

News from Kidsafe Tasmania Summer 2022



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CEO'S SUMMER MESSAGE

Summer is upon us, and we are all looking forward to hot weather and hopefully some of us will get a well-earned break.

Kidsafe would like to get out some useful tips and information to help make your summer break as happy and safe as possible.

So, enjoy summer, enjoy some quality family time and be safe. Kidsafe safe!



Regards
Jenny



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



SUN PROTECTION

Damage to the skin begins with the first exposure to sunlight.

- A baby's skin is very sensitive and burns easily.
- Avoid exposure to direct sunlight; keep well shaded.
- Sunscreen SPF 50+ should only be used sparingly – clothing, hats and shade are better natural protection.
- All the family should avoid the sun between 10am and 3pm.
- It is recommended that everyone uses sun protection regardless of skin type when the UV is 3 and above. If a person has concerns about skin type and using sun protection, they should speak to their GP.
- Babies under 12 months of age must not be exposed to direct sunlight when the UV Index is 3 or above. They are required to wear sun-safe hats and clothing and stay in the shade.

When necessary, sunscreen may be applied to small areas of skin not protected by clothing and hats. However, the widespread regular use of sunscreen is not recommended for babies under 6 months old.

SLIP on sun protective clothing (protect arms and legs)

SLOP on sunscreen SPF 50+ and reapply every two hours

SLAP on a broad brimmed, legionnaire or bucket style hat

SEEK shade

SLIDE on some sunglasses



www.sunsmart.com.au/advice-for/parents-carers sunsmart@cancertas.org.au



SAFE INFANT SLEEPING

This year we have a lot of people seek information on safe sleeping. We have included this article to reinforce some of the messages Kidsafe has published during 2022.

Over the past 25 years we have seen a dramatic decline of deaths from sudden infant death syndrome (SIDS). However, Kidsafe Tasmania recognises that parents continue to have concerns around safe sleeping practices. Here are some practical tips.

Providing a safe sleeping environment for infants can prevent death. There are positive steps that can be taken to make sleeping environments safer for infants.

1. Sleep baby on their back from birth – never on the tummy or side
2. Sleep baby with their head and face uncovered
 - When using bedding, put baby's feet at the end of the cot then only bring bedding up to the chest.
 - When using a sleeping bag, make sure it is the right size for your baby and the right thermal rating (TOG) for the season.
3. Avoid exposing baby to tobacco smoke before and after birth
4. Sleep baby in their own cot or bassinette
5. Provide a safe sleeping environment for baby night and day. A firm mattress and no soft items in the cot.
 - Don't let babies sleep on couches, bean bags, pillows or even baby capsules placed on the floor.
 - Keep the cot or bassinette away from curtain/blind cords – young children have been strangled by dangling curtain and blind cords.
6. Breastfeed your baby if you can

WARNING! - BUTTON BATTERIES

Over the holidays many things your children have access to, will contain button batteries similar to those shown.



BUTTON BATTERIES CAN BE POTENTIAL LIFE THREATENING TO CHILDREN.

Button batteries are small, round, silver batteries. They are attractive to young children because they are shiny, bright and easy to swallow.

They are used in ear thermometers, hearing aids, singing cards, toys, flame candles, torches, bathroom and kitchen scales, to mention a few.

If children swallow or put a button battery inside their body, it can lead to burns, serious injury, internal bleeding or death.

Button batteries are not safe, their use should be carefully monitored and they should be stored well out of the reach of children.

For further information: www.kidsafetas.com.au/button_batteries_dangers/



ROAD SAFETY ADVISORY COUNCIL
TOWARDS ZERO

 Tasmanian
Government

TRAVEL SAFELY THESE HOLIDAYS - COLOURING COMPETITION

Colour me in and email to Kidsafe Tasmanian CEO Jenny Branch-Allen for your chance to win two movie tickets. jenny.branchallen@gmail.com by the 15th of January 2023



I'm a reminder that me and all other children must use a correctly fitted child car restraint for our age and size.

TRAVEL SAFELY THESE HOLIDAYS

Road Safety tips:

- Ensure all children are using a correctly fitted child car restraint for their age and size.
- Take care when travelling on busy roads during the holiday period.
- Make sure children are always supervised near driveways, roads, and footpaths.

Remember Kidsafe Tasmania can advise you on child restraint use and have qualified fitters to help you out. Check out our website for more details. www.kidsafetas.com.au

CPR/FIRST AID KNOWLEDGE

Having the skills to respond in an emergency can mean the difference between life and death. Kidsafe Tasmania encourages all parents and carers to enrol in a CPR/first aid course and to update their skills regularly. It is also a good idea to place a CPR chart in your pool or spa area for easy reference.

For a great Safety Ninja video on pool safety go to Water Safety page on Kidsafe Tasmania website:

www.kidsafetas.com.au/backyard_pool_safety/

HOME SAFETY DURING THE BREAK

So how do you make your home 'Kidsafe'?

There are three main steps that Kidsafe recommends you follow to make your home a safer place for children:

SPOT THE HAZARDS

It might sound a bit strange, however we recommend that if safe to do so, to get down on your hands and knees and look at your house from your child's perspective. Hazards may include things such as loose curtain and blinds cords, unsecured furniture that could topple, household chemicals, medicines, button batteries, powerful magnets, sharp objects and unsafe electrical fittings.

DECIDE HOW TO DEAL WITH THE HAZARD

Depending on the hazard, this may involve removing the hazard or installing barriers to restrict children's access to the hazard. It's important that safety devices are never relied upon on their own to keep children safe and are always combined with appropriate supervision.

MAKE THE CHANGES

Act immediately - children are not protected until the changes have been made.

You can download and print our booklet '**PARENTS GUIDE TO KIDSAFE HOMES**' and '**HOME SAFETY CHECKLIST**' which help guide you through the common injuries that occur at home.

KIDSAFE TAS. IN 2023

- Child Injury Prevention Information and Training Sessions
- Child Restraint Fitting Sessions
- Respond to phone and email enquiries on all aspects of prevention of unintentional injury
- Child car seat fitting, inspection and education.
- Provide updated information and materials on all of the subjects listed below.
- In the first half of 2023 we are commencing Playground Inspections and a focus on educating children and parents on safe play in playground settings.

WEBSITE CONTENT

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

