

ADVICE AND RECOMMENDATIONS GUIDE FOR CHILDREN SAFETY

Guidance and recommendations for children's better protection

- Never leave small children alone or neglected. If you must leave them somewhere, make sure that they are under the care of a person whom you trust.
- Teach them to memorize the parents' full name, workplace and contact phone numbers (including the grandparents') and how to contact the police in an emergency.
- Always know where your children are. Teach them not to go out without permission, not to separate from the group when they are in crowded streets, to avoid isolated areas and to use those playing areas which are under the surveillance of a responsible adult and where there is police protection available.
- Make sure that you really know your child's caretaker. Check references.

How to behave with unknown people

- Set a password and tell your children that if someone tries to take them away that person has to know that keyword; otherwise, they never must go with that person and must inform you about it.
- Always know where your children meet and who their friends are. Keep a list of names, addresses and phone numbers of your child's friends.
- Do not allow your children to play around an empty building or wooded area.
- Make sure that your child knows that if somebody unknown approaches him/her, he/she can say "no" to get away and tell you about it.
- Tell your children never give their names or address to unknown people.
- Never let your children accept anything from an unknown person.
- Develop confidence and good communication with your children so they can tell you about any situation where they feel "uneasy".

Travelling with children

1. Planning the trip:

- a) When travelling overseas, check whether you need:
 - Passport



- European Health Insurance Card. This is a card to provide public healthcare within the European Union. It can be requested via the Internet or at the local healthcare office.
- Vaccines. Check which ones you need in the country you are travelling to. You can consult the Vaccination Centres in each province through the webpage of the Health Ministry: Centres of International Vaccination.

b) Travelling by car:

- Check the car.
- Check the safety seats by making sure that they are the right ones for the weight and height of the child, and that they are authorized and rightly anchored (with the seat belt or ISOFIX system).
- Plan the route, the best time to travel, maps, documents...
- Prepare a travel bag with the things you will need during the trip.

c) Travelling by plane

The needed medicines (e.g. insulin and syringes, aerosols) shall have the appropriate prescription with the name of the doctor and the patient.

d) Travel first-aid kit:

First-aid general material: gauze, plasters, scissors, clamps, germ-killing solution (Chlorhexidine or povidone-iodine).

Antipyretic and painkiller (paracetamol, ibuprofen).

Corticosteroids cream or any other substance to calm stings.

Insect repellent

Sun protection cream.

Usual medicine, such as inhalers for people with asthma.

2. On the way

a) Safety comes first:

Put clear rules: do not shout (to avoid distracting the driver), do not undo your belt or take your arms out. The seat or harness safety belt shall be well-tightened. The seat belt shall never be placed on the neck; it shall be adjusted as lower as possible on the hips and avoid looseness.

b) Other needs:

Hunger: It is advisable to take some food easy and clean to eat, such as bread, cheese, fruit, or cookies. Be careful with the hard food which can cause choking (nuts and dried fruit, sweets..)

Thirst: water bottles or a Thermos flask.

Hygiene: nappies, wipes, plastic bags...

c) Entertainment:

Toys, pencils and paper, tales, games, music, DVD player..

Games: I Spy, riddles, singing.

d) Travel sickness

It is better to travel in the front seat if the child is over 12 (and taller than 135 cm) or in the middle back seat if the child is under that age or smaller.

Keep the eyes fixed on the horizon (better over 45°) by looking out of the front window. Rest the head. Avoid reading.

Keep the car well airy and do not smoke.

Avoid sharp driving, above all in the bends and changes of speed.

Eat and drink in small amounts and often.

Use the sleeping hours to drive.

If necessary, you can give the child a medicine: for children over 2: dimenhydrinate (available in syrups, suppositories, chewable, tablets (Biodramina®) and drinkable ampoules (Cinfamar®)). Although children under 2 do not usually get car sickness, they can take hydroxyzine (Atarax®)

e) Other recommendations:

Stop each 2 hours

Take turns to drive

Do not smoke in the car

The person who is not driving shall take care of the children.

3.- At the place of destination:

a) Sun and heat

Wear appropriate clothes, caps

Avoid midday hours.

Use creams with a solar factor over 20.

Drink water often.

b) Swimming

Teach them to swim as soon as possible.

Check whether there is a lifeguard around and the safety signs.

Use swimming costumes with loud colours.

Have enough armbands, floats or, even better, lifejackets.

Swimming in rivers and reservoirs can be very dangerous.

Never leave the child alone.

c) Insects and parasites

Take insect repellent with you and a mosquito net for babies

d) In the snow

Proper warm clothes, specially for the hands, feet and head.

Essential: solar protection cream.



Ayuntamiento
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e) Lost children:

Older children: they must memorize the parents' phone numbers.

Small children: Write the parents' phone number on their clothes or any part of their body.

Teach them to ask for help to a police officer or security guard.

f) Preventing the Traveler's Diarrhea

Drink bottled water and use it for washing your teeth.

Do not drink beverages with ice.

Eat food just cooked. Do not eat salads or fruits which cannot be peeled by yourself.

Be careful with sauces, fish, seafood, ice-creams or any food containing eggs.

Keep your hands and the cooking utensils always clean.