

A close-up photograph of a young child with dark hair, wearing a yellow knit hat and a red and white striped shirt. The child is smiling and holding a blue spoon in their mouth. The background is a plain, light-colored wall.

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

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

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

Keep cleaning  
products and  
medications high  
up and locked  
away.

# Top tips for safer meal times

[www.rosipa.com/keeping-kids-safe](http://www.rosipa.com/keeping-kids-safe)

Lifeline on freephone 0808 801 0822