

Kidsafe News

KidSafe Centre, 72 King William Road, North Adelaide, SA 5006

Ph: (08) 8161 6318

Patron: Her Excellency Marjorie Jackson-Nelson, AC, CVO, MBE, Governor of South Australia

President: Associate Professor Anne Johnson

Issue 4

Winter 2007

EXECUTIVE OFFICER'S

MESSAGE

Welcome to Kidsafe News – Winter 2007.

After a great deal of hard work and much anticipation, the Playspace Resource Kit has finally been completed!

The Resource Kit covers the requirements for the new Australian Standard for playground equipment AS 4685 – 2004, and includes information sheets on topics such as legal responsibilities, playground surfaces, injury statistics in SA and maintenance and inspection of play spaces.

The Playspace Resource Kit was launched by Ms Lindsay Simmons, MP for Morialta, (representing the Minister for Health), at the North Adelaide Primary School on Thursday 10th May. Ms Simmons highlighted in her speech the significance of, and need for, such a resource; its ability to be used nationally; and expressed the full support of both herself and the Minister for Health.

The Kit is to be distributed over the next several weeks, to early childhood sector sites throughout the state. Workshops are currently being convened to work through the contents of the Kit with staff from this sector. For more details regarding these Workshops, check the Department of Education & Children's Services (DECS) CHES website under "Training" at www.ches.sa.edu.au. Copies will be available for purchase from Kidsafe for other community groups and agencies.

With the arrival of the colder weather, it is time to consider the safety issues that arise more frequently during the winter months. We hope the information provided in this Newsletter is helpful.

Helen Noblet

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WINTER SAFETY TIPS

Keeping babies and children warm and safe this winter

Safe Sleeping

Research has found some important ways to reduce the risk of SIDS and create a safer sleeping environment for babies and young children. The following information is intended to help you create a safe sleeping environment for your child.

- Put baby on the back to sleep, from birth
- Sleep baby with face uncovered
- Put baby's feet at the bottom of the cot so that baby can not wriggle down under the bed clothes
- Tuck in bedclothes securely so bedding is not loose
- You might decide not to use bedding at all but to use a cozy, safe sleeping bag. A safe sleeping bag is one with a fitted neck and armholes
- Cigarette smoke is bad for babies



Safe Bedding

- Remove all pillows, quilts, doonas, duvets and cot bumpers from the cot
- Soft and puffy bedding in the cot is unnecessary, unsafe and may cover your baby's face and make breathing difficult
- If you firmly wrap or swaddle your baby, it is safer not to cover baby's head
- Do not use electric blankets, hot water bottles or wheat bags, due to the risk of overheating and burns

Remember that your baby or toddler cannot escape; a baby that becomes too hot may be at an increased risk of SIDS.

Winter Home Heating Safety

This time of year we receive many phone calls and visitor enquiries about safe home heating.

The advice we give is:

- To prevent injuries, avoid access by small children to heaters or fire places
- Reverse cycle or ducted air conditioning is the safest form of heating

- Wall mounted heating is preferable to floor mounting heating
- If you must use floor mounted heating, install a secured, child safe fire guard. Fire guards can be purchased from The Fireside Shop located inside Elgae Indoor Outdoor Furniture, 245 Greenhill Road, Dulwich Ph: 8431 2730
- Consider a heater that is thermostatically controlled and with a safety cut out feature in case of accidental tip over
- Radiating heaters are not recommended
- Keep matches and lighters out of reach of small children

For a baby or small child's bedroom, the recommendations are:

- Keep a baby's room temperature stable, between 16 and 20 degrees (as advised by SIDS)
- Use thermostatically controlled heaters
- Ensure small children do not become overheated while sleeping

For further information on safe sleeping for the under 2's, contact Kidsafe SA on (08) 8161 6318.

Scalds from hot drinks

Hot drink scalds usually happen when a young child - most likely one to three years old - pulls a cup down on themselves, or runs into someone who has a drink in their hand and spills it. Scalds are often to the head, face, chest and hands.

Hot drink scalds can happen quickly, often with adults nearby who do not see the child reaching for the hot drink until it is too late to stop them.



It is best to:

- Keep hot drinks out of reach. Try to place drinks up high instead of on low tables.
- Avoid carrying or nursing babies or small children when having a hot drink.
- Use non-slip placemats instead of tablecloths.
- Keep drinks towards the centre of the table.
- Avoid putting hot drinks into cups that children often drink from.
- Avoid letting children take sips from your hot drink.

First Aid for scalds

- If your child is scalded, EVERY SECOND COUNTS. Cool the scald immediately in or under cool running water for 20 minutes
- Remove any clothing at once if you can. Clothes hold in the heat and can cause a deeper scald. Leave clothing on if stuck to the skin.
- Never use ice, oil or butter, soy sauce or ointments. These can damage the skin further.
- Keep the child warm with a clean blanket and comfort them. Seek medical advice if the scalded area is bigger than a 20 cent piece
- In an emergency dial 000 for an ambulance

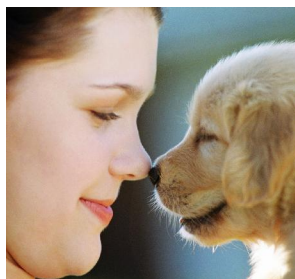
DOGS AND KIDS

Children under 12 years of age are most at risk of dog attacks. Children aged 1-4 years have the highest rate of injury. Of those attacked, the majority are family or friends of the dog owners.

The most serious injuries are to the child's head and face, often leaving them scarred. Others injuries include lacerations and bruising to the arm and legs.

Reduce dog bites by...

- Keeping babies and young children away from your dog
- Always supervising children near dogs. This is particularly important when a new infant comes into a family of a long-time dog owners
- Asking friends and relatives to keep their dogs separate from your children at all times
- Teaching children how to behave toward dogs
- Ensuring your dog is properly trained to sit, stay, drop and come
- Choosing a breed that is suited to your families' lifestyle and environment
- Make sure your dog is friendly with children
- Show children how to behave with dogs
- Seek professional advice about socialisation of dogs and children



Teach your child to...

- Always ask permission from the owner before slowly approaching an unfamiliar dog
- Curl your fingers and allow the dog to sniff the back of your hand
- Stroke the dog gently on the chest, or shoulder, or under the chin
- Avoid approaching dogs that are sleeping or eating
- Stand still like a fence post if approached by a strange dog and not squeal or jump

Child Safety in your Driveway

In the home driveway, the vehicle is usually only moving slowly and is often being driven by a parent, family member or friend. We don't think of small children as being in danger in such a familiar and caring environment but they are!

Small children are naturally inquisitive and want to see what's going on. They can also move surprisingly quickly. In the time it takes for the driver to say goodbye and start the car, a child can move from a 'safe' position, onto the driveway and into the path of the vehicle. Small children can be impossible to see from inside a car, especially if they are immediately behind it.



Tragically one child, often a toddler, is run over in the driveway of their home every week in Australia.

What can you do to prevent such a tragedy?

- Always supervise your children whenever a vehicle is to be moved – hold their hands or hold them close to keep them safe
- If you're the only adult at home and need to move a vehicle, even only a small distance, place children securely in the vehicle with you while you move it.
- A driveway is actually a small road – discourage children from using it as a play area
- Make access to the driveway from the house difficult for a child, possibly using security doors, fencing or gates.

What services and resources does KidSafe SA offer?

KidSafe SA provides an education and information service for parents and carers of children on all aspects of child safety and injury prevention. We operate the KidSafe Centre, where a range of brochures, fact sheets, videos and booklets are available. Information available includes the prevention of burns and scalds, drowning, falls, choking and poisoning.

KidSafe SA offers a 'Community Talks Program' on child safety and injury prevention to new parents and other interested community groups. Bookings are essential, contact KidSafe SA on 8161 6318 for more information.

A wide range of safety products are available to inspect and purchase directly from the Centre. A mail and phone order service is also available.

KidSafe SA also offers a phone information service on (08) 8161 6318.

KidSafe SA contact details

Location and Postal Address

The KidSafe Centre
Main Foyer, Kermode Street Entrance
Women's and Children's Hospital
72 King William Road
North Adelaide SA 5006

Phone

(08) 8161 6318

Fax

(08) 8161 6162

E-mail

sa@kidsafe.org.au

Opening Hours

Monday to Friday 9:30am – 4.00pm

Website address www.kidsafesa.com.au

Contact us with your comments, concerns or queries on child safety issues on
(08) 8161 6318 or sa@kidsafe.org.au

Please send me the KidSafe News electronically.

My e-mail address is:

I would like to contribute to the work of KidSafe SA Inc.

I would like to make a tax deductible donation to KidSafe SA. My details are provided below.

I would like to become a Member of Kidsafe SA. My payment details are provided below (\$44.00 for individuals, \$165.00 for organisations). Subscriptions are due and payable on 1st July each year).

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