Now I'm getting bigger I can...
I can help you care for me...

- **Hello!** If you've got a child who, like me, is between 3 and 5, this booklet is for you.

- **Why?** Because it can help you keep me safe now I'm growing up and can do lots more things.

- It shows you some of the ways I could get hurt in an accident.

- And it shows you how to make sure that I don't.

SAMPLE
The accidents I've chosen are the ones most likely to happen now that:

I love to run and climb and make up games

I want to copy things you do

I can get into things I couldn't before

I love to go out and about

I could die in a fire

Turn over to find out more...
I'm starting to grow up now...

- You can start teaching me about safety
- But I can easily forget if I'm playing and having fun
- So it's best to keep an eye on me.

Look out for me getting into danger!
Every week lots of children like me have to stay in hospital because we've been badly hurt in accidents.
There are lots of easy ways to keep me safe.

- I know you're very busy
- And I know you may worry that stopping accidents takes a lot of time and energy

So I'm making it as quick and easy as I can...
Look at a page with a sad face. Sad faces show you how children like me can get hurt.

Now look at a page with a happy face. That's how to keep me safe.
I love to run and climb and make up games.

- Which means I can fall and be seriously hurt
- I can choke if I don't sit still to eat.

Teach me what's safe and what's not but keep an eye on me too!
SAMPLE
I can have a nasty fall on the stairs if I run, jump or don't hold on.
Teach me to hold on when I'm on the stairs and not to play there.
I can get strangled on hanging blind cords.
Tie blind cords up well out of my reach and move furniture away from cords.
I may fall out of the window if I climb up.
Fit a safety catch so I can't fall out.
I can easily choke on food if I run around with it in my mouth.
Make sure I sit still to eat.
I want to copy things you do...

- You need to teach me why things may hurt me
- And how to do things safely
- Or not do them at all!

But make sure you do things safely too, because I love to copy you!

SAMPLE
I can get badly burnt if I play with the hot tap.
Teach me not to play with the hot tap and stay with me when I'm in the bath.
I can badly burn myself if I grab at pans or kettles.
Keep pans and kettles at the back of the cooker or worktop.
I can get badly burnt if I touch your hair straighteners after you've used them.
Put hot things well out of my reach as soon as you've finished with them.
I can get into things I couldn’t before.

- I find it easy to open things that I shouldn’t
- And I can climb and reach things more easily too.

I can end up doing things that hurt me.
SAMPLE
And now I can open medicines or cleaning things and eat or drink them.
Put medicines and cleaning things safely out of my reach.
I can easily drown if I fall into water.
Make sure I can't get to water by myself.
I could strike matches or lighters and start a fire.
Keep matches and lighters well out of my reach.
I love to go out and about.

- I may try to walk or run ahead
- I might be learning to ride a bike now
- And I might be growing too big for my car seat.

I need you to keep me safe on and near roads...

SAMPLE
I can be badly hurt if I don't wear a cycle helmet.
Make sure I wear a helmet that fits me properly.
I can get run over if I run ahead.
Hold my hand tight when I’m near the road.
I am getting too big for my car seat, if my eyes are higher than the back of the seat.
Use a booster seat as I'm still too little for the seat belt on its own.
I could die in a fire.

- I might try to hide from the fire and you might not be able to get me out in time.
- The smoke can kill me very quickly.

Make sure we have working smoke alarms upstairs and downstairs.

Know how to get me out if there's a fire.
SAMPLE
I can die very quickly if I breathe in smoke from a fire.
Make sure our smoke alarms work so we can get out fast.
We might not get out in time if the escape route is blocked.
Make sure our escape route is clear and you know where your keys are.
### Summary

**I love to run and climb and make up games**

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It’s fun to go out but...

There are lots of ways I can get hurt in an accident.

You might want to ask for the “It's fun to go out but...” booklet next.
More help

Other booklets in the series include:

I’m only a baby but...

Now I can crawl I can...

Now I’m a toddler I can...

It’s fun to go out but...

For more information about how to keep me safe you can visit the parents section of www.capt.org.uk/parents
This publication is not meant as a substitute for advice on particular issues and is written in general terms. If you have any concerns or if you have particular questions you should seek specific advice before taking any action that is based on the information that this publication contains.