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.

Where on the map are you?

Partnering with Parents to Create Physically and Emotionally Safe Learning Environments

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February 12, 2019
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
Nonfatal Injuries to Children Ages 0-19

Rate per 100,000 Population

- 0-4 yrs: 12,094, 28%
- 5-9 yrs: 10,433, 24%
- 10-14 yrs: 6,795, 21%
- 15-19 yrs: 11,394, 27%

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

Fires and Burns

Poisoning

Poison Control: 800-222-1222

http://www.aapcc.org/

Ingestion Hazards

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

https://www.nsc.org/home-safety/safety-tips/multi-safety/button-batteries
**Suffocation**

Bare is Best

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**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

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**Motor Vehicle Crashes**

Courtesy of NHTSA Image Library
Injuries are Preventable

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.

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
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?

Let’s Chat

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


A Home Visitor’s Guide to Safety Conversations

How to Discuss Child Safety and Use Home Safety Checklists with Families

“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

- 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:

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

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

Safety and Injury Prevention Resource List

Many evidence-based, science-informed resources are available to raise awareness, help families and their caregivers, and prevent injuries. The following resources list websites, journals, and tools about general injury prevention and specific safety and injury prevention topics that may be of interest to children and families. Some resources may be found in multiple languages.

National Websites on Safety and Injury Prevention
- American Academy of Pediatrics: Drugs and(callback)
- Centers for Disease Control and Prevention (CDC):(callback)
- National Highway Traffic Safety Administration: (callback)
- National Resource Center for Health and Safety in Child Care and Early Education (NCCHSCEE): (callback)

Local Websites on Safety and Injury Prevention
- American Library Association: (callback)
- American Society for Agricultural and Biological Engineers: (callback)
- Arkansas Children's Health: (callback)
- Massachusetts Department of Public Health: (callback)
- Maryland Department of Health: (callback)
- National Center for Missing & Exploited Children: (callback)
- Safe Kids USA: (callback)
- U.S. Consumer Product Safety Commission: (callback)

For more information, visit the following pages:
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
- 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/jon-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.

Questions?

MyPeers Home Visiting Community

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

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/health

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