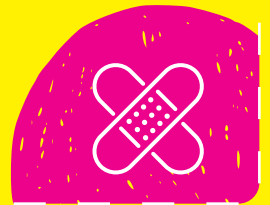## You are entering a
## Child Friendly zone

For more top tips to keep your home a child friendly zone, visit

**www.healthysuffolk.org.uk/ChildFriendly**

**Thank you** for keeping toys and clutter off the floor and stairs, so there is nothing to trip over.

**Little people love to climb!**
Thank you for keeping furniture away from windows and closing stairgates behind you.

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## You are entering a
## Child Friendly zone

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**Thank you** for keeping small objects out of reach of little hands.

**Always cut up food** to make it safer to eat and stay with your child while they eat, encouraging them not to wriggle around.

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## You are entering a
## Child Friendly zone

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**Thank you** for putting in cold water first and topping up with hot when running a bath.

**Remember** the temperature can change quickly, so only put your little one in the bath once you have finished running it and checked the temperature.

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A hot drink takes 20 minutes to cool down to a temperature that will not scald a young child.

**Thank you** for keeping your coffee out of their reach.

**Stir food well and test the temperature by:**
Plunging a metal spoon to the bottom of the jar for 3 seconds and placing the spoon on your lower lip. If it is uncomfortable for you, it is too hot for your child.

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**Thank you** for keeping medicines locked away and ideally up high where your baby can't come across them.

**Don't forget** the painkillers in your handbag on the floor or on the bedside table!

**Fit safety catches** on any low cupboard doors and drawers and make sure bottle tops and lids are on properly.