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Child Safety and Accident Prevention Lesson Objective

Time: 80 minute lesson

New York State Parenting Standard: Standard 1: Roles and Responsibilities; Standard 2: Growth and Development; Standard 3: Support Systems and Services

Aim: For students to understand the importance of child safety and accident prevention, and to be able to identify a safe environment for children.

Objectives: Students Will:

- 1. Discuss how and why accidents occur and what to do if an accident occurs.**
- 2. Discuss how to prevent accidents, and how to keep a child safe in their environment.**
- 3. View a video to help them understand the gravity of child abuse/Shaken baby syndrome.**
- 4. Make a first-aid kit (optional) and/or engage in other learning activities about accident prevention.**

Materials Needed:

Lesson outline, materials to make large magnet or sticker, “Look A like” products, purse activity/dangerous objects game, first-aid kit contents, Videos: “It’s a Jungle Out There: Lily Play’s it Safe” and/or “Portrait of a Promise” (shaken baby syndrome) see *Cornell Cooperative Extension’s Recommended Parenting Education Resources*, handout “Shaking Kills: Instead Parents Please Educate and Remember,” and “Safety and Accident Prevention” test.

Child Safety and Accident Prevention Lesson Outline

- I. Review child development and the importance of maintaining a safe environment.
 - A. Discuss and note, safety concerns students have when working with young children. Refer to this later in the workshop.
 - B. Identify dangerous times in a child's development. Be specific re: accident risks for different age groups.
 - C. Providing a safe environment takes same preparation, but is well worth it! You must think ahead of potential unsafe situations a child may get into– Must be one step ahead of the child.

- II. Look at accidents in stages:
 - A. Pre event – before something happens
 - 1. When are accidents most likely to occur? (when a child is tired, hungry, a parent comes home from work, someone new comes to visit, when a child is exploring a new environment)
 - 2. What causes them to occur? (the caregivers attention is focused on something else, the child is not aware of his/her surroundings, the child doesn't understand the danger, etc)
 - B. Event – Discuss what to do when an accident occurs
 - 1. What should you do with a child when an accident occurs?
 - a. Immediate response (encourage them to get certified in first aid, CPR)
 - b. go to www.redcross.org/where/chaptasp and type your ZIP code to find the website of your local chapter with class schedules and contact information.
 - c. CPR Anytime – Kit available at a low cost at 877-242-4277 or www.cpranytime.org has an inflatable mannequin, an instruction booklet and a DVD that teaches you everything you need to know in just 22 minutes –
 - 2. Who should be called when an accident occurs? – brain storm ideas
 - a. Emergency number(s) need to be readily available. – Have students create a magnet or sticker to have near the phone in their home, or to take with them when caring for another child.
 - C. Post Event – after the accident
 - 1. Ask: What can we learn from this event that can help us to prevent it occurring again?
 - a. Prevention (child proofing) is our best defense.
 - b. Importance of giving young children our undivided attention.

- III. Safety video or Slides
 - A. View “It's a Jungle Out There: Lily Plays is Safe” or other child safety video.
 - B. How can we prevent the accidents identified in the video from happening?
 - 1. Prevention is our best defense.
 - C. Discuss other common accidents

1. Car Safety - it is never safe to hold a child on your lap while riding in the car.
 - a. Children must be in an age and weight appropriate child safety seat until age 5 or 100lbs (they are looking at changing this law to a higher age)
 - b. Children must be in a rear-facing seat until at least age one.
2. Toy Safety - Babies and toddlers do not know what types of toys are safe for them to play with. Review choke tube- if an item can fit through a toilet paper roll it is too small for a very young child to play with (0-3yrs). It is the caregiver's responsibility to keep unsafe items away from children.
3. Poison safety: If a child swallows a poisonous substance, you should have the container with you when you call the doctor or poison control. The poison control number should be posted in a visible location near the phone. They should be the first number you call.
 - a. "Look A Likes" - share with students how harmless consumable products look very much like poisonous products (i.e. blue gatorade and blue windex, cooking spray and oven cleaner...)
4. Diaper changing safety: The safest place to change a baby's diaper is on the floor.
5. Lead poisoning- cause and effects (learning disability, brain damage...) You could use this time to discuss the recent high levels of lead found in children's toys.
6. Sudden infant death syndrome – SIDS - Ask students about the best sleeping position for infants
 - a. On their back
 - b. There should not be anything else in the crib ie. Blankets, bumpers, stuffed toys.
7. Shaking Baby syndrome view "Portrait of a Promise" video.
 - a. As parents/caregivers we can reach our limits with a child. When in a position of losing our cool and potentially harming a child we need to know who we can call for support/relief and/or find a safe place (crib or child's bedroom) to put the child while you walk to another part of the house to regain control.
Resource – article "The Five Second Tragedy"; Renkl, Margaret, Parenting: June 2006; 131-142. www.parenting.com
8. Bike safety – a helmet must be worn by all children under 14 years of age.

VI. Home Safety

A. Dangerous objects game

1. Stock a purse with common objects that could be dangerous for a young child.
2. Have student pull each object from a purse, and discuss why each object could be dangerous to a child.
3. Explain these objects are found all over – at grandma's, the babysitter's, etc.
4. Discuss how to check for a childproof environment. Is your home safe for a child to enter?
5. Homework
 - a. Designate an age of a child for each student, have them go home and list any safety concerns they would have if a child that age came into their home.
 - b. What would they do to address those safety concerns?
 - c. Where could they go for help?

- IV. Make a First Aid Kit
A Reinforce Ipecac with Mr. Yuk poison control phone number

First Aid Kit contents --- One per family

- | | |
|---|---|
| 1) Empty, sealable container | - 1 each |
| 2) 2x2 gauze pads | - 2 each |
| 3) Tot finder | - 2 each |
| 4) Ipecac syrup | - 1 each (give poison control instructions first) |
| 5) Bacitracin | - Strip of 3 |
| 6) Outlet covers | - 6 each |
| 7) Cupboard Latches, door knob covers, etc. | - As needed |
| 8) 2 x 4" Band-Aids | - 1 each |
| 9) Regular Band-Aids | - 4 of each |
| 10) Alcohol prep pads | - one strip of four each |
| 11) 4x4" gauze pads | - 1 each |
| 12) Mr. Yuk stickers and info brochure | - 1 each |
| 13) Choke tubes | - 1 each |

Safety and Accident Prevention TEST

Please answer True or False to the following questions:

1. _____ It is never safe to hold a child on you lap while riding in a car.
2. _____ A childproof home allows children to play more freely in the home.
3. _____ If a child swallows a poisonous substance, you should have the container with you when you call the doctor.
4. _____ Playing tag is a good way to cheer up a sick child.
5. _____ Babies and toddlers know what type and size of toys are safe to play with.
6. _____ The safest place to change a baby's diaper is on the floor.
7. _____ Putting a gate in front of the staircase may **not** keep your child from falling down the stairs.
8. _____ The safest position for babies to sleep is on their back.
9. _____ Shaking a baby or toddler can cause permanent brain damage or even death.

10. Name three consequences of Shaken Baby Syndrome

11. **How can Shaken Baby Syndrome be prevented?**

Safety and Health Concerns

TEST -ANSWERS

1. **True** It is never safe to hold a child on you lap while riding in a car.
2. **True** A childproof home allows children to play more freely in the home.
3. **True** If a child swallows a poisonous substance, you should have the container with you when you call the doctor.
4. **False** Playing tag is a good way to cheer up a sick child.
5. **False** Babies and toddlers know what type and size of toys are safe to play with.
6. **True** The safest place to change a baby's diaper is on the floor.
7. **True** Putting a gate in front of the staircase may **not** keep your child from falling down the stairs.
8. **True** The safest position for babies to sleep is on their back.
9. **True** Shaking a baby or toddler can cause permanent brain damage or even death.

10. Name three consequences of Shaken Baby Syndrome

Brain damage, blindness/impaired vision, death, spinal injury/paralysis, seizures, retardation – mild to severe, impaired development of motor and sensory skills, learning disabilities, broken and dislocated bones

11. How can Shaken Baby Syndrome be prevented?

As parents/caregivers we can reach our limits with a child. When in a position of losing our cool and potentially harming a child we need to know who we can call for support/relief and/or find a safe place (crib or child's bedroom) to put the child while you walk to another part of the house to regain control.