



News from Kidsafe Tasmania Autumn 2022



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CEO'S AUTUMN MESSAGE



Welcome to the Autumn edition of our newsletter. It hardly seems like we had summer and here we are - the leaves are changing colour and we are thinking warmer clothes and heating our homes.

We also are still enduring COVID and adjusting to living life with restrictions.

Children love to play, and although we aren't outside as much, inside is fun!

Kidsafe is here to support you, I hope our tips in this newsletter help.

Feedback is always welcomed, message me at jenny.branchallen@gmail.com

We'd really love to know what you'd like to hear from us.

Regards Jenny



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COVID AND YOUR MENTAL HEALTH - Looking after it!

Covid has been challenging and many of us have felt isolated. Having a baby during COVID has brought some extra challenges.

Becoming a parent for the first time, or welcoming another child to your family, comes with many emotions and feelings, ranging from excitement and happiness to stress and nerves. However, it is important to remember that you are not alone, and support is available no matter what you feel.

Support options

BEYOND BLUE

Immediate support is available from Beyond Blue via several platforms.

- Phone 1300 22 46 36, available 24/7
- Online chat 1 pm – 12 am (AEST) seven days a week via beyondblue.org.au

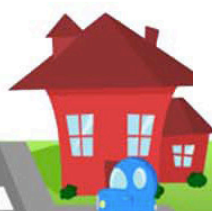


LIFELINE

Provides 24-hour crisis support and suicide prevention services for all Australians experiencing emotional distress.

- Phone 13 11 14, available 24/7
- Online chat is available from 7 pm to midnight (AEST) via lifeline.org.au
- Text support is available from 12 pm to midnight (AEST) 0477 131 114

Lifeline offers free professional phone and online counselling for people living in Australia.



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www.kidsafetas.com.au

LIKE LEAVES, KIDS CAN FALL EASILY.

Falls are the leading cause of hospitalisation for children under 15 years of age. The good news is the majority can be prevented by following these Kidsafe Autumn safety tips:

Baby Safety:

Never leave your baby unattended on nursery equipment or other raised surfaces. Always use the harness provided in items such as prams.

Toddler safety:

Consider the placement of furniture (away from windows and hazards) and install barriers on stairs until they have the skills to navigate them safely.

Child safety:

Use play equipment that is suitable for your child's age and stage of development. Supervise them while you teach them skills and rules for safe use.



PREVENTING BURNS AND FIRST AID

It's important as parents and carers that we remain vigilant and take action to help reduce the risk of burns to children in the home. Along with active adult supervision, important prevention steps include keeping children out of the kitchen when meals are being prepared, placing hot food and drinks out of reach, and ensuring older children eat whilst sitting at a table to help prevent spills.

Particularly during Autumn and the lead up to winter, hot water bottles, heat bags, and heaters are also potential burn hazards for children. Restricting children's access to these items, in addition to treadmills - which can cause friction burns - is also recommended.



Remember if you have a woodfire to have a properly fitted fire screen around it.

LOOK OUT FOR BURNS AWARENESS MONTH IN JUNE.



Correct First Aid Steps

- Remove - remove yourself from danger. Remove any clothing and jewellery from the burn area unless well stuck to the skin
- Cool - place the burn under cool running water for at least 20 minutes. Never use items like ice, oil or butter as these can make the burn worse
- Cover the burn with a clean dressing
- Seek medical attention if the burn or scald is on the face, hands, feet, genitals or buttocks, is larger than a 20-cent coin or blistered



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FREE INFORMATION SESSIONS FOR PATIENTS, CARERS AND STAKEHOLDERS.

Kidsafe Tasmania is offering free sessions to parents, carers and stakeholders around Tasmania. We would love to organize a time to come and visit you. We can customise a session to suit your needs, including a child restraint check for parents & carers, a talk on unintentional injury prevention in young people and how has COVID change the way we do things.

- Child Restraint Fitting & Education
- Prevention of unintentional Injury in Young People
- Home Safety Checklists

With a report from the RHH Burns Unit that admission of young children has doubled during COVID with burns especially with the use of hot water bottle and around woodfires and other injuries such as increases in road traffic incidents, we are keen to help with information that may prevent these statistics from getting bigger.

Please contact us to arrange a visit to you soon!

TOP 10 STEPS FOR SAFER TRAVEL

- 1. Always buckle up**
The use of any restraint is preferable to not using a restraint.
- 2. Rear facing as long as they fit**
Infants are safest if they remain in their rear facing restraint.
- 3. Inbuilt harness as long as they fit**
Once a child is too tall for their rear facing child restraint, they should use a forward facing one with an inbuilt harness.
- 4. Booster seat as long as they fit**
Once a child is too tall for a forward facing child restraint, they should use a booster seat with a lap-sash seat belt until they are tall enough to fit properly into an adult seat belt.
- 5. Seat belt 5 step test?**
Have you taken the 5 step test? Will your child fit in the seat belt at different ages. If not they should stay in the booster seat.
- 6. Correctly fitted and adjusted**
All child restraints and booster seats must be installed correctly and the child buckled in correctly, according to the manufacturer's instructions.
- 7. Safest in the back seat**
Children 12 years of age and under are safest in the rear seat.
- 8. Is your car right for the job?**
When planning any journey, use a motor vehicle which allows each child to be in the appropriate restraint for their size.
- 9. Accessorize correctly**
Never add accessories to the restraint that were not provided by the manufacturer.
- 10. Regular car seat check ups**
Check your restraint regularly to ensure it is still installed correctly and adjusted for the child.



WEBSITE

Our website has new insightful information being put up every week, I encourage you to look at it regularly and feedback is always welcome.

We are trying to keep content up to date and relevant to our users. We have uploaded our 2022 information for people who want to book a Kidsafe session during this year.

What you may find useful on 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

