



Bathroom

It's easy to get complacent about the everyday routine of giving your child a bath. And that's the danger. For a child under 5 it can be the riskiest time of all. And here's why...

- Never leave a child under 5 alone in the bath, even for a moment. A small child can drown in as little as 3-5cm (1-2 ins) of water within a matter of seconds.
- Scalding from hot water is a particular danger for young children. Run the cold tap first and then mix in the hot water until your child's bath reaches the right temperature. Better still, fit a thermostatically controlled mixing valve and turn it down to no more than 43C (109F).
- Always use both hands when lifting your child in or out of the bath.
- Sit your child on a non-slip bath or shower mat when they're in the bath to reduce the risk of them sliding under the water.
- Empty the bath immediately after use.
- Bath toys can be fun - but they can be dangerous too. Remember that the first instinct of very young children is to put everything they can get their hands on straight into their mouths!

Lock razors, scissors, medicines, toiletries and cleaning materials away in the bathroom cabinet or move them out of reach.