

The Great Child Safety Challenge: Preventing Home Injuries in the Living Room (1-3 yrs)

A Guide for Facilitators

The Great Child Safety Challenge consists of a YouTube video and this facilitator guide. Its purpose is to promote meaningful discussions with caregivers around children's injury prevention in the home. The video does this by asking audiences to “spot the safety hazards” that could cause injury to young children in and around the main living areas of the home, and is available in

- [English](#) and
- [French](#)

This accompanying guide will explain the reasoning and data behind the video, will provide the video script with audience discussion prompts, and will give you some ideas for follow-up discussion about preventing child injuries in the home with your audience.



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Message from the Manager

Child Safety Link's mission is to reduce the incidence and severity of injuries to children and youth. We have several priority areas including keeping children as safe as necessary in the home, where many injuries to young children occur. The goal of this project was to develop a video to open the door to meaningful conversations with families about the importance of injury prevention at home.

There are many people to thank for making this video possible, including ExxonMobil for their generous donation that enabled us to develop these materials. I would also like to thank Pink Dog Productions for the actual production of the video, and recruiting some of the actors. I am grateful to all of our actors for their enthusiasm and willingness to help us with this project. They did a wonderful job playing, supervising and having fun for us in front of the camera. I also want to take this opportunity to express my gratitude to all of my staff that have been instrumental in the successful completion of this project.

Thank you for your dedication to children's safety; it truly does take a village!

Yours in Safety,

Sandra Newton
Manager, Child Safety Link





About Child Safety Link

Child Safety Link (CSL) is a Maritime-wide (Atlantic when appropriate) child & youth injury prevention program at IWK Health. CSL works on several priority areas including Safety at Home, Safety on the Road, Safety at School and Safety at Play. A key component of CSL is to work collaboratively in partnership with organizations from across the Maritimes and Atlantic region including family resource centres. We provide information/tools for, and work in collaboration with family resource organizations, police and enforcement personnel, public health staff, and other groups of interested people who have an influence on supporting the health of families with children.



The Great Child Safety Challenge Video & Facilitator's Guide

Safety videos that engage parents and caregivers in an informative, friendly way have been highly requested by family resource centre and Public Health staff. Child Safety Link created this video based on this feedback, as a useful tool for these groups to use with families in their programs. The video focuses on children of different ages and in areas of the home where injuries from falls and other injuries commonly occur. We have provided you with questions you can use to encourage discussion with your audience both during and after watching the video.



Why is this safety video relevant?

Falls are the leading cause of injury hospitalization, emergency department visits and disabilities to children in Atlantic Canada, with fall-related injuries costing our region \$52 million/year. We are not concerned with the normal little bumps and bruises of childhood, but serious falls that can have lifelong effects. Children fall in different situations based on their age. Children aged 0-4 are most likely to fall at home, from furniture or on stairs. Children aged 5-9 are most likely to be injured and hospitalized for a fall at the playground or a wheeled sport. Older children and youth aged 10-14 are most likely to be hospitalized for a fall and resulting injury while playing a sport. **The video focuses on what families can do to reduce the risk of injuries in young children (toddlers). It focuses on fall prevention and other important risks such as poisonings and burns.**

Video Viewing Suggestions

The English video is 4.5 minutes long, and the French version is 7 minutes long. It's a good idea to plan about 45 minutes to complete the video and discussion activities.

The following suggestions will help you when using the video:

- Review the video first, before playing it for an audience.
- On the video script, we have indicated in **BOLD** where it is recommended you stop the video to allow for discussion and/or questions from the group about the safety challenges they have been asked to find.
- You may need to play the video twice, for the group you're working with, to allow adequate time to spot and understand each safety challenge.
- At the end of the video script, we have included a post-video discussion question list. These questions may come up for discussion naturally or be questions you might ask your audience. These questions can also help if your audience is slower to engage and you want to encourage them to participate.

Video Script

**Please note, this is an actual script of the video wording for you to follow along with as the video plays. Pause the video when you get to the pink bar, and follow the instructions in bolded text.*

Come in ... welcome ... make yourself at home. To most of us, this looks a lot like a living room...mostly because it IS a living room!!

But now that your child has learned to climb, is your room really as safe and livable as it could be for children between the ages of 1 and 3?

(Fun music for a few seconds before Voice Over starts again)

Let's play a game that will help us find out. It's called the GREAT CHILD SAFETY CHALLENGE!!!!

The Great Child Safety Challenge will help us look for challenges to safety for children of various ages.

To start this challenge, we'll look at the living room.

You'll have ten seconds to find up to 5 safety challenges for children between the ages of 1 and 3.

Ready?

GO!!!

(Clock counts down from 10 to 1 in lower Right corner)

Time's up. How did you do?

***PAUSE VIDEO HERE AND ASK AUDIENCE WHAT THEY FOUND. ***

RESUME VIDEO

There are at least FIVE safety challenges in this room.

1. Did you notice that the couch is very close to a screen window? A screen can't prevent a child from falling through.

2. The potted plants are pretty, but children sometimes like to put things in their mouths, even plants – which can be poisonous. In this room, young children who are at the climbing stage could pull the pot down on their head.

3. The bookcase is not secured to the wall and could easily be pulled over by a child.

4. There seem to be quite a few toys on the floor, which could cause a child or caregiver to trip and fall.

5. And what about that coffee table? There is a hot cup of coffee, which could easily spill and burn a child. And those corners are too sharp for children and could cause injury if they were to trip and hit their head. You might think about removing that coffee table until your child is older.

***PAUSE VIDEO HERE TO DISCUSS ANY SURPRISES THAT MAY HAVE BEEN IDENTIFIED. ***

RESUME VIDEO

Let's take a few minutes to make this living room safer for children between the ages of 1 and 3.

That's better.

OK ...Let's have a look at a second living room...

You've got 10 seconds to find at least five things that are unsafe.... Ready?

GO!

Time's up.

How did you do?

***PAUSE VIDEO HERE AND ASK AUDIENCE WHAT THEY FOUND. ***

RESUME VIDEO

There are at least FIVE safety challenges in this room. Let's give them some thought.

1. Some of the most serious injuries to children can happen when a child falls from one level to another, down a set of stairs, for example. To prevent this from happening, make sure to use a swinging baby gate at the top of stairs, (One that screws into the wall and does not open out over the stairs). It should be kept closed and locked. A pressure gate can be used at the bottom of the stairs, so that children can't climb up the stairs, but remember, a pressure gate should never be used at the top.
2. The window blind cords are long and hanging down...a safety hazard.
3. Placing furniture in front of a window can be dangerous. Do your best to keep furniture away from windows and if you have no other choice, consider using a window guard and not just a screen. This way, you can enjoy some fresh air and still keep your children safe.

4. Keep items like remote controls away from areas that children may like to climb up on ... such as bookshelves or sofas. Be sure to keep the back of your remote taped shut so that small batteries can't pop out be a choking risk.
5. Try to keep toys and other things off of the floor and out of the hallway, so that children and caregivers won't trip and fall.

And speaking of hallways... In hallways, be mindful of pets. They can trip children or knock them down, no matter how big or small the pet is.

*** PAUSE VIDEO TO DISCUSS THESE POINTS ***

Kids will be kids. Always exploring and looking for new ways to have fun. When it comes to your children, it's always 'safety first'. But don't forget to make memories that last because they grow up fast! So play it safe ... and keep it fun! And for more information, please visit www.childsafetylink.ca.

Group Discussion Questions:

1. What is your #1 take-away from watching this video?
2. Was there any safety hazard in this video that you had never thought of before?
3. Can you think of any important safety tips that were not included in this video?
4. What safeguards have you done in your own home to help prevent child falls/injuries?

More Falls-related Tips to Share:

The following are additional tips that you can share with your group about specific ways to prevent falls in the home with young children:

0-12 months

- While changing your baby's diaper, it's a good idea to use the change table strap or change them on a blanket on the floor. Infants develop so quickly in the first few months and you never know when they will roll over for the first time!
- For this same reason, babies should not be left alone on high surfaces such as couches, chairs, or beds.
- Always place baby seats, swings and play equipment on the floor--not up on counters, sofas or tables.

1-3 years old

- Toddlers are always on the move, and they are curious about everything! In order to spot the potential dangers around your home, it's a good idea to get down on your hands and knees so you can truly see all that they may be able to reach or pull down on themselves.
- When babies are learning to walk, they hang on to anything they can reach around the room. Anchor all free standing furniture to the walls with safety straps.
- Place corner guards on furniture with sharp edges (i.e. coffee tables) or temporarily remove certain furniture.
- When your child tries to climb out of their crib, it is time to move them from the crib to a toddler bed or mattress on the floor.
- Use child safety gates to protect your child from stairways. Always use gates that bolt to the walls at the top of staircases, and pressure-mounted gates at the bottom of staircases.

3-5 years old

- Avoid bunk beds at this age, or avoid letting your child use the top bunk until they are old enough to use it safely--a common recommendation is to wait until they are 6 years old.

- Do not allow your child to play on the stairs, and be sure to keep stairways and hallways clear of clutter and tripping hazards.

For more information:

For more information on preventing falls and other children's injury prevention topics, we invite you to contact Child Safety Link in the following ways:

- visit our website at www.childsafetylink.ca
 - visit our Falls Prevention page at www.childsafetylink.ca/falls-prevention to see all our our falls resources
 - For information on falls and other injury issues, we invite you to look at our Safety at a Glance fact sheet series that outline key safety tips by age and stage of the child. These fact sheets are available in a variety of languages that can be printed out and handed to families/caregivers. See the complete series here: <https://www.childsafetylink.ca/safety-at-a-glance-fact-sheets> .
- call us at 1 866-288-1388 (toll free in the Maritimes)
- send us an email to childssafetylink@iwk.nshealth.ca
- follow us on Facebook and Twitter at [@childssafetylink](https://www.facebook.com/childssafetylink)
- find us on YouTube: Child Safety Link