

I might grab your hot drink and get burnt



Hot drinks burns

I like to reach out and grab things

Aims and objectives

Recognise tendency of babies to reach out and grab at things that draw their attention. Recognise burn and scald injuries that could occur to babies from hot drinks.

Activity/Session

Parents/carers discuss experiences of managing hot drinks, at home and when visiting others.

Outcomes

Learners to be able to:
Understand consequences of a hot drink injury, recognise how/why hot drink injuries could occur.
Consider risk reduction and prevention ideas.

Session notes

Why might babies get burnt by hot drinks?

- Babies naturally reach out and grab things that catch their attention.
- If you have a hot drink while holding or breastfeeding your baby, they can reach out and grab it or make a sudden movement, jerk or nudge your arm.
- Passing drinks over babies' heads whilst they are being held, or are in a baby seat or bouncer chair.
- Babies can grab at a table cloth with a hot drink on it and spill it on themselves.

What can you do to stop this type of accident from happening?

- Before you have a hot drink put your baby in a crib, baby chair, on the floor or give to someone else to hold.
- Put hot drinks far back on the worktop or table out of babies' reach.
- Consider places in your home to put your hot drinks that would be out of reach as your child crawls and then begins to walk.
- If you attend a baby group have a hot drink before you go, or put your baby in a pushchair whilst you have your drink.

What other ways might a baby be badly burnt?

- From milk or a drink that is too hot. If you use a microwave to heat it up, shake the bottle and test the temperature on the inside of your wrist before you give it to your baby – it should feel neither hot nor cold.
- From hot bath water. Put the cold water in first and top-up with hot. Test the temperature using your elbow before you put your baby in – it should feel neither hot nor cold.

Surprising facts

- Babies are attracted to moving objects – like your mug.
- Even small babies wriggle about and nudge you or make a sudden grab for something.
- Hot drink scalds are the number one cause of burns injuries among young children.
- Babies have thin skin so a hot drink can still burn up to 15 minutes after it's been made.