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Winter 2010

CHIEF EXECUTIVE OFFICER'S MESSAGE

Welcome to Kidsafe News - Winter 2010.

It has been a busy couple of months for staff at Kidsafe in SA with our attendance at the Pregnancy, Babies & Children's Expo, as well as giving many Community Talks on injury prevention and the new child restraint regulations. Presentations have been given to various community groups, child care centres and new parent groups, including newly arrived Refugee groups. It is essential to book early with Kidsafe staff for one of these sessions.

We are very excited to announce that we now have available the newest series of resources for Aboriginal families and communities, entitled "Safety for Our Little Fellas". These resources are comprised of a set of Information Sheets, a series of Posters and a Training Flip Chart. They cover a broad range of injury topics, including the prevention of burns & scalds, drowning and poisoning, as well as information on the requirements of the new child restraint legislation and the promotion of safe infant sleeping practices. To enquire about the availability/purchase of these resources, contact the staff at Kidsafe SA on the contact details given at the end of this Newsletter.

THE KIDSAFE CENTRE IS MOVING to a new and exciting location over-looking the Playdeck on Level 1 of the Hospital. Keep an eye on our website for more news regarding this move, and to check out the series of new & updated Fact Sheets and other resources.

Take care and keep safe.

Helen Noblet

Kidsafe SA INC SPONSORS

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GLIDEROL
GARAGE DOORS

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Child Car Restraints and the Law

The best way to reduce the risk of your child being injured in a car crash is to ensure they are restrained properly in the car on every trip. Legislation requires that all children up to the age of 7 years must be restrained in an Australian Standard compliant child restraint appropriate to the age and size of the child:

- Children under 4 years must be transported in the rear seat of a vehicle with two or more rows of seats
- Children aged between 4 and 7 years can only travel in the front seat if all positions in the rear seat are occupied by younger children
- Refer to your car manufacturer's manual for the minimum age that a child can travel in the front seat, if you have front passenger side airbags.

It is important that child restraints:

- Meet Australian Safety Standards
- Are not bought second hand without knowing their history
- Are not more than 10 years old
- Are not used if they have been previously involved in an accident
- Are fitted according to correct specifications. Seek professional advice if unsure (RAA, Hire for Baby, Red Cross)
- Are used to restrain your child **on every trip**, even if only travelling short distances. Most crashes occur close to home on roads with low speed limits.

A guide to child restraints:

Age: 0 - 6 months

Less than 8kgs

Rearward facing baby capsule or infant restraint.



Age: 6 months - 1 year

8 - 12kgs

Rearward or forward facing infant restraint



Age: 6 months - 4 years

8 - 18kg

Forward facing restraint with built in harness

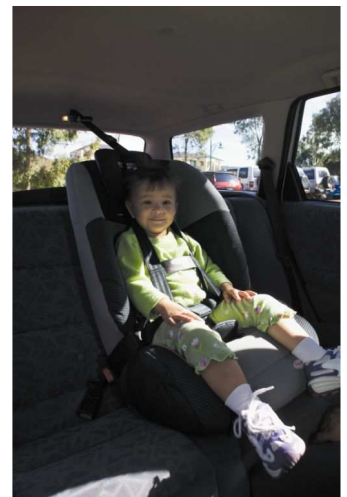


Age: 4 - 7 years

14 - 26kgs

Booster seat with a secured adult seatbelt OR

Booster seat with H-harness



Safety Tips:

- Babies should change from a rearward to forward facing restraint at approximately 8 - 12kgs. This will vary depending on the brand of restraint.
- Young children should progress towards the next level of child restraint once their eye level is above the back of their current restraint, or the harness straps are in excess of 25mm below the child's shoulder height
- Only use restraints that are compliant with Australian Safety Standards
- Check the manufacturer's information and product guidelines on the child restraint to ensure correct usage.
- Children can move to an adult seatbelt before 7 years of age if their eye level is above the back of the booster seat.
- Under the revised 2010 Australian Standard AS/NZS 1754 - 2010, shoulder height will be used to determine when a child is too big for a certain type of restraint. Restraints manufactured to comply with the revised Standard, will have a permanent shoulder height marker.

How safe is your child with the family dog?

DOG SAFETY

Family pets are a wonderful way to assist healthy emotional and physical development in children. Dogs in particular can be special companions, providing an opportunity for exercise while also assisting to teach children responsibility.

However, there are some risks to children associated with dog ownership that parents need to be aware of. Dog bites are a cause of significant injury and distress to many children in Australia each year. In Australia between 2000 and 2003, 6553 people were hospitalised as a result of a dog injury, with over 40% of these being children under the age of 9.

Almost three quarters of all dog bite injuries to children occur in the home. The most common area of injury is the face, accounting for 61% of injuries, as a child's head is usually at the same height as the head of the dog.

DOGS AND YOUR FAMILY

A dog's breed and size will also influence their potential to bite, as well as how severe any bite may be. Therefore, when choosing a dog for your family, discuss the most appropriate options with your local vet or RSPCA; they can assist you in picking a breed that best suits your family and lifestyle.

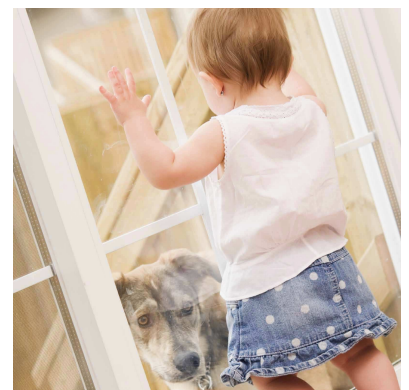
- Dogs that are taught or actively encouraged to be guard or hunting dogs, should not be mixed with children.
- Ensure your dog is socialised, well trained, and always kept under close supervision when interacting with young children.
- If your dog exhibits any aggressive behaviour, manage it immediately and appropriately.
- Consider waiting until your youngest child is five years old before buying a dog, as children under five are those most at risk of dog bites.

REDUCING THE RISK OF INJURY

Supervision is vital in reducing the likelihood of dog bite injury to your child. **Never, under any circumstances, leave young children alone with a dog**, even if the dog has never exhibited aggressive behaviours before. Either actively supervise young children around dogs at all times, or physically separate them with a fence or other barrier.

When introducing a baby to a pet it is important to prepare your dog in the months prior to the birth. You will need to make changes to your pet's physical environment. Try to familiarise your dog with the smells and sounds that they will encounter when the baby arrives. The initial meeting between the baby and dog should be in a calm, controlled and supervised setting, allowing the dog to smell the baby. It is also important that you reassure and gently praise the dog.

You should try and minimise changes to the dog's routine, and make any changes to the dog's environment prior to bringing the baby home. Young children are often unaware that particular behaviours can cause dogs to act in a defensive



manner. Adult supervision can ensure that activities such as rough play and squealing are kept to a minimum, and therefore reduce the risk of the dog becoming overexcited and biting.

Steps to Prevent Dog Attacks

- **'Supervise or separate:'** If you are unable to supervise then you need to ensure that you can safely separate children and dogs.
- Children should never approach a dog when food is present, including human food.
- Children should never approach an unfamiliar dog. Teach your child to ask permission from the owner before approaching the dog.
- Approach the dog on an angle, curl the fingers and present the back of the hand, and allow the dog to sniff it before touching.
- Dogs can see eye contact as a challenge or a threat; teach children to look at their feet.
- Teach your child how to act if approached by an unfamiliar dog; to stand like a statue with arms by their sides, and to look at their feet.
- Always avoid a dog that growls, lifts its lips, backs off, or raises the hair on its back. Dogs declared dangerous by the council should be wearing a dangerous dog collar; avoid these dogs even under supervision.

Baby Sleeping Bags: A safe way to sleep your baby

Baby sleeping bags help to make a safe sleeping environment for babies by providing a safe alternative to blankets and top sheets. They are an integral part of establishing a baby's night-time routine, and may help prevent some of the causes of SIDS.



One of the ranges of sleeping bags, Grobag, has been available in the UK, Europe & Australia for many years. It has established an excellent reputation as a premier product, designed with safety, comfort and uncompromising quality.

Kidsafe SA has a large range of Grobag Baby Sleeping Bags available for purchase from the Kidsafe Centre. A room thermometer and dressing guide is provided

with every Grobag to make sure your baby is sleeping at a safe and comfortable temperature.

Grobags come in a variety of warmth ratings (TOG):

2.5 TOG - All Year Round (for standard room temperature of 16 - 20°C)

1.0 TOG - Perfect for summer and daytime naps (warmer weather and in rooms 21 - 23°C)

0.5 TOG - Ideal for holidays and heatwaves (hot weather and very warm rooms 24 - 27°C).

Baby sleeping bags:

- ☺ prevent little ones from wriggling down and having their face covered by bedding, reducing the risk of suffocation
- ☺ prevent little ones from kicking their blankets off and waking up cold and crying during the night
- ☺ helps deter little ones from getting a leg over and rolling on to their side or tummy.
- ☺ provide a more regulated temperature and reduce the risk of over-heating.



The Grobag baby sleeping bag variety comes in 3 sizes (0 - 6 months, 6 - 18 months and 18 - 36 months) and 3 different TOGs (warmth's).

Come in and visit or telephone us for more information on Grobag Baby Sleeping Bags.

There are brand new Grobag designs available from the Kidsafe Centre now.

Special Offer: \$10 off all Grobags upon mention of this Newsletter.

Check out the new Kidsafe SA Ages and Stages Fact Sheets on our website now:

- ☺ **Birth - 9 months:** Babies from birth to crawling
- ☺ **9 - 18 months:** Toddlers on the move
- ☺ **1½ - 3½ years:** Inquisitive and Invincible
- ☺ **3½ - 5 years:** Pres-schoolers - Independent Adventurers

www.kidsafesa.com.au

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. The Kidsafe Centre, located at the Women's & Children's Hospital in North Adelaide, provides a range of brochures, Fact Sheets, DVD's and booklets. Information is available on a wide variety of topics from playground safety to the prevention of burns and scalds, drowning, falls, choking, poisoning etc. There is an extensive range of safety products on display and available for sale.

Kidsafe SA offers a Telephone Advisory Service to the public, a Playground Inspection Service (fee-for-service) as well as a 'Community Talks Program' on child safety and injury prevention to new parents and other interested community groups.

The majority of injuries to children are unintentional - events that are often described as "accidents". Unintentional injuries account for about 96% of injury hospital admissions and about 90% of injury deaths.

More Australian children aged 1 - 14 years die as a result of injury than from cancer, asthma and infectious diseases combined. In 2005, 35% of all deaths in this age group were due to injury.

Most unintentional injuries are both predictable and preventable.

Kidsafe is a national charity that is recognised as a leading agency in supporting parents, carers and the community at large to reduce the incidence and severity of unintentional injuries to children.

Kidsafe SA contact details

Kidsafe SA Inc.
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Ph: (08) 8161 6318
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Email: sa@kidsafe.org.au

Visit the Kidsafe SA website at www.kidsafesa.com.au to subscribe to our email Newsletter.

Becoming a member of Kidsafe SA

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.

Cost: \$44.00 for individuals, \$165.00 for organisations. Subscriptions are due and payable on 1st July each year.

Enclosed is a cheque payable to Kidsafe SA **OR**

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