

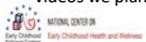
Where on the map are you?

While you are waiting for the webinar to begin, please introduce yourself in the chat box:

- Tell us your name
- What is your current role, and
- Where on the map are you?



Participation Note:
We love Wi-Fi, but for the best webinar experience, please make sure you are hardwired to an Ethernet cable.
Using Wi-Fi alone may result in problems with viewing the short videos we plan to share during this webinar.

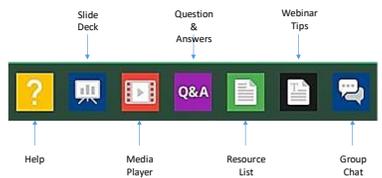




Partnering with Parents to Create Physically and Emotionally Safe Learning Environments

Nancy Topping-Tailby, NCECHW
Angela Fisher-Solomon, NCECDTL
February 12, 2019

School readiness begins with health!



Learning Objectives

Participants will:

- Identify the 6 most frequent causes of child injuries
- Describe conversation starters to engage families in discussions about injury prevention
- Explore checklists to help families find and remove potential hazards
- Identify resources to support physically and emotionally safe environments
- Introduce mindfulness as a strategy to promote wellbeing



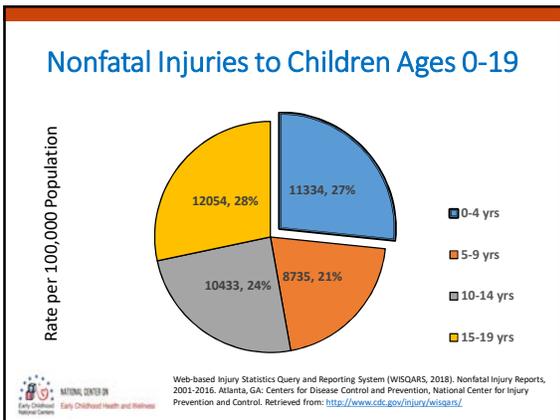
Children learn best when they are emotionally and physically safe and secure.

Guiding Principle, Head Start Early Learning Outcomes Framework



Understanding Injuries to Young Children





Why do you think that very young children are more vulnerable to injuries?

Let's Chat

What do you think are the most common causes of unintentional childhood injuries during the first 5 years?

Let's Chat

6 Common Causes of Fatal and Nonfatal Injuries to Young Children

- Falls
- Drowning
- Fires and burns
- Poisoning
- Suffocation
- Motor vehicle crashes

Centers for Disease Control and Prevention, National Center for Injury Prevention and Control (2012). *National Action Plan for Child Injury Prevention*. <https://www.cdc.gov/safekid/nag/index.html>



Falls



Drowning



Fires and Burns



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Poisoning



Poison Control: 800-222-1222

<http://www.aapcc.org/>

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Ingestion Hazards



<https://www.cpsc.gov/Safety-Education/Safety-Education-Centers/Magnets>



<https://www.nsc.org/home-safety/safety-topics/child-safety/button-batteries>

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Suffocation

Bare is Best



Public Education Campaign Led By
NIH Eunice Kennedy Shriver National Institute of Child Health and Human Development
in collaboration with other organizations

<https://safetosleep.nichd.nih.gov/resources/caregivers>

SAFE TO SLEEP

Suffocation



CFOC 6.4.1.2: Inaccessibility of Toys or Objects to Children Under Three Years of Age



CFOC 4.5.0.10: Foods that Are Choking Hazards

<http://nrckids.org/CFOC>

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Motor Vehicle Crashes



Courtesy of NHTSA Image Library
<https://icsw.nhtsa.gov/nhtsa/imageLibrary/index.cfm>

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**WHERE'S BABY?
LOOK BEFORE YOU LOCK!**



Current Temperature

OUTSIDE CURRENTLY **47°**

INSIDE YOUR CAR AFTER 30 MINUTES **81°**

Video



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<https://www.safekids.org/preventing-heatstroke>

Injury Prevention Framework

Child **Adult** **Environment**



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Injuries are Predictable



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21

Injuries are Preventable



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Individualized Approach to Injury Prevention

- Knowing what children can and cannot do and how they are most likely to get hurt is important information to share with families.
- All children develop differently. Knowing a child's temperament – whether they are more cautious or more active – is important in understanding a child's degree of risk.
- Anticipating children's growth and the development of new skills allows a family to make changes before a child reaches new milestones.

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3 Strategies Influence Parents' Safety Practices

Parents of children from birth through age 5 commonly use 3 safety practices:

- Teaching the child about safety, such as behavioral rules to follow (e.g., "Don't touch knives")
- Modifying the environment to eliminate hazards or access to hazards (e.g., locking cabinets to prevent access to knives)
- Actively supervising

Morrongiello, 2018
<https://onlinelibrary.wiley.com/doi/abs/10.1111/1/cdep.12287>

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Active Supervision

- Supervision is a key strategy to prevent injuries to young children.
- For parents of young children, being both **within reach** and **watchfully attentive** on a **continuous basis** are essential for effective supervision.



How Can We Engage Families in Safety Conversations?



How to Have a Safety Conversation

Conversations with families about safety should be:

- Child/family-focused
- Mutually respectful
- Culturally responsive



Toughest Conversation: Pair Discussion

- Reflect on the toughest successful conversation you ever had with a family.
- What did you do to contribute to the success of the conversation?
- What did the family do after the conversation that let you know that it was successful?



Facilitating Change: Conversations That Help

Help families address safety concerns:

- Recognize the family's autonomy
- Ask for permission to discuss safety concerns
- Use open-ended questions and reflective listening skills to encourage the family to learn how best to protect their child



https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/facilitating-change-conversations-help_0.pdf



A Home Visitor's Guide to Safety Conversations
How to Discuss Child Safety and Use Home Safety Checklists with Families



<https://eclkc.ohs.acf.hhs.gov/publication/home-visitors-guide-safety-conversations>

“OARS”
Motivational Interviewing Skills

- O = Open-ended questions
- A= Affirming
- R = Reflective listening
- S = Summarizing



Conversation Starters

- Parents often ask me how to make sure their child can explore safely. Would you like to spend some time talking about any concerns that you have?
- Many families have questions about everyday items in the home that can be dangerous to a young child. Is this something you would like to talk about too?
- Your baby can roll over now! This means crawling and walking aren't too far off. Many parents like to plan ahead but wonder how to prepare. Do you have questions about what to do next?



Conversation Starters

- You told me that you spoke to the property manager about the broken tiles on the kitchen floor and he hasn't done anything to fix them. You are worried that Bobby may fall and get hurt. I brought you some information on tenants' rights, but let's talk about what you can do right now to protect Bobby.
- I heard how much you appreciate your grandmother has welcomed you and Sarah into her home. But having your baby around all the cigarette smoke worries you. You want to protect Sarah, but you are not sure what to say to your grandmother. I have some ideas about how you can bring up your concerns. What do you think?



NCECHW Motivational Interviewing Resources

- Motivational Interviewing Suite
<https://eclkc.ohs.acf.hhs.gov/mental-health/article/motivational-interviewing-suite>
- Using Motivational Interviewing to More Effectively Partner with Parents
<https://eclkc.ohs.acf.hhs.gov/mental-health/article/what-motivational-interviewing>
- Facilitating Change Conversations that Help:
https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/facilitating-change-conversations-help_0.pdf



Use a Safety Checklist



- Some checklists are organized by injury prevention topics
- Others are organized by:
 - Age
 - Type of hazard
 - Room or area



Household Safety Checklists



- Kitchen Safety
- Bedroom Safety
- Bathroom, Laundry, and Garage
- Doors, Windows, Stairways, and Home Furnishings
- Electrical and Equipment
- Outdoor, Pool, and Other Safety Issues

<https://kidshealth.org/en/parents/household-checklist.html>



KidsHealth / For Parents / Kitchen: Household Safety Checklist

Kitchen: Household Safety Checklist

Reviewed by: [Kate M. Cronan, MD](#)

Listen | A A A |

Kitchen

- Are knives, forks, scissors, and other sharp tools in a drawer with a childproof latch?
- Have you installed a dishwasher lock so kids can't open it while it's running and can't reach breakable dishes, knives, and other dangerous objects?
- Have you installed a stove lock and have knob protectors been placed on the stove knobs?
- Does your oven range have an anti-tip bracket installed?

<https://kidshealth.org/en/parents/household-checklist.html>

How do you engage families in a discussion about home safety?
How could you use the ideas shared today with your families?

Let's Chat

NCECHW Resources on the ECLKC

Tips for Keeping Infants and Toddlers Safe: A Developmental Guide for Home Visitors

During the first three years, children are constantly growing and acquiring new skills and knowledge. Some research has shown that injury is the leading threat to the health and well-being of young children. When families understand how children can get hurt and how what to do to protect them, infants and toddlers can learn and grow safely. Many injuries occur in the home where young children spend most of their time. As a home visitor, you can help families prevent childhood injuries. Whether families bring up concerns or you introduce the topic, safety is an important part of your work with families. Use this tool to share safety tips with families. Each section includes a review of child development and how it relates to injury prevention strategies. It also includes safety tips organized by families' daily routines. Some tips apply to all children, while others address the developmental needs of children in a specific age group. When a family has children at different developmental levels, review the safety tips for each.

Home visitors can use this tool to:

- Learn safety tips to share with families
- Explain the reasons for specific safety measures
- Support families to build safe daily routines for children of all ages and developmental abilities

*Montgomery, B., & Corbett, M. (2018). Examining a Constructivist Model of Young Children's Risk of Unintentional Injury and Implications for Prevention Strategies. *Health Psychology Review, 12*(2).

Explore Resources

Young Infants | Mobile Infants | Toddlers

<https://eclkc.ohs.acf.hhs.gov/safety-practices/article/tips-keeping-infants-toddlers-safe-developmental-guide-home-visitors>

The screenshot shows a video player interface for a webinar. The title is "Home Safety: A Webinar from the National Center on Health". Below the title, it lists "The National Center on Health", speakers "Kim Clear-Sandor" and "Nancy Topping-Tailby", and the date "April 15, 2014". At the bottom of the player, there are options to "Download the video [MP4, 234MB]" and "Download the transcript [PDF, 308KB]". Below the player, there is a "View the transcript" link and a URL: <https://eclkc.ohs.acf.hhs.gov/video/home-safety-webinar>. The National Center on Early Childhood Health and Wellness logo is visible in the bottom left corner.

The screenshot displays a resource list titled "Safety and Injury Prevention Resource List". It includes a paragraph stating that many evidence-based, science-informed resources are available to home visitors, families, and health professionals. Below this, there is a list of national websites on safety and injury prevention, including the American Academy of Pediatrics, Centers for Disease Control and Prevention (CDC), Children's Safety Network, National Center for Healthy Housing, National Highway Traffic Safety Administration, National Resource Center for Health and Safety in Child Care and Early Education (NRC), National Safety Council, Nemours (English and Spanish), Prevent Child Injury, Recall.gov, Safe Kids Worldwide (Safe Kids), and U.S. Consumer Product Safety Commission (English and Spanish). A URL is provided at the bottom: <https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/h-o-search/safety-injury-prevention-resource-list.pdf>. The National Center on Early Childhood Health and Wellness logo is in the bottom left corner.

The screenshot shows a guide titled "KEEPING CHILDREN SAFE IN VEHICLES: A Guide for Families and Caregivers". The title is in red and blue text. Below the title, there are three photographs: a woman buckling a child into a car seat, a man talking to a child in a car seat, and a woman with a child in a car seat. At the bottom, there is a URL: <https://eclkc.ohs.acf.hhs.gov/transportation/article/child-passenger-safety>. The National Center on Early Childhood Health and Wellness logo is in the bottom left corner.

Safe Toys for Young Children

- Good Toys for Young Children by Age and Stage
<https://www.naeyc.org/resources/topics/play/toys>
- Choosing Safe Baby Products: Toys
<https://kidshealth.org/en/parents/products-toys.html?ref=search>
- Tips for Choosing Toys for Toddlers
<https://www.zerotothree.org/resources/1076-tips-for-choosing-toys-for-toddlers>



Mindfulness

Mindfulness means paying attention to what's happening in the present moment, (and accepting those experiences and feelings) non-judgmentally.

Jon Kabat-Zinn

<https://www.mindful.org/ion-kabat-zinn-defining-mindfulness/>



Mindfulness for Parents

- Listen to your child with your full attention
- Accept your child (and yourself) without judgment.
- Imagine your child's feelings and match your response.
- Manage your own feelings and reactions.
- Show compassion for yourself and your child.

Parlakian, R., Gehl, M., and Kinsner, K. (2018) Mindfulness for Parents, Zero to Three. <https://www.zerotothree.org/resources/2268-mindfulness-for-parents>

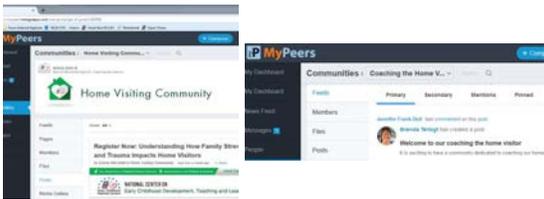


Questions?



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MyPeers Home Visiting Community



<http://www.123contactform.com/form-2230355/My-Peers>

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Contact Information



National Center on Early Childhood Health and Wellness
Toll-Free: 888-227-5125
Email: health@ecetta.info
Website: <https://eclkc.ohs.acf.hhs.gov/healthntopping-tailby@edc.org>

Contact us at ecdtl@ecetta.info
or call (toll-free)
1-844-261-3752

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