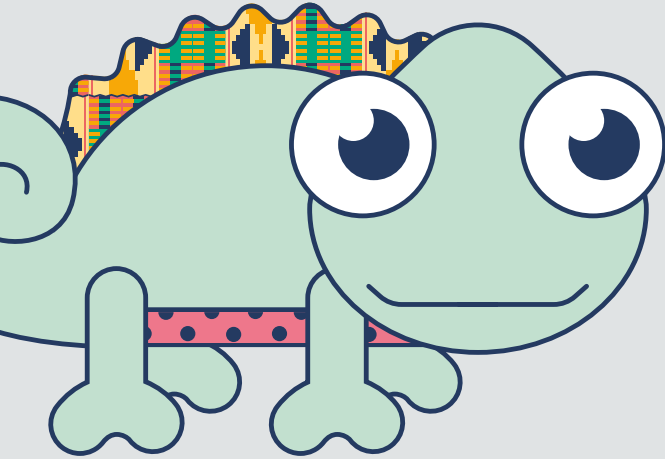




N GUIDE TO:

Safety

Teaching children the importance of safety is key to keeping them safe but also helps them to spot hazards and helps others to keep safe too. Safi, our Safety mascot chameleon, helps us to do this in our schools by bringing safety to life - acting as a visual aid for our educators and a prompt for the children. We strive to make behavioral safety second nature for your child, both at home and at school.

There are plenty of ways you can promote safety in your home - from modeling basic hygiene with your child and teaching them about fire safety to ensuring that internet use is limited, appropriate and supervised. The more children are exposed to the practices of safety and understand the 'why' behind them from a young age, the more likely they are to adopt them as they grow up and become more independent.

Here are our top tips for promoting safety in your home:

Hand washing

Teaching hand washing from a young age will lead to your child becoming independent in its practice as they get older. We advise that hand washing should take place:

- After using the toilet or changing a diaper
- Before and after handling raw foods like meat and vegetables
- Before eating or handling food
- After blowing your nose, sneezing and coughing
- Before and after treating a cut or wound
- After touching animals, including pets, their food and after cleaning their cages

Fire safety

Keeping your home fire-safe is crucial for protecting your family and property. Here are some top tips for ensuring fire safety in your home:

- Install smoke alarms - test them monthly to ensure they work and replace batteries regularly.
- Consider interconnected alarms, so when one sounds, they all do.
- Plan and practice an escape route with everyone in your home.
- Keep exits clear of obstructions, and have keys easily accessible near door and windows.
- Check that electrical devices meet safety standards.
- Place carbon monoxide detectors - near gas appliances and open fires to monitor for leaks.
- Before going to bed, unplug non-essential electrical appliances.
- Ensure no candles, heaters or electric blankets are left on, and shut internal doors to slow the spread of fire.

E-Safety

In an ever-changing world, technology and the internet play a significant role in the lives of children growing up today. Technology can greatly enhance the learning and development of children, and these top tips will help you and your family use it safely:

- All computers should have virus protection installed.
- Safety settings should be set to ensure that inappropriate material cannot be accessed.
- Children should never have unsupervised access to the internet.
- Report any cyberbullying to local law enforcement, including material which may incite racism, bullying or discrimination.
- The American Academy of Pediatrics (AAP) has published Screen Time Guidelines.

1. **Connect** - to family and friends, help children be aware of who they are connecting with and talk to you when they connect to someone they don't know.
2. **Be active** - turn off screens and get moving, research where to go and what to do.
3. **Get creative** - use the internet to find out new things, be creative and learn new skills.
4. **Give to others** - use the internet to give positive feedback to others and report negative behavior.
5. **Be mindful** - about the time spent online and support children to manage their screen time. Set limits on time spent on computers.