This leaflet has been produced by the Cardiff & Vale UHB Children's & Young People's Occupational Therapy Service

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Making your child's Bedroom Safe Is your child's bedroom a safe environment?

Windows: Is your child able to climb up to the window? Do they try to open the windows?

Window restrictors can be purchased from a DIY store. If your window locks are broken new locks can also be purchased from a DIY store in order to help keep your child safe.

Window sills: Does your child climb onto window sills?

You will need to ensure that this area in the room is as safe as possible for them. Move any nearby furniture which may be used to help your child climb and reach the windowsill. Ensure windows are locked to stop your child from being able to climb out should they get onto the windowsill.

Remove any objects from the window sill so that they do not tempt your child to climb up to get them. Consider changing vertical blinds and using safety hooks for any blind cords in order to reduce the risk of your child slipping and getting their head, neck or limbs caught in the cords.

Radiators: Does your child climb onto the radiator or sit on the radiator whether it is hot or cold?

A radiator cover can be purchased from a DIY store. You can also move any furniture which may be supporting your child to climb and any ornaments or toys which your child may be reaching for.

Furniture:

IF your child is climbing on top of furniture or damaging furniture they could be at risk of injuring themselves

To reduce the risk, keep furniture in the room to a minimum. You can purchase safety covers for edges on furniture, child safety locks and plug covers from DIY/Homeware shops and pharmacies.

If your child is breaking furniture then you may find Tough Furniture useful;

http://www.toughfurniture.com/

This will not be provided by the local authority but you may be able to ask your OT, social worker or another professional to support you with an application for charity funding to help with the purchase of this.

