

Group Session Guide: Safemoms.org Home Safety Video



Session Focus

Target Audience: Parents, caregivers and their young children

Session Goal: Provide information about home safety and interest participants in watching the safemoms.org video series

Session Overview:

With funding from FEMA, child safety experts and women firefighters partnered to produce English and Spanish versions of two videos. The 20-minute safety video follows three mothers and their children in the kitchen, bathroom and bedroom providing practical safety tips and one-time fixes that will reduce the risk of injury. The second video (see its Session Guide) uses the same principles women firefighters use to stay fit and avoid injuries to shows moms how to stay in shape with exercises that are workable for the busiest moms.

The safety video follows three families in three settings, the kitchen, bathroom and bedroom, and it also discusses smoke alarms and escaping from a fire. With minor modifications of this Session Guide, each section could be a standalone section for viewing and discussion. However, because it is the first section of the video and a close link to nutrition, this Guide is designed for viewing the first 5 minute section of the video. Key points from the other sections of the video are listed at the end of this Session Guide.

The session ends by providing participants a handout to encourage them to watch the entire safety video and the fitness video.

Session Behavioral Objectives:

- Objective 1: Identify at least one action to reduce risk of injury for kitchen, bedroom, bathroom and fire alarm use and escape planning
- Objective 2: Review current practices in the home and make at least one change to create safer environment
- Objective 3: Take home the safemoms.org safety handout that encourages viewing these videos on the website



Session Planning

Materials Needed:

- DVD or internet web link to show video
- Equipment for showing video – DVD or play via internet computer link
- For participants, provide two handouts: “Mom Handout” and “Mom Fitness Handout” (both are available in English and Spanish on the www.safemoms.org website), and DVD (if available).

Preparation Needed:

- Set up chairs for easy viewing of video
- Set up equipment for playing DVD

Session Title: Safety in the Home

Time Needed: 25 minutes

Expertise Needed by Facilitator: Ability to lead discussion and generate participation

Resources: Additional links are available at www.safemoms.org website

Session Outline

| Time | Safety Video Activity | Objective covered |
|-----------------|--|-------------------|
| About 4 minutes | <p>Opening the session and introduction to the topic:</p> <ul style="list-style-type: none">• “Good morning/afternoon and welcome to this session on home safety. My name is _____ and I’ll be leading our discussions on safety in the home.”• “The video we are going to watch today is about safety in the home. The information is designed to help you and your families reduce the risk of accidents and stay safe.” | |



| Time | Safety Video Activity | Objective covered |
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| | <ul style="list-style-type: none"> • “This entire video is 20 minutes in length, and it follows three families with young children in three different rooms in the house - the kitchen, bathroom, and bedroom. Today we will be watching the section of kitchen safety.” • “I’d like to begin by getting to know each of you, so let’s start with introductions. Please tell us your first name and the ages of your child or children.” • “Even the most careful families have accidents. In fact accidents are the leading cause of medical problems in children.” • If comfortable, the leader should share an accident that you’ve experienced or know about in another family. • “Accidents in the home happen in all families. I want everyone to feel safe to share their thoughts and concerns about accidents.” • “However there are things we all can do to reduce the risk of those accidents. These videos are made for all parents and caregivers to help them keep their families safe.” • Ask whether there are any examples of accidents that participants would like to share. • Thank participants for sharing and re-emphasize that we can all learn tips about being safer. | |



| Time | Safety Video Activity | Objective covered |
|------------------------|---|-------------------|
| | <ul style="list-style-type: none"> • “These videos were made by women firefighters, many of them are mothers too, and they made these videos because they wanted to share what they learned about safety with other mothers.” | |
| About 2 minutes | <p>Transition to showing the video:</p> <ul style="list-style-type: none"> • Ask, “Which room in the home do you think has the most accidents?” Follow up with the questions, “Why do you think that?” • Note that all their answer are all correct, because it can depend on who is in the family, what type of home they have and what type of injury. However, if we are talking about burns and fires, then the kitchen is most dangerous. • “I am going to show the opening of this video and kitchen section of the video. Think about your own kitchen as you watch this.” | |
| About 8 minutes | Show the opening and kitchen safety sections (end at 8:07 when narrator introduces the next room in the house) | 1, 2, 3 |
| About 6 minutes | <p>Discussion of the video segment:</p> <ul style="list-style-type: none"> • Ask participants what they remember from the video. Generate discussion and attempt to get all participants to contribute to reinforce knowledge gains from viewing the video. • Ask participants whether they are currently doing any of these things. | 1, 2 |



| Time | Safety Video Activity | Objective covered |
|------|---|-------------------|
| | <ul style="list-style-type: none"> • Ask participants what changes they might make to their kitchen to make it a safer area for your family and children? Generate discussion and attempt to get all participants to contribute to reinforce behavioral gains from viewing the video. • Acknowledge and reinforce what participants already are doing and plan to do to make their home safe. • If needed to generate discussion, summary information concerning the kitchen section of the video is shown below: <ul style="list-style-type: none"> <u>Infant:</u> Avoid carrying baby and hot liquids at same time Keep hot foods in out of baby’s reach, place hot food in center of table out of reach Heat bottle in hot water, not in the microwave, and test temperature before feeding <u>Toddler:</u> Keep counter appliances out of reach with no dangling cords, unplug when not in use Mark off Kid-Free zone in front of the stove Cook with pots and pans on the back burners, with turn handles inward Have one low cupboard stocked for play with safe rubber/plastic bowls and containers Avoid using tablecloths Place hot foods in center of table where it can’t be easily reached <u>Child:</u> When cooking on the stove, keep a large lid handy to smother grease or stove top fires Store matches and lighters locked up or stored in high places Matches are tools, not toys, and instruct child to show matches and lighters to Mom to put away Keep cleaning supplies out of reach or locked up; many are poisonous Keep number for poison control on fridge and programmed into cell phone | |



| Time | Safety Video Activity | Objective covered |
|-------------------------------|---|-------------------|
| | <p><u>ONE TIME FIXES</u> Mark off a “kid-free” zone in front of stove Remove all loose rugs or objects someone could trip over from kitchen Have a large lid nearby stovetop to put out grease fires Keep all cleaning solutions and powders out of reach and locked Place poison control number on fridge and program into cell phone (1-800-222-1222)</p> | |
| <p>About 4 minutes</p> | <p>Instruct and empower participants to watch entire video:</p> <ul style="list-style-type: none"> • “We only watched the kitchen section, but there are three other sections of the 20-minute safety video – the bathroom, the bedroom and general information about smoke alarms and escaping from a fire.” • “I am giving you an information sheet (and DVD copy if available). The video is available for viewing in English and Spanish versions on the safemoms.org website.” • It is part of a two video series, and the other video also was made by women firefighters. They share tips about fitness and avoiding injuries when lifting. • “I hope you’ll find some time to watch both the safety and fitness videos and share the information with others.” • Distribute and explain the “Watch the videos” handout. | <p>3</p> |
| <p>About 2 minutes</p> | <p>Closing:</p> <ul style="list-style-type: none"> • Ask, “What questions or comments do you have about the information we saw and discussed today?” | |



| Time | Safety Video Activity | Objective covered |
|------|---|-------------------|
| | <ul style="list-style-type: none"> Express appreciation, “Thank you all for coming, watching the video and helping us all learn how to keep our families safer!” | |

Summary points from the bathroom section of the video:

Infant:

Place rubber mat in tub
 Fill tub with 2-3 inches of water; first cold, then add hot to 90 – 100 degrees

Toddler:

Have kids stay seated to avoid slipping and falling
 Have water a little less than waist deep
 Cover faucets with towel or faucet cover
 Instruct children never to touch faucet’s handles
 Don’t ever leave children alone in the bath, even for a short time
 Keep a child protective lock on all toilet seats in the house
 Keep bathroom door closed outside of bath time

Child:

Fill tub for your child, and test water temp before child gets in
 Supervise; don’t leave child alone
 Don’t store meds in the humid bathroom; high shelf in hallway better
 Recap medicine containers, use original containers

ONE TIME FIXES

Set water heater to 120 or lower
 Put soft cover or towel over bathtub faucet
 Install toilet locks on each toilet (children under age 3)
 Use non-slip mats in shower or tub
 Keep medications out of reach and in original container



Templates adapted from the Oregon WIC program.

Summary points from the bedroom section of the video:

Infant:

Check to make sure a previously owned crib is safe, and not on the recall list
Place baby on back and on a firm mattress that fits tightly in crib frame
Remove all stuffed animals, pillows, cushions, toys from crib while sleeping
In colder weather, wear warm footed pajamas under a wearable sleep sack
If a blanket is needed, tuck it under the foot of bed so it only comes up to mid-chest

Toddler:

Keep furniture away from front of windows, especially on second floor
Install window stops so can't be opened wider than 4"
Keep drapes and blinds tied up and out of reach
Install safety gates at top and bottom of staircase
Cover electrical outlets

Child:

Install wall brackets on dressers or bookshelves to prevent them from falling over
Place space heater at least 3 feet away from anything flammable; don't use extension cords

ONE TIME FIXES

Keep baby sleeping area free of pillows, stuffed animals, etc
Move beds furniture away from windows
Install window stops on easily accessible windows
Tie up all blind cords and cover open outlets
Install safety gates at top and bottom of staircase
Secure heavy furniture by installing wall brackets

Summary points from the concluding home safety section:

Install smoke alarms in every sleeping room and on every level of the house
Be sure to test your smoke alarm and follow the manufacturer's instruction regarding battery or smoke alarm replacement
Check with your local fire department for information about smoke alarm replacement and maintenance
Make a home fire escape map and practice a home fire drill
At least 2 escape routes and a meeting place outside of house so the firefighters can know that everyone is safely out (not in neighbor's home)
Once family is out safely, then call 911



Templates adapted from the Oregon WIC program.