



# Safeguarding Update

October 2019

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## NSPCC 'Learning'

### Need-to-know: is my child ready to go out alone?

Getting the balance right between allowing children their independence and ensuring their safety when away from home can be difficult.

This guide provides advice and practical tips to parents on judging if a child is ready to be out on their own and how to prepare them for different situations such as walking to and from school by themselves, attending sports or holiday clubs, or going out to play with friends.

It explains the importance of parents talking to their children from a young age about the risks and how to stay safe when they're out alone, such as what to do if they're approached by a stranger, are bullied or get lost.

<https://learning.nspcc.org.uk/research-resources/leaflets/out-alone/>

### Can my child go out without me?

Just like staying home alone, there is no legal age limit for a child going out alone. A lot of the advice that goes with being home alone – like making sure your child can cope – applies to going out.

Can your child deal with risks? Will they behave responsibly? Is it safe to be out late, for example? These are all things you need to consider when you make a decision.

**What are they planning to do?**  
There's a big difference between walking to the corner shop and going into town.

- So think about:
- when your child wants to go
  - what they want to do
  - who they'll be with
  - how far they would have to travel

You might find our 'Is my child ready to be left alone?' guide helpful too.

### Ready or not?

Our top tips to help prepare your child for going out alone.

#### Talk about the risks

Talk to your child early on about staying safe. How would they cross the road safely? What would your child do if they were approached by a stranger? Or if they were being bullied?

#### Do a trial run

Let your child take the lead when you're out together. Only correct them if they do something that puts them at risk.

#### Make sure they're happy

Take the time to talk to your child, listen to them and check that they're happy to do things on their own. Don't make your child do something they're not happy with.

#### Give them a chance to shine

Let your child show you they can be trusted. If they keep to the car/walk and rules you set, you'll feel more confident about letting them do other things independently.

#### Set the boundaries

Be clear about any places you don't want your child to go. Be willing to explain your decision so that your child understands your concerns.

#### Not ready? Don't feel pressured.

Your child might insist that they'll be OK when they're out alone. But if you're still unsure, don't feel pressured. You need decisions on their own – even if they're with a sibling. It's easy to become separated or lost if they have an argument.

Surrey County Council's (SCC) Public Health Team along with Surrey Heartlands Integrated Care System (ICS) are conducting research into the factors affecting early childhood immunisation uptake. The focus group will provide an opportunity for you to share your experiences and thoughts about childhood immunisation. In particular, we would like to know the perceptions, attitudes and beliefs of parents/guardians around childhood vaccination. We also aim to explore barriers in the uptake of early childhood immunisation. Are you interested in participating? We are looking for people to take part in the focus groups who?

- Live in Surrey,
- Are a parent/guardian with children under 18 years of age or an,
- Expectant parent

If you would like to take part in one of the focus groups, please let us know by identifying your preferred focus group (FG1 or FG2) and contacting Dr Negin Sarafraz-Shekary, Tel: 07790837027, or e-mailing [SarafrazShekary.Negin@surreycc.gov.uk](mailto:SarafrazShekary.Negin@surreycc.gov.uk)

Further information will be sent before the focus group to those confirming their attendance. Your views will feed into a public health engagement event for key stakeholders with the aim of increasing uptake of childhood immunisations.

### Firework safety – the basics

- Make sure children stand at a safe distance from the bonfire.
- Keep everyone well back from the display.
- Never return to a lit firework.
- Never throw fireworks.
- Keep fireworks in a closed metal box.
- Always follow the instructions when using fireworks.



### Factors Affecting Early Childhood (0-5 years) Immunisation Uptake in Surrey



We would like to invite you to take part in a focus group on early childhood immunisation. The focus group should last no longer than one hour. There will be two focus groups:

- Focus Group 1 (FG1): Thursday 14th November 2019, 10.30am-11.30am, Guildford Library, 77 North St, Guildford, GU1 4AL
- Focus Group 2 (FG2): Friday 15th November 2019, 10.30am-11.30am, Surrey History Centre, 130 Goldsworth Road, Woking, Surrey GU21 6ND

### Sparkler safety

**A sparkler can reach a temperature of up to 2,000 degrees Celsius – 20 times the boiling point of water.**

- Always hold sparklers at arm's length and wear gloves when handling them.
- Don't hold babies and young children while you're holding a sparkler – they can reach out unexpectedly and grab at them.
- Don't give sparklers to children under 5. They're too young to hold them safely and don't understand why they might be dangerous.
- Once sparklers are out, make sure you put them in a bucket of water.