

You are entering a Child Friendly zone

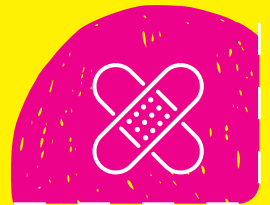
For more top tips to keep your home a child friendly zone, visit

www.healthysuffolk.org.uk/ChildFriendly

Thank you for keeping toys and clutter off the floor and stairs, so there is nothing to trip over.

Little people love to climb!

Thank you for keeping furniture away from windows and closing stairgates behind you.



You are entering a Child Friendly zone

For more top tips to keep your home a child friendly zone, visit

www.healthysuffolk.org.uk/ChildFriendly

Thank you for keeping small objects out of reach of little hands.

Always cut up food to make it safer to eat and stay with your child while they eat, encouraging them not to wriggle around.



You are entering a Child Friendly zone

For more top tips to keep your home a child friendly zone, visit

www.healthysuffolk.org.uk/ChildFriendly

Thank you for putting in cold water first and topping up with hot when running a bath.

Remember the temperature can change quickly, so only put your little one in the bath once you have finished running it and checked the temperature.



You are entering a Child Friendly zone

For more top tips to keep your home a child friendly zone, visit

www.healthysuffolk.org.uk/ChildFriendly

A hot drink takes 20 minutes to cool down to a temperature that will not scald a young child.

Thank you for keeping your coffee out of their reach.

Stir food well and test the temperature by:

Plunging a metal spoon to the bottom of the jar for 3 seconds and placing the spoon on your lower lip. If it is uncomfortable for you, it is too hot for your child.



You are entering a Child Friendly zone

For more top tips to keep your home a child friendly zone, visit

www.healthysuffolk.org.uk/ChildFriendly

Thank you for keeping medicines locked away and ideally up high where your baby can't come across them.

Don't forget the painkillers in your handbag on the floor or on the bedside table!

Fit safety catches on any low cupboard doors and drawers and make sure bottle tops and lids are on properly.

