



# Safety Tips

For parents/carers of children with  
challenging behaviour aged 0 - 8 years  
including ASD, ADHD, learning difficulties

If you would like further copies of these materials you are welcome to photocopy them with an acknowledgement to:

**Parent Partnership Service**

The Poplars  
Lightmoor  
Telford  
Shropshire. TF4 3QN

Tel: 01952 457176  
Monday - Thursday 9.30am - 4.00pm  
Answer-phone at other times

## **Introduction**

Parents and carers are usually the best people to decide how to create a safe home. However, if you care for a child whose behaviour is affected by a disability or an additional need, then we have put together some of our ideas that may help you to do this.

In this pack we have brought together some of the ideas that specialist workers may suggest that you can try first, without having to wait for an appointment. You may have tried some of them already, but hopefully there may be some that you haven't tried yet and will be helpful.

Of course this doesn't mean that you are not welcome to get further specialist advice, and we have put these contact details in the pack under "Getting Outside Advice."

We do hope that this information will help you in caring for your child and in creating a home that is a safe and happy place for all the family

<b>Steve Bloor</b>	<b>Remap</b>
<b>Sue Coxhead</b>	<b>Occupational Therapy (Disabled Children's Team)</b>
<b>Kirsti Evans</b>	<b>Autism West Midlands</b>
<b>Alex Hiam</b>	<b>Parent Partnership Service</b>
<b>Sue Williams</b>	<b>Child and Adolescent Mental Health Service - Learning Disability</b>

Thank you to the following organisations for information and advice:

- AFL Training
- Challenging Behaviour Foundation
- Fledglings
- Health Promotion Service (Telford & Wrekin PCT)
- National Autistic Society
- Occupational Therapy Team (Telford & Wrekin PCT)
- ROSPA
- Shropshire Fire Service

# Contents

## Guidelines

Follow these steps to help you to plan for improved safety.

- Basic Home Safety
- Family Routines
- Arranging your home
- Safety Training
- The balance of risk
- Getting outside advice

## Tip-sheets

These tip-sheets contain some "do it yourself" tips about some of the most common safety difficulties that parents and carers can face. Please note that where we indicate where products can be bought from, this is for information only and we cannot guarantee products or prices.

1. Fire Safety
2. Restricting Access
3. Child soils/smears
4. Child damages fixtures, fittings and personal property
5. Child roams around at night
6. **Child is attracted to kitchen equipment, electrical equipment, sharp knives or other dangerous items**
7. Meal times
8. Child plays with taps
9. Out and about

## Contacts

This section contains all the contact details that are referred to in the pack.

- Paying for equipment
- Organisations that can help
- National Help-lines
- Suppliers

## Basic Home Safety

Make sure that your home is safe for all children. Not only will this benefit your whole family, but help you identify what else you may need to do for a child with special needs.

### Guidelines

If this is your first child, or if there has been a gap after your last one, it may be worth working through a Child Accident Prevention Home Safety Checklist. A clear one is available from the Telford and Wrekin Primary Care Trust, Health Promotion Service (Tel: 01952 582659).

A family with a child with a disability or additional needs may have to carry on with these safety measures throughout childhood, so it is important to keep reminding yourself.

Keep a list of emergency contact details for family and friends by the phone.

Keep a First Aid Kit in the house and consider going on a First Aid course.

If your child uses medication keep an up-to-date list, and make up a days supply ready in case of emergencies.

If your child uses specialist equipment, keep a record of equipment, keep it maintained and use it properly. Use a sticker to remind you when next service is due.

Don't leave child alone in house, even for a short time.

If you are using a babysitter find one who is over 16, and someone you know (or is personally recommended).

All childminders should be registered. For information about childminders in your area contact Shropshire Children's Information Service.

Tel: 01743 254400

Web: [www.shropshire.gov.uk/childcare.nsf](http://www.shropshire.gov.uk/childcare.nsf)

### For more ideas

You can discuss home safety issues with your Health visitor (if your child is under 5). ROSPA (Royal Society for the Prevention of Accidents) can give general advice about home safety.

## Family routines

You will now have a clearer idea of the places, times and situations that worry you. Before you do anything else, discuss with everyone in the house if there is any way that you can change your routines.

### Guidelines

Have a fresh look at the way you all do things. Include everyone, little children can have good ideas and are more likely to co-operate if they have been involved.

Can we change the *times* we do things, eg.

- Prepare meals when house is quiet,
- Have staggered bed-times for children?

Can we change the *way* we do things, eg.

- Other children do homework in their bedroom
- Keep rubbish in a different place?

Are there any *new routines* that would help, eg.

- Use side gate and back door instead of front door?

### For more ideas

Often other parents/carers have good ideas for managing day-to-day life. If you would like to find out about Support Groups in your area then contact:

#### Parent Partnership Service

Tel: 01952 457176

Monday - Thursday 9.30am - 4.00pm am

Answer-phone at other times

## Arranging your home

If you have taken all the usual safety measures, and if you have adjusted your families routines, then you should now be able to notice if there is anything in your home that makes your child more stressed, and so more unsafe.

### Low Arousal Environment

Many children behave differently in an environment that is "low arousal". This means that there is not too much sensory stimulation.

- Decide which rooms your child spends most of their time in and make these safe and calm.
- Plan your child's routine and make sure that where they will go to next is safe and clear of clutter.
- Limit access to other areas of the house, as long as this does not mean he/she they will miss out on any activities or company (eg a study, another child's bedroom)
- Decorate in gentle, pastel colours - but not yellow or white. Do not use lots of different colours and patterns.
- Have soft lighting (not fluorescent).
- Try to keep the rooms that your child uses most tidy and uncluttered. Large plastic stacking boxes are handy for putting toys away quickly. Many children are calmer if they are only focusing on one activity at a time.
- Have only one noise at a time (eg turn television off if people are talking) and have some quiet times.
- Smells, such as some air fresheners, strong household chemicals and perfumes can disturb some children and also cause headaches and asthma.
- Put non-slip surfaces in kitchens and bathrooms, they are safer and help a child to feel secure.
- Choose fabrics that your child likes the feel of.
- Try to arrange some "chill-out spaces". This could be the child's own bedroom, and make other spaces by hanging a curtain against a corner of the room. If possible give the child their own bedroom, for their own sake and for brothers and sisters.

## Planning ahead

- You will probably need to make sure that you have good sturdy locks on all exterior doors. Be aware that as your child grows they may have a longer reach, or learn how to open locks, so you may need to change the locks as they grow.
- Think about how you arrange furniture. Many children with ASD are most comfortable if furniture is arranged around the edges of the room. On the other hand if your child tends to "charge around" then arrange furniture so that there are no big spaces. Particularly use chairs/small tables to block "runways" if there is a clear line from room to room and along halls.
- Use word and visual labels to help a child remember what they are expected to do in different places.
- Get child used to a sign with "NO" or "STOP" to limit access or activities.
- Make changes when the child is not there, otherwise they will notice and make every effort to undo them!

## For more ideas

### AVL Training

AVL Training have produced factsheets about low arousal environments and supplier lists of low budget ideas for families to try out. They have kindly agreed to let Shropshire Parent Partnership Service make these factsheets available.

**Parent Partnership Service, The Poplars, Lightmoor, Telford, Shropshire. TF4 3QN**

Tel: 01952 457176

Monday - Thursday 9.30am - 4.00pm

Answer-phone at other times

There are [national help-lines](#) relating to particular needs. Look in the section "Organisations that can help" for details.

### Tip-sheets

There will probably be some issues or areas of the house that you are particularly concerned about. Later in the pack are tip-sheets with some "do-it-yourself" ideas that parents have found worked for them.

# Safety Training

You now need to think about whether you can help your child to learn about safety. If he/she can learn to manage their behaviour then you will not have to make so many changes to the house, and also your child will have more independence in other places.

## Guidelines

Children with disabilities and special needs may learn about safety in different ways:

- Try focusing on one or two areas that are of most concern to deal with first
- If something doesn't work at first - do keep trying
- Make a fresh start after there has been an incident.

## Warnings and instructions

- Use simple direct warnings eg. Say 'Stop', 'No'
- Use suitable language/communication such as objects, pictures, symbols, writing.
- Give a child time to understand new information.
- Give positive instructions rather than choices ("Stop", "Stay there", "Stand Still" rather than "you need to move")

## Encouragement and motivation

- Be a good role model yourself
- Use praise to re-enforce sensible behaviour
- Don't praise a child for not doing something that they hadn't thought of (eg "well done for not running through the door" - they may not have known they could!)
- Do not get into arguments - try getting your child's attention onto something else
- Recognise your child's abilities and difficulties
- Use rewards to strengthen the behaviour you want (eg. favourite foods, toys, activities, praise, music)
- Use social stories (a short, personalized clearly written accurate statement) to explain safety issues ([www.autismnetwork.org](http://www.autismnetwork.org))

## Rules and Routines

- Rules help children with challenging behaviour to feel secure and so are calmer
- Set consistent rules for behaviour for everyone
- Use "visual clues" to remind a child (eg. "no biting" card)
- Home "time-tables" can help children feel safe (adapted to your child's needs)
- Help child's idea of time, particularly the words "first" and "then" (eg. "first run water, then get in bath")

- Be consistent if your child does something unsafe or inappropriate (other children laughing, even nicely, will give the wrong message)

### For more ideas

Talk to your child's health visitor or family doctor if you are very concerned about your child's behaviour and would like specialist advice.

If your child is at school you may find talking to their teacher helpful, as you can share ideas about things that have worked.

There are [national help-lines](#) relating to particular needs. Look in the section for "Organisations that can help for details.

You can buy educational programmes and software from:

AVP	01291 625439	<a href="http://www.avp.co.uk">www.avp.co.uk</a>
Incentive Plus	0845 180 0140	<a href="http://www.incentiveplus.co.uk">www.incentiveplus.co.uk</a>
Inclusive Technology	01457 819790	<a href="http://www.inclusive.co.uk">www.inclusive.co.uk</a>
Widgit Software Ltd	01926 333680	<a href="http://www.widgit.com">www.widgit.com</a>

There are interactive web-sites for teaching about health and safety at:

[www.streetwise.org.uk](http://www.streetwise.org.uk)

## The Balance of Risk

Remember - we all take risks all the time.

- Sometimes we decide that the pleasures of doing something outweigh the risk - such as extreme sports.
- Sometimes we decide there are necessary risks - like learning to drive!
- Sometimes we have to weigh up what is the greatest risk. For example people agree to an operation that they know could be dangerous, because there is a greater risk if they don't have the operation.

You will need to assess whether the risk that you are aware of is greater or less than the alternatives.

An example of this last type is whether it is a good idea to lock a child's bedroom windows and door, in case of fire. A family would need to risk assess the situation to ensure that they are adopting the safest practice possible.

Things they would need to consider for their risk assessment are:

- Can we do more to protect ourselves from fire?
- Have we got a family fire escape plan?
- Does anyone smoke in the house?
- How easy is it to get to child's room?
- Can child open child-proof locks, and if so, how easy is it to keep a key handy?
- Does the child "room" at night and open windows?
- How far is the fall?
- What is outside the window?

This is a basic check list and there may be a number of other things that you need to consider.

Parents have to manage risk all the time and they are usually the best people to decide what is right for them and their families. With this comes the responsibility of knowing that sometimes accidents will happen. It is important for everyone, not just families with a child with additional needs, to keep checking their home for risks as their children grow and change.

All you can do is your best in the circumstances - making reasonable adjustments to keep your child as safe as possible. On the next page are a couple of examples of how two families managed.

## Family Story 1

John and Maria's children made their lunches in the morning before they went to school. Their youngest son, Thomas, is fascinated by knives.

Home safety	Knives locked in knife drawer, but still problem when making lunches.
Routines	Stock up with food to go straight into lunchboxes, such as small portions of cheese, crackers, finger foods, salad, yoghurt, fruit and biscuits. Parents slice cheese etc previous evening. Thomas has his breakfast with John or Maria whilst the others get their lunches, then his parents help him to make his.
Around the house	As Thomas grows stronger they will get stronger locks for knife drawers.
Training	John and Maria are focussing on toilet training and do not want to upset things by having battles over this.
Managing Risk	John and Maria watched whether these ideas worked for a couple of weeks and were happy that there was now a low risk. They regularly remind one another and the other children to be careful.
Outside advice	NOT NEEDED AT MOMENT

## Family Story 2

Lorna's father, Ben, works from home and is often loading and unloading the car. His wife, Sue, is at home with Lorna. Lorna is vulnerable if she goes out of the house alone. As Ben leaves the door open whilst he is loading she has left the house several times.

Home safety	Fitted better locks to front door.
Routines	Ben phones Sue on his mobile phone 5 minutes before he gets home, so she can make sure that Lorna is busy when he arrives. He pulls the car close up to the front door. He closes driveway gate securely before coming in.
Around the house	Put trellis along top of fence and put in a higher gate.
Training	They agreed to target this problem and use a system of rewards for Lorna if she stays in the back room whilst Ben loads car.
Managing Risk	New system worked well for several weeks. May review if Lorna works out how to open front door herself.
Outside advice	NOT NEEDED AT MOMENT May contact Occupational Therapist in future for advice on locks

## **Getting outside advice**

We do hope you have found something in this pack to help you plan for your child and your family's safety in the home. If you are worried that the risk is too high in some areas then you will need to get professional advice and support.

In some cases there are no "quick fixes" and the family and the professional will need to work together to find solutions to problems.

**If: -**

**Your child has a Learning Disability,  
They are putting themselves or others at risk, and  
You cannot find a way of changing your child's behaviour**

Ask your GP to contact the Child and Adolescent Mental Health Services - Learning Disability for assessment and guidance on behavioural approaches.

CAMHS LD  
Multi Agency Child & Family Support Services  
Monkmoor Campus  
Woodcote Way  
Monkmoor  
Shrewsbury. SY2 5SH

Tel: 01743 282373

**If: -**

**Your child has a physical or learning disability, and  
You have tried the suggestions in this booklet but need advice about equipment and adaptations to your home -**

Contact:  
Occupational Therapy  
Disabled Children's Team  
Monkmoor Campus  
Woodcote Way  
Shrewsbury

Tel: 01743 282370

# 1

## Fire safety

Every family should have an awareness of fire and the importance of ensuring that safety measures are put in place in order to prevent a fire from occurring. It is equally important to know what to do in the event of an emergency and that is why every household should have a Fire plan, that everyone in the family is aware of. A fire plan will identify you family's personal circumstances and will be tailor made for your family.

### Fire prevention and hazards

- Make sure cigarettes are fully stubbed out
- Always use proper ashtrays and never empty while the ash is hot
- Keep matches and lighters out of reach of children
- Don't leave candles unattended
- Don't leave the cooker unattended (whilst cooking)
- Unplug electrical appliances and shut doors at night.

### Fire detection

- Fit smoke alarms in hallway and landing - Remember to Test weekly.
- If anyone is hearing impaired contact the sensory impairment department (County Council) for advice
- Do not use fire extinguishers or fire blankets unless trained, they can be dangerous in the wrong hands.

### Family Fire Escape Plan

- Have planned escape routes
- Keep exit routes and doorways clear
- Keep door and window keys handy and make sure everyone knows where they are
- Agree a place to meet outside and once out do not re-enter the home.
- Keep your contact details ready by the phone for if you need to contact the emergency services (999).

### Make sure all your family is familiar with the Fire Plan

- If there is smoke, keep low where the air is clearer
- Keep calm and use nearest exit to get everyone out quickly
- Do not attempt to collect valuables.
- Close all doors

- If clothes catch fire don't run around - smother flames with heavy material like a coat or a blanket.

### **If escape routes are blocked**

- Do not open any door that is hot.
- Get everyone into one room - preferably with a window and a phone.
- Put bedding round the door to block smoke.
- If you can't open a window then break glass in bottom corner, make edges safe with towel or blanket
- If you're on the ground or first floor, go out of a window, use bedding to cushion your fall, and lower yourself but don't jump.
- If you can't lower yourself down then shout for help through the window.

Call 999 as soon as you are clear of the building on a mobile or a neighbour's phone.

**DO NOT GO BACK INSIDE FOR ANY REASON. WAIT OUTSIDE UNTIL THE FIRE BRIGADE ADVISE YOU THAT IT IS SAFE TO RE-ENTER**

### **If your child is in a "secure room" for safety reasons:**

- Plan an escape route from the next room or landing.
- Make sure keys are accessible.
- It is advised that you choose a locking device that doesn't require a key to open (such as an external bolt/thumb turn lock).
- Remap would be happy to advise regarding power cut out for locks.

### **For any Further advice**

contact Shropshire Fire and Rescue Service on the number below or their website [www.shropshirefire.gov.uk](http://www.shropshirefire.gov.uk)

#### Community Fire Safety Team

St Michaels St  
Shrewsbury. SY1 2HJ  
Tel: 01743 260260

To book a free home safety check please ring our dedicated line 01743 260298

# 2

## Restricting Access

You may need to restrict where your child can go for safety reasons or to protect property. Only do this if you have a good reason, check them regularly and do not leave them alone in a room for longer than necessary.

<p>Gates prevent children getting into certain rooms. If you are using one to stop a larger child (who can climb stairs) moving from one floor of the house to another then it is safer to fit a gate at the bottom of stairs. If you use one at the top of the stairs it must be wall-fixed (not pressure fixed).</p> <p>Different types of safety gates with a variety of fixing methods are available</p>	<p>Great Little Trading Co. Fledglings</p>
<p>Standard safety gates are not suitable for children aged over approximately 2 years. As your child grows you may need to fit higher and stronger gates. Ask a local carpenter.</p> <p>Other parents have found safety gates designed for pets are the right size for older children.</p>	<p>Remap can advise you on this.</p>
<p>Many parents use a "cylinder lock" - which uses a star shaped key to operate a bolt. If you lose the key you do not have to replace the lock, and everyone in the house can carry a key with them.</p>	
<p>Fledglings sell "air-clips" which hold doors slightly open, allowing you to carry on talking to your child and re-assuring them that you are still there.</p>	<p>Fledglings</p>
<p>For children who climb (eg on to the window ledge) consider re-arranging furniture so there is nothing near the window to climb on. See also notes on window security and notes on window shutters in section 5.</p>	

**If your child regularly tries to leave the house on their own, and is vulnerable then: -**

Look at family routines, could you all use a back door which leads to a garden and another side entrance? Put something on outside doors to remind people to keep it locked (it doesn't have to be a big sign - a decorative key for example is a reminder).

Fix suitable locks to front door - including:  
Yale lock (automatic locking)  
Dead-lock (for real security)  
A universal "Cylinder" lock (for quick use)

DIY stores  
Locksmiths

A "wander alarm" will help you keep track of your child  
Sensor mats and door buzzers are also available.

Easylink UK  
Jusonne

Make sure that garden walls and fences are high enough to prevent child getting out, and fit locks on garden gates.

A "roll out" gate is available for driveways

Fledglings  
Great Little Trading Co.

**If your child takes car keys and tries to start car: -**

- Keep car where child can't get to it - if possible.
- Use a lockable key cupboard
- Do not use attractive key rings
- Give small children a bunch of (useless) keys for themselves
- Keep spare keys hidden well so that if child does take yours, at least you have another set

# 3

## Child soils and/or smears

These ideas will help to keep your house clean and hygienic.

Information about continence products	Promocon
Use bedding that can be washed at high temperatures.	Promocon Fledglings
Waterproof chairs with removable covers	Kirton Tough Furniture
Use vinyl flooring or washable carpet (Flotex is good for asthma sufferers)	Gradus Carpets Flotex Carpets
Use washable paint and hard-wearing fabrics	DIY shops
Water resistant, washable bedding protection is available	ERIC Promocon Fledglings Kirton
Try to use clothes that are difficult for child to remove or get into (eg zip at the back)	Fledglings KC Sleepsuits

Your child's paediatrician or GP may be able make a referral to the appropriate service for advice on behaviour management.

The following organizations can give advice.

### Enuresis Resource and Information Centre (ERIC)

Advice and information about bedwetting and day-time wetting and soiling is available by helpline. Also holds details of enuresis clinics throughout the United Kingdom. Sells literature, bedwetting protection and alarms,

Tel: 0845 370 8008

Web: [www.eric.org.uk](http://www.eric.org.uk)

### Fledglings

Fledglings is a charity who seek out appropriate and good value items to help parents/carers looking after children with a disability. They work together with parents to identify products. Any profit from sales is used to fund research and development of new products.

Tel: 0845 4581124 [www.fledglings.org.uk](http://www.fledglings.org.uk)

Email: [enquiries@fledglings.org.uk](mailto:enquiries@fledglings.org.uk)

### Promocon

They help people to make informed choices about products suitable for their needs. They also provide booklets, leaflets and general advice about wetting and soiling and offer practical solutions for toilet training.

Redbank House, 4 St Chads Street

Cheetham

Manchester. M8 8QA

Helpline: 0161 834 2001 Web: [www.promocon.co.uk](http://www.promocon.co.uk)

Parent Partnership Services can also tell you if there are any behaviour management courses running in the area.

### Parent Partnership Service

The Poplars

Lightmoor

Telford. TF4 3QN

Tel: 01952 457176 (Mon - Thurs 9.30am-4.00pm)

# 4

## Child damages fixtures, fittings, and personal property

Children can be attracted to holes or rough patches in walls, so try to keep them smooth and undamaged. Look out for anything that could be damaging surface (such as door handle).	
Use washable paint, not wallpaper You can use magnetic paint or blackboard paint on one wall to make it child's "own" wall	DIY Stores
Consider tongue and groove wooden panels, or Perspex sheets on lower walls	Remap can advise on this
Heavy duty surface protectors and edgings are available	Great Little Trading Company
If he/she regularly licks walls, or eats flakes of paint, then use non-toxic paints.	National Autism Society has a list of suppliers.
Fit strong, fireproof doors with heavy hinges. Ask a carpenter for advice as too many hinges can make door come away from frame.	
Use plastic covers for pictures/photos	
Unbreakable mirrors and mirror "on a roll" are available	Fledglings
If necessary replace ordinary glass with strengthened safety glass or polycarbonate	Remap can advise
Use dome lights, not hanging lights on flexes	
Use tough, heavy furniture that can be attached to walls and floor	Tough Furniture

<p>Make or have made some curtains that are in two parts divided horizontally near the top and attached with Velcro. This looks like a fringe but if the curtains are pulled only the curtains, not the pole, come down.</p> <p>A rail designed to stay on wall if curtains are pulled is available.</p>	<p>Hallis Hudson</p>
<p>Specialist padded beds, bedrooms wall and floor mats are available</p>	<p>Link Design Safe-spaces</p>
<p>Extra strong brackets are needed if child pulls radiators off wall</p>	<p>Remap can advise</p>
<p>An attractive alternative is to install radiator covers. These have very strong brackets, and also are less interesting for child so they are less likely to damage them. Do not cover convector heaters or storage heaters in this way.</p>	<p>DIY shops</p>
<p>Cool touch radiators are now available from many suppliers.</p>	
<p>If the damage is caused because your child has become aggressive, rather than curious/obsessive then you can also: -</p> <ul style="list-style-type: none"> <li>• Make sure that everyone in the house has a place that is "theirs" that they can go to for some private time and keep their things safe (usually a bedroom). They should have their own key.</li> <li>• Try to give each child some time to themselves.</li> <li>• Look at how you use the rooms. Bedroom doors that face one another can trigger confrontation.</li> <li>• Work out what are the trigger times and activities that cause aggression.</li> <li>• Look at family routines - so that people are not trying to use same rooms at the same time.</li> </ul>	
<p>If your child charges around so much that they may seriously injure themselves then helmets to protect child are available. In very difficult cases arm and leg protectors can be useful to protect yourself.</p>	<p>Smirthwaite Thudguard Sports/martial arts suppliers.</p>

# 5

## Child roams around at night

Ideally a child should have their own room. Only use these ideas after you have tried setting a regular bed-time, and using a sleep programme to settle a child in a regular bed. You may need to accept that your child will roam and ensure that they are safe and cannot get to the rest of house. Only use a bed with high sides as a last resort, as there is a risk of them falling over high sides, although some children do benefit from the sense of security.

"Air-clip" lock holds door slightly ajar for light and sound to get through.	Fledglings
"Cylinder" chubb lock with universal key is a stronger lock if necessary, or use a bolt on outside of door.	DIY shops
Use a monitor or wander alarm for re-assurance	DIY shops EasyLink Fledglings
A spy-hole can also be re-assuring, but make sure child does not feel "spied on"	DIY shops
Use simple, sturdy furniture. If necessary bolt tall furniture to walls.	Tough Furniture
If necessary fix bed frames to floor, or use a futon, low mattress bed. There are specially designed beds such as "Kindersafe"	Fledglings can advise. Kinderkey
There is a bed called "Zac's bed" with high sides. (or have something made)	Fledglings
Weighted blankets may make a child feel secure and stay settled in bed.	Speak to an Occupational Therapist for further details
"Indestructable" mattresses are available	Kirton

<p>Use window locks, preferably simple child-proof locks with no key at first.</p> <p>If a child gets hot at night there are universal window locks that can hold the window slightly open.</p> <p>As child grows you may need something stronger. Make sure that everyone knows where they key is kept.</p> <p>NOTE - Remap can advise on window security, but would need you to contact an Occupational Therapist first.</p>	<p>Great Little Trading Company</p> <p>Remap</p>
<p>A good alternative is louvered wooden shutters. They are strong but let in air. However, some children with autism can become fixated by the patterns of light coming through the slats, especially vertical slats, so be careful of this.</p>	<p>Remap can advise on window shutters, but you would need to contact and Occupational Therapist first.</p>
<p>Do not have any electrical sockets in the room. Move to outside room or inside a locked cupboard.</p> <p>Lockable covers for sockets are available</p>	<p>Fledglings</p>
<p>Children can be more fretful if they are hot. If it is difficult to get fresh air into room, try installing a window fan (make sure they cannot poke it though)</p>	<p>Vent-axia</p>
<p>If a child is very likely to hurt themselves by charging around then "Safe Spaces" do specialist padded beds and bedrooms.</p>	<p>Safe-spaces</p>
<p>You may also try a "pop-up bed tent" available from toy shops. These turn a bed into a tent and can provide a child with a sense of privacy and security.</p>	

# 6

## Child is attracted to kitchen equipment, electrical equipment, sharp knives or other dangerous items

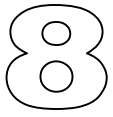
<p>Keep appropriate cupboards locked Lockable cabinets are available</p> <p>Extra strong cupboard locks are available Invisible magnetic locks are available</p>	<p>Link Design</p> <p>Fledglings and Great Little Trading Co</p>
<p>Turn off controls to cooker when not in use. If child understands how to turn them back on then:-</p> <p>Gas cooker - gas engineer needs to move gas tap to place that you can reach but child can't</p> <p>Electric cooker - put lockable box around the switch</p>	
<p>There are safety products to prevent child reaching top of cooker</p>	<p>DIY shops</p>
<p>Extra strong locks for fridges and freezers are available</p>	<p>Fledglings</p>
<p>Put a guard over cooker hobs</p>	<p>Fledglings</p>
<p>Put lockable covers on sockets and switches</p>	<p>Fledglings</p>
<p>Use sensible storage for electrical equipment, keeping sets of it together so don't need too many cupboard locks.</p>	
<p>Use modern electrical equipment which has moulded on plugs.</p>	
<p>Children may be fascinated or disturbed by trailing cables. Do not use multiple sockets and use a "cable organiser" to tidy up cables.</p>	<p>DIY and electrical shops.</p>
<p>Do not leave metal objects (eg screwdrivers) lying around as child might poke these into sockets.</p>	

Fit the TV on a wall bracket. Please check that the wall is strong enough.	
Use a drawer tidy with shaped spaces (for knives/tools etc) - that way it is easy to see if anything is missing	
Prepare food ready for child to make up themselves (eg slice cheese, shred salad etc). That way he/she can still be involved in preparing own food.	

# 7

## Meal times

<p>A child's behaviour may be worse if they are bored or impatient. Only sit them down as soon as meal is ready.</p>	
<p>Use heavy duty tables and chairs Hard wearing ones are available</p> <p>If tipping chair backwards, look for a square framed chair with foot-rest.</p> <p>A chair with arms will make child feel "contained" and less likely to move</p>	<p>Kirton Tough Furniture Smirthwaite</p>
<p>Think about layout of room - seat child in a corner of room where it is difficult to get out, particularly if hot food is being carried.</p>	
<p>Horseshoe shaped cushions help child to sit securely and discourage wriggling</p>	<p>Fledglings</p>
<p>Consider use of harness Or buggy/car seat with lower table</p>	<p>Crelling Harness Fledglings Smirthwaite</p>
<p>Dycem (sticky matting) is a non-slip material that can be used to hold plates etc in place</p>	<p>Fledglings Most DIY shops</p>
<p>If a child throws utensils use plastic utensils, or some parents tie the knives and forks to a table or chair leg with string.</p>	



## Child plays with taps

Supervise child where possible in the bathroom, or keep bathroom locked. If possible, the bath and shower should be in a separate room to the toilet and washbasin.

If possible box in all the plumbing, such as pipes and cistern, as these can fascinate children.

If you are worried about scalding then you can try:

Check that your water supply is not too hot. Water in boilers and tanks needs to be hot to guard against diseases, particularly in the kitchen. However, you may be able to turn thermostat down.	Check with plumber or check instructions.
A thermostatic mixing valve can control the temperature coming out of taps.	Plumber

If you are worried about flooding then you can try: -

Fitting lever taps that are flush with the wall. This may prevent young children from reaching taps.	Plumber
Push taps (like they have in service stations). Children usually get bored with these.	Plumber
Plumbers can fit something to restrict water flow (although does take longer to run a bath)	Plumber
If none of these suggestions work Remap do not recommend removing tap tops, as this will make the threads wear out. They can design tap protectors for your individual needs.	Remap
Remove plugs - this will not stop the water being wasted, but will prevent flooding.	
A plug which prevents flooding is available	Magi-plug

# 9

## Out and about

There are a variety of reins and harnesses available	Fledglings Crelling Jusonne
There are a range of buggies for older children who may be difficult to supervise when out. The McLaren Major Buggy is common. There are now more buggies becoming available.	Fledglings Special Needs Pushchairs Tendercare
K.i.d. Wristbands are child-friendly identity bands	Fledglings IndentiKids
Medic-alert keeps a register for identifying lost people with medical conditions (fees payable)  Other organisations produce "Identity Cards" which will explain that your child needs help and how to contact you.	Medic-alert  National Autism Society Autism West Midlands
You may be able to apply for a Blue Badge Parking Concession so that your child does not have to walk too far. Sometimes it is possible to apply for one for a child over the age of 3 who needs constant supervision due to a diagnosis of a condition leading to challenging behaviour.	Contact Blue Badge to find out if you can apply Tel: 0845 678 9000

In the car - small children should be in a car seat at all times. Older children should be in a booster seat with a seat belt. ROSPA can give you up-to-date information about legal requirements.

### **Royal Society for the Prevention of Accidents (ROSPA)**

ROSPA House

Edgbaston Park

353 Bristol Road

Birmingham. B5 7ST

Tel: 0121 248 2000     [www.rospa.com](http://www.rospa.com)

If your child learns how to undo the straps, and takes them off when the vehicle is moving, then you will need to prevent this. Do try to train your child not to. However, you may need to use additional harnesses to keep them safe.

Some people are concerned about getting the child out of the car in a hurry, but in an emergency the fire service use a knife to cut belts. It is also important to "balance risk" - you need to ask whether there is a greater chance of a child causing an accident or of having a car fire.

Harnesses	Crelling Fledglings Jusonne Smirthwaite
Cross Straps covers for seat belts	Fledglings

If you have difficulties getting your child to keep a seatbelt or harness on, the police have recommended to the National Autism Society that parents/carers can apply for a seatbelt exemption certificate from the Vehicle Licencing Authority (DVLA) by going to the website:

[www.dvla.gov.uk](http://www.dvla.gov.uk)

They would require medical evidence to support the need for the exemption.

## **Paying for safety items**

You will usually have to pay for safety items yourself, whether or not it is recommended by a professional. You may be able to get extra financial help.

### **Disability Living Allowance**

This is paid to people with an illness or disability who need help with personal care and/or help with getting around. It does not depend on how much people earn or have saved.

Disability Living Allowance Unit  
Warbreck House  
Warbreck Hill  
Blackpool. FY2 OYE  
Tel: 08457 123456

[www.dwp.gov.uk](http://www.dwp.gov.uk)

### **Family Fund**

This was set up to ease the stress on families who care for severely disabled children up to their 18<sup>th</sup> birthday and provides grants (depending on financial circumstances) and information.

Family Fund  
Unit 4, Alpha Court  
Monks Cross Drive  
Huntington  
York YO32 9WN  
Tel: 0845 130 4542

[www.familyfund.org.uk](http://www.familyfund.org.uk)

### **Funder Finder (at the Community Council)**

The Community Council of Shropshire may be able to use the Funder Finder database to look for other grants you could apply for.

Tel: 01743 360641

## Organisations that can help

### Fledglings

This is a charity who seek out appropriate and good value items to help parents/carers looking after children with a disability. They work with parents to identify products. Profit from sales is used to fund research and development of new products.

Fledglings, Wenden Court, Station Approach, Wendens Ambo, Saffron Walden,  
Essex CB11 4LB Tel: 0845 458 1124 [www.fledglings.org.uk](http://www.fledglings.org.uk)  
Email: [enquiries@fledglings.org.uk](mailto:enquiries@fledglings.org.uk)

### Health Promotion Service (Telford & Wrekin PCT) - Leaflets about home safety

The Health Shop, High Street, Madeley, Telford. TF7 5AR  
Tel: 01952 582659

### Occupational Therapy Service

Disabled Children's Team 01743-282370

Telford & Wrekin PCT Children's Occupational Therapy Team 01743-450800

### Parent Partnership Service - Information about support groups and behaviour training

The Poplars, Lightmoor, Telford, Shropshire, TF4 3QN

Tel: 01952 457176

Monday - Thursday 9.30am - 4.00pm

Answer-phone at other times

### Promocon - Help-line and information about toilet training and continence management

Redbank House, 4 St Chads Street, Cheetham, Manchester. M8 8QA

Helpline: 0161 834 2001 [www.promocon.co.uk](http://www.promocon.co.uk)

### Remap

This organisation thinks of design solutions for people with disabilities and additional needs and are happy to offer advice over the phone. For larger adaptations they may ask you to contact the Occupational Therapist first. Contact - Steve Bloor.

Tel: 01743 340237 [www.remap.org.uk](http://www.remap.org.uk)

Email: [steve@sbloor.freemove.co.uk](mailto:steve@sbloor.freemove.co.uk)

### Royal Society for the Prevention of Accidents (ROSPA)

ROSPA House, Edgbaston Park, 353 Bristol Road, Birmingham. B5 7ST

Tel: 0121 248 2000 [www.rospace.com](http://www.rospace.com)

## **Shropshire Fire and Rescue Service**

Offer advice about fire safety

St Michaels St, Shrewsbury. SY1 2HJ

Tel: 01743 260260

## **National help-lines**

### ADHD (Attention Deficit Hyperactivity Disorder)

ADDISS 020 8952 2800

[www.addiss.co.uk](http://www.addiss.co.uk)

ADHD UK Alliance 020 7608 8760

[www.adhdalliance.org.uk](http://www.adhdalliance.org.uk)

### Autistic Spectrum Disorders (ASD)

National Autistic Soc. 0845 070 4004

[www.autism.org.uk](http://www.autism.org.uk)

Autism West Midlands 0121 450 7582

[www.autismwestmidlands.org.uk](http://www.autismwestmidlands.org.uk)

### Challenging Behaviour

Challenging Behaviour Foundation

01634 838739

[www.thecbf.org.uk](http://www.thecbf.org.uk)

Provide information and support for families caring for children with severe learning difficulties and challenging behaviour.

ParentLine Plus 0808 800 2222

[www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)

### Speech, Language and Communication Difficulties

AFASIC 08453 555577

[www.afasic.org.uk](http://www.afasic.org.uk)

I Can 0845 225 4071

[www.ican.org.uk](http://www.ican.org.uk)

[www.talkingpoint.org.uk](http://www.talkingpoint.org.uk)

## **Suppliers**

For information only. We are not able to guarantee products or prices.

### **AVP**

School Hill Centre, Chepstow, Monmouthshire NP16 5PH

01291 625439 [www.avp.co.uk](http://www.avp.co.uk)

### **Crelling Harnesses for Disabled**

12 Crescent East, Thornton Cleveleys, Lancs. FY5 3LJ

01253 852298 [www.crelling.com](http://www.crelling.com)

### **Easylink UK**

3 Melbourne House, Corby Gate Business Park, Priors Haw Road, Corby, Northants, N17 5JG.

01536 744 788 [www.easylinkuk.co.uk](http://www.easylinkuk.co.uk)

### **Fledglings**

Wenden Court, Station Approach, Wendens Ambo, Saffron Walden, Essex. CB11 4LB

0845 458 1124 [www.fledglings.org.uk](http://www.fledglings.org.uk)

### **Flotex Carpets**

Bonar Floors Ltd, High Holborn Road, Ripley, Derbyshire. DE5 3NT

01773 744121 [www.flotex.co.uk](http://www.flotex.co.uk)

### **Gradus Carpets**

Park Green, Macclesfield, Cheshire . SK11 7LZ

01625 428922 [www.gradusworld.com](http://www.gradusworld.com)

### **Great Little Trading Company**

Pondwood Close, Moulton Park, Northampton. NN3 6DF

0844 848 6000 [www.gltc.co.uk](http://www.gltc.co.uk)

### **Hallis Hudson Group Ltd**

Unit B1, Redscar Business Park, Longridge Road, Preston. PR2 5NJ

01772 202202 [www.hallishudson.com](http://www.hallishudson.com)

### **Intrad**

PJP Plc, St Albans Road West, Hatfield, Herts. AL10 0TF

0800 0643 545 [www.intrad-direct.com](http://www.intrad-direct.com)

**Incentive Plus**

70 Alston Drive, Bradwell Abbey, Milton Keynes. MK13 9HG  
01908 326940 [www.incentiveplus.co.uk](http://www.incentiveplus.co.uk)

**IdentiKids**

Independent House, 215 Bury New Road, Whitefield, Manchester, M45 8GW  
0845 125 9539 [www.identifyme.co.uk](http://www.identifyme.co.uk)

**Inclusive Technology**

Riverside Court, Huddersfield Road, Delph, Oldham. OL3 5FZ  
01457 819790 [www.inclusive.co.uk](http://www.inclusive.co.uk)

**Jusonne**

17 Greenhill Street, Stratford upon Avon. CV37 6LF  
01789 470431 [www.jusonne.co.uk](http://www.jusonne.co.uk)

**KC Sleepsuits**

01706 521330 [www.kcsleepsuits.co.uk](http://www.kcsleepsuits.co.uk)

**Kinderkey**

Unit 1, Advance Park, Park Road, Rhosymedre, Wrexham. LL14 3YR  
01978 810777 [www.kinderkey.co.uk](http://www.kinderkey.co.uk)

**Kirton**

23 Rookwood Way, Haverhill, Suffolk. CB9 8PB  
0800 212709 [www.kirton-healthcare.co.uk](http://www.kirton-healthcare.co.uk)

**Link Design Ltd**

Bridge Cottage, Middleton, Ludlow. SY8 2DY  
01584 877167 [www.linkdesign.co.uk](http://www.linkdesign.co.uk)

**Magiplug**

07985 780 742 [www.magiplug.com](http://www.magiplug.com)

**Medic Alert**

1 Bridge Wharf, 156 Caledonian Road, London. N1 9UU  
0800 581420 [www.medicalert.org.uk](http://www.medicalert.org.uk)

**Safespaces**

11 Cleveland St, Cornholme, Todmorden, Lancs. OL14 8LZ  
01706 816274 [www.safespaces.co.uk](http://www.safespaces.co.uk)

**Smirthwaite Ltd**

15 - 16 Wentworth Road, Heathfield, Newton Abbot, Devon. TQ12 6TL  
01626 835552 [www.smirthwaite.co.uk](http://www.smirthwaite.co.uk)

**Special Needs Pushchairs**

Chariots All Terrain Pushchairs, Orchard Farm, Spreyton, Nr Crediton, Devon. EX17  
5AS  
01363 881110 [www.specialneedspushchairs.co.uk](http://www.specialneedspushchairs.co.uk)

**Tendercare**

01903 726 161 [www.tendercareltd.com](http://www.tendercareltd.com)

**Thudguard**

Albyn Ltd, Davidson House, Campus 1, Aberdeen Science and Technology Park, Bridge of  
Don, Aberdeen. AB22 8GT  
01224 335801 [www.albyn-int.com](http://www.albyn-int.com)

**Tough Furniture** (formerly known as David Vesty Furniture)

Stokewood Road, Craven Arms Business Park, Shropshire. SY7 8NR  
01588 674340 [www.toughfurniture.com](http://www.toughfurniture.com)

**Vent-Axia**

Fleming Way, Crawley, West Sussex. RH10 9YX  
0844 856 0591 [www.vent-axia.com](http://www.vent-axia.com)

**Widgit Software Ltd**

26 Queen St, Cubbington, Leamington Spa, Warwickshire, CV32 7NA  
01926 333680 [www.widgit.com](http://www.widgit.com)

## Your ideas

We do hope that you have found information in this pack useful.

We realise that there must be things that we have missed, there is so much information out there.

If you find out about anything that we have missed, or any issue that you think should be included, then please let us know.

Name

Address

Tel

Email

Details of what you would like us to consider adding to the Safety Tips Pack

Please return to:

**Safety Tips**

Parent Partnership Service

The Poplars

Lightmoor

Telford

Shropshire. TF4 3QN