to get out and play more here are some things to consider.

Check for these things.

- Is the equipment frame stable and free from movement?
- Is the equipment free from rust, cracks, or broken items?
- Are timber items on the equipment free from rotted or splintered wood?
- Is the area free from any protruding bolts or sharp edges on the equipment?
- Is the play space area free from loose stones or gravel?
- Is the play area free from trip hazards?
- Is the play area free from tree branches at eye level or exposed tree roots?
- Are there shade structures or trees offering shade over the playground area?
- Is there some place nearby for adults to sit and easily view children on the equipment?
- Does the playground have fencing and adequately separated from driveways and busy roadways?

If you answer no to any of these questions, please pay some attention to correcting it.

There is a risk of injury in playgrounds

We should be mindful that children aged between five and nine years are at greater risk of injuring themselves on a playground.

This accounts for half of all presentations, with a peak in playground injuries seen in children around five years of age.

Children under five are also at risk, accounting for just over a third of playground injuries.

There is minimal gender variation between male and female children, with both equally as likely to be injured on playground equipment.



Play should be fun, and we should encourage children to explore and use their imaginations.



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SPRING CLEAN FOR POISONS SAFETY

Most childhood poisonings occur in children less than five years of age and usually involve common medicines and household products.



THIS SPRING:

- Safely dispose of unwanted cleaners and out of date medicine. (Look on-line to see which chemists in your area take out of date medicines to dispose correctly.)
- Check that the plants in your garden are child and pet friendly. (Guide on-line)
- Make sure all potential poisons are stored in a high, locked cupboard.

Contact: Poisons Information Centre
13 11 26 (for immediate advice)

THE WEATHER'S NICE SO LET'S TAKE BABY FOR A WALK IN THE PRAM

But we need a new one!

Things to consider before purchase:

- How flat does it fold? Can it fit into your boot?
- How heavy is it and can you lift it?
- Is it too wide for the local shops?
- Does it suit your lifestyle?



Safety tips while using your baby pram or stroller

- Double check that the folding mechanism is securely locked in place and the pram can't collapse.
- Always click your child into the pram with a 5-point harness that comes over the shoulders, between the legs and around the waist and adjust to fit snugly.
- Whenever you stop, put on the brake. Babies wriggle and prams can move.
- Put your wrist through the tether strap in case you fall, or you lose control of the pram.
- Always park your pram parallel to a road or railway line so it cannot get 'sucked' into the passing traffic.
- Don't put excess bags on the back. If you take your hand off, overloading it can cause the pram to tip.

TIP: Toddlers can start to object to being strapped in. From early on make it a rule that you don't move until they are secured – just like in the car.



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POISONOUS PLANTS

The listed plants are considered harmful to children in various ways

Plants that have a high harm potential are coloured green and should not be in a child's environment. Other plants may be a health risk if consumed or can cause allergic reactions if touched.

Contact the Poisons Information Centre (13 11 26) to discuss the appropriate first aid action if your child suffers a reaction to any plant or gardening product around your home.

Please note this list is not exhaustive. Contact the poisons hotline for more information.

We acknowledge Kidsafe Western Australia in developing this material.

PLANT	TOXIC PART
African Milk Bush <i>Synadenium grantii</i>	All parts, especially sap which is highly irritant.
Agapanthus <i>Agapanthus orientalis</i>	All parts, especially the bulb. Can also cause acute skin irritation.
Aloe Vera <i>Aloe vera</i>	All parts, especially the bulb. Can also cause skin irritation.
Angels Trumpet <i>Brugmansia spp.</i>	All parts, including nectar.
Arum Lily <i>Zantedeschia aethiopica</i>	All parts. Can also cause skin irritation.
Autumn Crocus <i>Colchicum autumnale</i>	All parts. Can also cause skin irritation.
Azalea <i>Rhododendron</i>	All parts.
Black Locust <i>Robinia pseudoacacia</i>	All parts.
Box <i>Buxus spp.</i>	All parts. Can also cause skin irritation.
Broom <i>Cytisus scoparius</i>	Seeds and leaves
Cape Lilac <i>Melia azedarach</i>	All parts.
Castor Oil Plant <i>Ricinus communis</i>	Flowers, leaves and seeds.

PLANT	TOXIC PART
Crabs Eye <i>Abrus precatorius subsp. africanus</i>	Seeds.
Cotoneaster <i>Cotoneaster</i>	Berries.
Daphne <i>Daphne</i>	All parts, especially bark and berries. Can also cause skin irritation.
Dumbcane/ Dieffenbachia <i>Dieffenbachia spp.</i>	Stems, leaves.
Elephant Ears/Taro <i>Colocasia esculenta</i>	All parts.
Foxglove <i>Digitalis purpurea</i>	All parts.
Hellebore <i>Helleborus spp. & Cultivars</i>	All parts.
Hemlock <i>Conium maculatum</i>	All parts, especially seeds.
Holly <i>Ilex aquifolium</i>	Fruit and leaves.
Jessamine <i>Cestrum spp.</i>	All parts, especially fruit.
Laburnum/Golden Chain Tree <i>Laburnum anagyroides</i>	All parts, especially seeds.



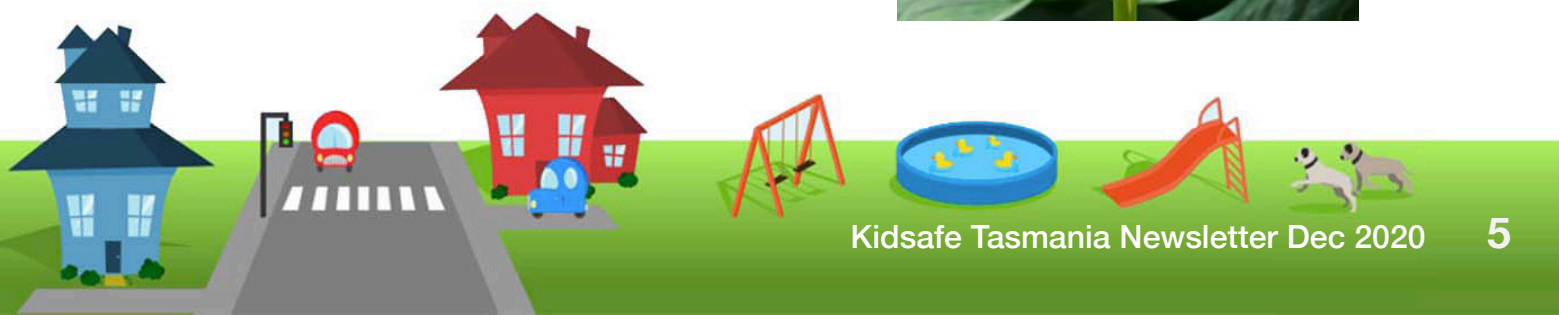
PLANT	TOXIC PART
Lantana <i>Lantana</i> spp.	Fruit and thorns. Can also cause skin irritation.
Naked Ladies <i>Amaryllis belladonna</i>	All parts, especially sap and bulb. Can also cause skin irritation.
Naked Lady/Pencil Bush <i>Euphorbia tirucalli</i>	Sap.
Black Nightshade <i>Solanum nigrum</i>	Leaves and green berries.
Oleander & Yellow Oleander <i>Nerium oleander</i> & <i>Cascabela thevetia</i>	All parts, especially seed in kernel. Can also cause skin irritation.
Rhus <i>Toxicodendron</i> spp.	All parts, especially sap, can cause severe skin irritation.
Sweet Pea <i>Lathyrus odoratus</i>	All parts, especially seeds.
Spurge <i>Euphorbia</i> spp.	Sap.
Thornapple <i>Datura</i> spp.	All parts, especially flowers, seeds and nectar.
Toadstools and Wild Fungus	All parts. Never eat fungi occurring in gardens or lawns.
Wintersweet/Bushman's poison <i>Acokanthera oblongifolia</i>	All parts.
Yew <i>Taxus baccata</i>	Seeds and leaves.
Zamia <i>Macrozamia</i> spp.	Seeds and leaves.
Peace Lily <i>Spathiphyllum cochlearispathum</i>	Sap and juice of plant



Peace Lilies
(*Spathiphyllum cochlearispathum*)



Peace lilies are poisonous to both humans and pets. When consumed by chance, the sap and juice of the plant may interfere with blood calcium level, thereby making the blood toxic. Peace lily is the common name for the species *Spathiphyllum cochlearispathum*. The plant is characterized by long broad leaves and beautiful white flowers.



FRUITS AND VEGETABLES

The quick growing vegetables listed here may be grown in a supervised environment.

PLANT	TOXIC PART
Avocado <i>Persea americana</i>	Leaves.
Bay tree/Sweet bay (bay leaves commonly used for cooking) <i>Laurus nobilis</i>	Berries.
Potato <i>Solanum tuberosum</i>	All green parts, especially green skin.
Rhubarb <i>Rheum rhaponticum</i>	Leaves. Can also cause minor skin irritation.
Stone fruit (apricot, cherry, nectarine, peach, plum) <i>Prunus spp.</i>	Kernels.

PREVENTING POISONING FROM PLANTS

DO NOT

- Assume a plant is not poisonous because birds or other wildlife can eat it.
- Use any part of a plant for cooking or medicinal use unless fully aware of its attributes.

DO

- Make sure all plants, both indoor and outdoor, are accurately identified. Take a sample of the plant to your local nursery if you are unsure of what type of plant it is.
- Teach your children never to put leaves, stems, seeds, nuts or berries from any plant into their mouths.
- Keep poisonous plants out of children's reach (e.g. remove or securely fence off all identified poisonous plants).
- Keep a record of all plants in your garden.
- Contact the Poisons Information Line (13 11 26) if your child suffers a reaction from a plant or if you are concerned about possible poisoning.

WEBSITE

Our website has new insightful information being put up every week, I encourage you to look at it regularly and feedback is always welcome.

We are trying to keep content up to date and relevant to our users. We have uploaded our 2021 flyer for people who want to book a Kidsafe session during this year.

What you may find useful on www.kidsafetas.com.au

Burns and Fire Awareness

- Home Burns Safety Checklist
- Burns Videos links
- Safety Ninja Burns Safety Clip

Stages in growing up safely

- Antenatal
- Birth to 6 Months
- Six to 12 Months
- One to Three Years
- Three to Five Years

In-Home Safety

- Location in House
- Home Safety Checklist
- These Plants Can Kill
- Weighted Blankets information

Water Safety

- Kids Alive Do the Five

Road Safety

- Child Restraints
- Driveway Safety
- Pedestrian Safety
- Choosing the Right Car Seat

Other safety information

- Top Ten Accidents
- Safe Return to School
- Coronavirus Update
- Playground Safety
- Child Farm Safety

Also

- News - latest child safety updates
- Product Recalls
- News from Kidsafe Australia
- Kids Page
- Events

Resources

- Data sheets - child safety
- Home Safety Actions Kit

