

# Child safety session cards



## Accidents and child development

As children grow and change, the types of accidents they are at risk of having and the severity of the risks change too. Many accidents happen because parents are taken by surprise by what their child is capable of or suddenly able to do, that they weren't just days or weeks before.

Understanding the important links between key development stages and the associated risks means that parents can be empowered to stay one step ahead and take effective action to prevent serious accidents happening to their child. Small steps can make a big difference.

## How to use the virtual session cards

- No previous knowledge or expertise is required to deliver the sessions. The cards guide you through a session with parents and carers or act as an aide-mémoire if you already have expertise in this area.
- The flashcards show examples of accidents that can relate to a specific behaviour or development stage. The discussion will then help to explore other related risks. You can share the flashcard on screen during a virtual session with parents.
- The session plans act as a guide for you to lead the discussion within the group you are working with:
  - Use the section headings as questions to put to the group. We have provided sample answers to help you guide the discussion.
  - Use the surprising facts during the discussion to help engage parents.
- Encourage parents to share their experiences with each other but remember to be sensitive to those who may not feel comfortable with this.
- During the discussion and at the end ask the group what changes they plan to make as a result of what they have learnt. We have provided some practical ideas to help you guide the discussion.
- Parents are often worried about finding the time to make effective changes. Remind parents that it is the small steps that make a big difference to protecting their children, like putting a hot drink out of reach. The important thing is to keep repeating the steps so that they become automatic habits.
- Encourage parents to be specific about the changes they will make and to give a timescale. Following up with them at the next session is a good way to remind and reinforce the messages for parents.