Try to keep children out of the kitchen while you are cooking as it’s hard to keep an eye on them.

Keep an eye on babies and children when they’re eating. Cut small foods into quarters.

Hot drinks scald! Keep them out of reach and never hold a hot drink and a baby at the same time.

Keep cleaning products and medications high up and locked away.

Top tips for safer meal times

www.rospa.com/keeping-kids-safe
Lifeline on freephone 0808 801 0822