



Jellytots Health and Safety



Top Tips for Parents

We have compiled a list of things that we teach the children during their time at Jellytots. These are the words and phrases we use on how to stay safe and keep well.

Coughing and Sneezing

We teach the children to put their arms over their mouths and to cough and sneeze into their bent elbow. We know that we were all taught to put our hands over our mouths, however if you think about it, coughing and sneezing into hands and then expecting them to wash their hands each time would be an impossible task.

Stranger Danger

We talk to the children at lots of different times about what they would do if a stranger tries to encourage them to go off and see or get things, some of the examples we use are; puppies, kittens, sweets, current toys etc. We teach them to shout out **“NO STRANGER, I DON’T KNOW YOU”**. We tell them that by shouting out it will make their grown up look to see why they are shouting. We also remind them never to go off with anybody (even if they know them) unless they tell their grown up first.

Getting Lost

We talk about what usually happens when they suddenly realise they have lost their grown up and how their grown up is feeling when they cannot find them. **In Shops** – We tell the children that they need to go to where the grown-ups pay for their shopping, to look for grown-ups that have uniforms on (we ask if they know what colour uniform the ladies and gentlemen wear in ASDA)

Outside – Pretty unlikely that they will see a policeman/woman but if they do go to them and tell them you have lost your grown up, if not, they must look for a grown up with a buggy or with children and tell them that they are lost.

We then tell them that this will not happen if they remember to do something important and we talk about staying close to their grown-ups, always holding their hands or the buggy.

Pantosaurus

This resource is produced by the NSPCC. With the help of a friendly dinosaur Pantosaurus, talking PANTS is a simple way to teach your child how to stay safe from abuse. Please go on line and watch it, it is quite a catchy tune but an easy way to approach a tricky subject. You can get your own activity pack on the NSPCC website for a £5 donation; it has fun tasks, word searches, games and stickers, you can help them learn without using any scary words.

Talking about words

We all have our own family words for private parts, however, it is so important that we use the correct words 'Penis' and 'Vagina'. Below are just two articles written about why we should try and do this.

<https://defendinnocence.org/5-reasons-to-teach-your-children-appropriate-names-for-their-body-parts/>

<https://www.standard.co.uk/news/uk/parents-told-to-stop-using-euphemisms-around-children-and-use-correct-terms-for-body-parts-a4230306.html>

Fire Safety

We talk generally about not going near appliances that get hot (ovens, irons, hair straighteners etc.)

We teach the children a song '**Don't Touch Matches**' (and Lighters) as they make fire. We then show them the **Smoke Alarm** and let them listen to the sound it makes. We sing a song about this too, '**The Smoke Alarm is Beeping**', we get the children to go home and see if they can find them in their homes and if not tell their grown ups they need to get one, quick! 😊 Lastly, we get the children to make their own flames to practice '**Stop, Drop and Roll**' if ever their clothes are on fire or need to help somebody else to stop, drop and roll onto the flames to put them out.

Then fingers crossed we have a visit from the fire fighters and the engine. The children get to see the uniforms they wear to keep them safe and the mask they will have on if they have to go into a smoky house to rescue you. These can be quite scary when you are only three so a lot easier to see in a safe environment.

The Internet

The children are reminded that when they want to use forms of technology (usually phones and iPads) to always ask their grown up first and never to use them without asking as they might click on something that is not appropriate for them; it could be something very scary and sometimes you could cost them lots of money. The Link below has some useful information and age appropriate e-books for you to look at with your children.

<https://www.saferinternet.org.uk/advice-centre/young-people/resources-3-11s>