

News from Kidsafe Tasmania Spring 2022



INSIDE:

- Spring message from the CEO
- Spring clean for poisons safety
- What can I do to prevent poisoning?
- Plants can kill!
- Water Safety Sensory Sessions
- Sample Sensory Session information sheet
- As the weather warms up lets travel on our roads safely
- Directory of our website and services



CEO'S SPRING MESSAGE



Spring is in the air, and we are all feeling like doing stuff! Going out more, enjoying the outdoors, spring cleaning the house and getting ready for some sun!

I can't wait and I'm sure you can't either. It's been a wet and cold winter.

We just need to remember a few simple things to be aware of around children which we will cover in our newsletter.

Remember Kidsafe is here to help and support you, better to make a quick phone call or go to our website where you will find lots of tips and information to help keep your children safe.

Happy spring!

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

Regards Jenny



Enquiries: Jenny Branch-Allen
CEO Kidsafe Tasmania
0417 381 721
jenny.branchallen@gmail.com



SPRING CLEAN FOR POISONS SAFETY

"Most child poisonings occur at home, usually involving common medicines and household products."

Why are children at risk?

Every year hundreds of children need medical care for poisoning from products commonly found around the home. Most accidental poisoning occur to children less than five years of age, with children aged one to three most at risk.

Between 1 to 3 years of age children begin to get skills that make them more at risk. This means potentially toxic products are more easily reached.

At this age they are curious but lack judgement and are unable to read. They also like to imitate what others do, including taking medications.

If your kids swallow something poisonous call:



Poisons Information Centre 13 11 26



ROAD SAFETY ADVISORY COUNCIL
TOWARDS ZERO



www.kidsafetas.com.au

WHAT CAN I DO TO PREVENT POISONING?

- Store poisons in a locked cupboard preferably 1.5 metres above ground (out of sight, out of reach - locked up and away)
- Store medicines separately from chemicals and cleaners but ensure both are locked away.
- Use child resistant locks on cupboards or cabinets that store medicines and poisons. You can buy these at many hardware stores.
- Don't store poisons near food. Some children's medicines need to be kept in the refrigerator- use a small potable lockable container to enable these medicines to be stored safely.
- Return all poisons to their safe storage area immediately after you use or buy them. If you are using household products when the doorbell or phone rings take them with you.
- Ask for and use products in child resistant containers and make sure the lids are on properly after use. However, remember child resistant is not child proof two-year-olds can open them.
- Store all medicines, cleaners and chemicals in their original containers that are clearly labelled.



PLANTS CAN KILL!

With spring approaching there is plenty in the garden to attract children.

PREVENTING POISONING FROM PLANTS IN YOUR GARDEN.

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.



- Dispose of unwanted and out of date medicines. Contact your pharmacy for advice.
- Never refer to medicines or vitamins as "lollies".
- Before giving medicines always read the label and follow directions.
- Keep your guest's handbag out of reach of children.
- Check the plants in your garden are not poisonous.

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 poison.

Look at the [Kidsafe poisonous plants page](https://www.kidsafetas.com.au) for further information on our website.
www.kidsafetas.com.au



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WATER SAFETY SENSORY SESSIONS

Water Safety Sensory Sessions are available through the Teachers Hub on the Kids Alive website. kidsalive.ditaplayer.com.au/catalog/water-safety-sensory-sessions/ The training takes less than 30 minutes and provides valuable new ways to educate little ones about water safety.

We hope you enjoy creating and sharing the wonderful sensory play experiences Kids Alive have created for you. Kidsafe Tasmania strongly supports the amazing Kids Alive's water safety messages.

There are some great Kids Alive posters and information sheets on the Kidsafe Tasmania website. www.kidsafetas.com.au/water-safety-sensory-sessions/ A sample of the sheets is on the next page of this newsletter. Don't hesitate to call me on 0417 381 721 if you have any queries. Jenny

Water Safety Sensory Sessions

INTRODUCTION

Welcome to Kids Alive and Messy Bubs Water Safety Sensory Sessions.

This training will provide you with an opportunity to increase the learning and development of young children in your care.

Kids Alive and Messy Bubs have created a series of multi-sensory play experiences focused on the Kids Alive water safety books – Boos Adventures. The programs incorporate essential water safety messages relevant to pool, beach, farm and home environments. The program is ideal for babies, toddlers, preschoolers and their caregivers. They cover babies under 12 months, and children between ages 13 months – 4 years old.

By combining sensory learning with water safety, we are creating a unique way to educate children under 5 and their caregivers. The training includes a series of videos and lesson plans to guide the activity and provide you with details of the expected learning outcomes for your little ones.

Everything can be adapted to suit your environment and the resources available to you.

WHAT IS SENSORY PLAY?

Sensory play is all about stimulating children's senses. This includes touch, smell, sight, sound and taste. But it also covers movement, balance, and spatial awareness. The sensory sessions will also provide a unique opportunity for communication and social development.

BENEFITS FOR BABIES

Babies learn and develop new connections in their brain through play. It helps them learn more about the world around them and supports language development as they respond to different stimuli. Babies can enjoy simple sensory play such as touching different objects and surfaces and hearing how different materials create a variety of sounds.

BENEFITS FOR TODDLERS

Toddlers are usually developing their discerning abilities and will start trying to do things for themselves. They are learning about concepts, like time and opposites, so activities that compare and sort colours, will encourage toddlers in their exploration.

BENEFITS FOR PRE-SCHOOLERS

As children reach the age of 4 or 5, they will often be exploring more independently and further developing language. Playing with musical instruments and creating and building different shapes with various objects and materials, will further encourage these developments.

Remember Kids Alive Do The Five

- 1 Fence the pool
- 2 Shut the gate
- 3 Teach your kids to swim it's great
- 4 Supervise, watch your mate
- 5 Learn how to resuscitate



Messy Bubs
play learn grow

www.messybubs.com



KIDS ALIVE
DO THE FIVE

www.kidsalive.com.au





Water Safety Sensory Sessions

www.messybubs.com

www.kidsalive.com.au

Adventures at the Pool - Baby

Kids Alive and Messy Bubs have joined forces to share water safety messages through unique sensory play experiences. There are many amazing benefits to multi-sensory play that lead to development of thought, intelligence and social skills. It is a wonderful way to create quality creative time for families and caregivers.

By combining this form of play with water safety messages we are creating a unique way to educate children under 5. Use the lesson plans to guide the activity and help expand the learning of little ones under your care. Everything can be adapted to suit your environment and resources available.

METHOD:

- ❖ Cover activity tray or padded area with foil blanket.
- ❖ Add shredded paper and puff it up so its inviting.
- ❖ Add pool noodles.

LEARNING BENEFITS:

Sensory exploration is fun for babies but also vital for brain development.

- ❖ Foil blankets and shredded paper are noisy and babies will learn that when they move their bodies, noise will follow which aids with body awareness.
- ❖ Babies will be mesmerised with the light reflecting off the foil blanket.
- ❖ Explore the game 'Peek a Boo' with the shredded paper and foil blanket.
- ❖ Babies will try to grasp the shredded paper working their hand and eye coordination.
- ❖ Pool noodles are an extra sensory tool due to their softness and lightness, babies will hold the pool noodle and be introduced to colours supporting language development.

**Adult supervision required at all times.
Never leave a child alone with the items.**

YOU WILL NEED:

- ✓ Foil Blanket
- ✓ Shredded Blue Paper
- ✓ Kids Alive Do The Five Music
- ✓ Pool Noodles
- ✓ Plush Toys



Water Safety Messages

Ensure fence is well maintained

Remove climbable objects from the pool area

Never prop the pool gate open

We recommend the MagnaLatch and TruClose hinge

Supervise during learn to swim



AS THE WEATHER WARMS UP LETS TRAVEL ON OUR ROADS SAFELY

Every year approximately 5,000 Australian children are rescued from cars. Three-quarters of those children are under four years old. Even on a cool day the temperature in a parked car can be over 30 degrees hotter than outside.

In fact, 75% of the total temperature rise can occur within the first five minutes of parking a car.

As we get out and about more as the weather gets better make sure your child is travelling safely and in the right child restraint for them.

- Buckle up every child on every trip.
- Ensure you use a correctly fitted child car restraint most appropriate for your child's age and size.
- All child car restraints must meet the Australian Standards AS/NZS 1754.
- Always follow the manufacturer's instructions when using your child car restraint.
- If you are using a second-hand child car restraint, ensure you know the history of the restraint and that it is less than 10 years of age and has not been involved in a car accident.
- Child car restraints must be installed in the second row of seats in a vehicle. For further information please contact Kidsafe Tasmania. Call Peter Gillon M: 0407 692 403.
- Ensure your child has exceeded the maximum size limits of the restraint before progressing them to the next stage.

**DO NOT LEAVE
CHILDREN
IN CARS**



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 2022 information 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

