

STAYING SAFE OVER THE HOLIDAY SEASON WITH SEEMORE

With the holiday season here it is time to take a well-deserved and safe break. Christmas can be a very busy and exciting time for all and once the holidays finally arrive, we are all ready to relax with family and friends.

We need to remain vigilant over the holiday break with regard to safety of our young ones. Unfortunately, holiday periods are often the time when more childhood accidents occur due to things such as: unfamiliar surroundings, exposure to unfamiliar situations and kids having more time to be adventurous and curious.

SEEMORE SAFETY'S TIPS TO HELP MAKE YOUR SUMMER BREAK SAFER

- Think about food allergies. You may be surrounded by different foods, such as nuts, over the festive period. You may also be spending time with people you haven't seen for a while so check that those around you are not in danger of an allergic reaction.
- If visiting other people's homes, think about whether the home is suitably childproofed for your children.
- Make sure your Christmas tree is securely placed in a stand. Curious animals and toddlers love to play with low hanging decorations, try to make your tree as safe as possible to prevent it being pulled over.
- Always travel with a first aid kit.
- Be aware of extra car traffic over the holidays. Plan your trips well and when out walking or riding, always use the safest route.
- Make sure children always wear appropriate safety gear when riding bikes, skateboards, scooters, etc – particularly if they are new users of the equipment.
- If children are participating in physical activity, make sure they drink plenty of water and do not become dehydrated.
- Remember to be sunsmart, slip on a shirt, slop on sunscreen, slap on a hat, slide on sunglasses and seek shade whenever you are out in the sun.
- Actively supervise your children when swimming.
- Have your children wear a bright coloured 'rashie' when playing at the beach so you can easily identify them and use appropriate swimming aids to assist children.
- Remind children that our furry friends enjoy our company but may also need their own quiet time too. Dogs and cats will let you know when they want to play and will find a place to rest when needed.
- Technology may sometimes get more use in the holiday times. Make sure your passwords are secure and you have your in-App purchases set to no while others have your devices. Nobody wants an extra bill to pay for imaginary goods.
- FINALLY, always know where your children are and who they are with!



MERRY CHRISTMAS AND A SAFE AND HAPPY NEW YEAR!

From the KIDS Foundation

