

P O S I T I V E  
**parenting**

*safer communities*



**HEY KIDS!**

*Colour in this page  
using felts or crayons and  
try the games at the end  
of the book!*

The Managers' Guild Trust



*M. Kilgus*



## from the President

Being a parent is an awesome responsibility but one which is enormously rewarding.

When people become parents they get a unique opportunity to encourage and inspire a new generation of adults who care about themselves, others and their environment, thereby creating better and safer communities for all.

Families, whether big or small, one parent or two are at the core of our society. Values and attitudes that prevail in homes are the same values and attitudes, which will prevail in our communities.

This is why the Managers' Guild, who have sponsored this booklet, believe it is important that parents receive positive information that will help them not only become better parents but to also enjoy the experience much more.

This booklet is not intended to be a manual for parenthood, because parenting can never be "done by the book". However it is designed to have many

helpful tips, which might help you develop yourselves as a positive role model for children. It might also help you cope with the inevitable stresses that come with parenthood and give you more time to help your children with the care and attention they need and deserve.

If we have safe happy families we have safe and happy communities.

That is the Managers' Guild goal with its community safety/crime prevention campaigns, which include booklets such as this.



Rob Abbott  
Chairman The Managers' Guild  
Trust  
Vice President The Police  
Managers' Guild

**A very special thank you to all the sponsors of this programme. Without their support this booklet would not be possible. Please patronise these sponsors.**

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**"Creating Leaders"**



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## Out and About

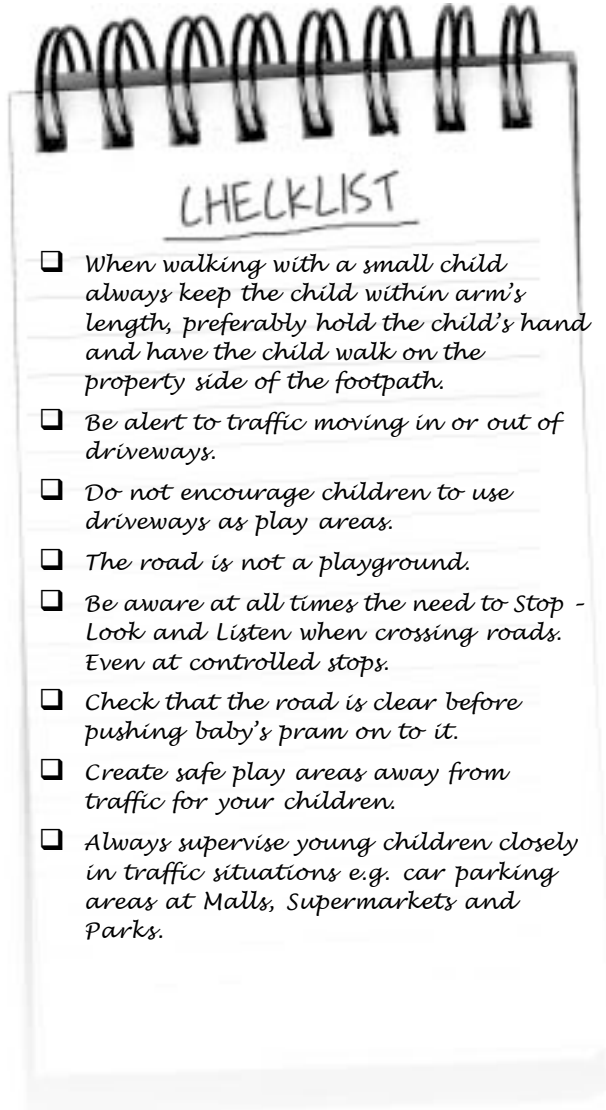
*More children die or are maimed in traffic incidents than any other form of injury incident. In the past 12 months (March 02-03) there were 28 deaths of children under 15 years – 99 deaths 15-24 years – 65 deaths in the over 65 year age group. Add these numbers to the injuries requiring hospitalisation, the numbers become thousands. Almost all of these traffic incidents were preventable.*

### **Pedestrians**

In general, pedestrian crossings are safe places to cross the road. However you

should still observe the stop, look and listen rule, especially when with children. Children up to the age of 8 years are incapable of judging speed and distance with any certainty. It is important that the adult be a good role model by choosing not to cross roads from between parked cars, but to cross where there is clear vision of any oncoming traffic and that the pedestrian is clearly visible to drivers of vehicle.

Children are not Mini Adults – Traffic is an Adult World –

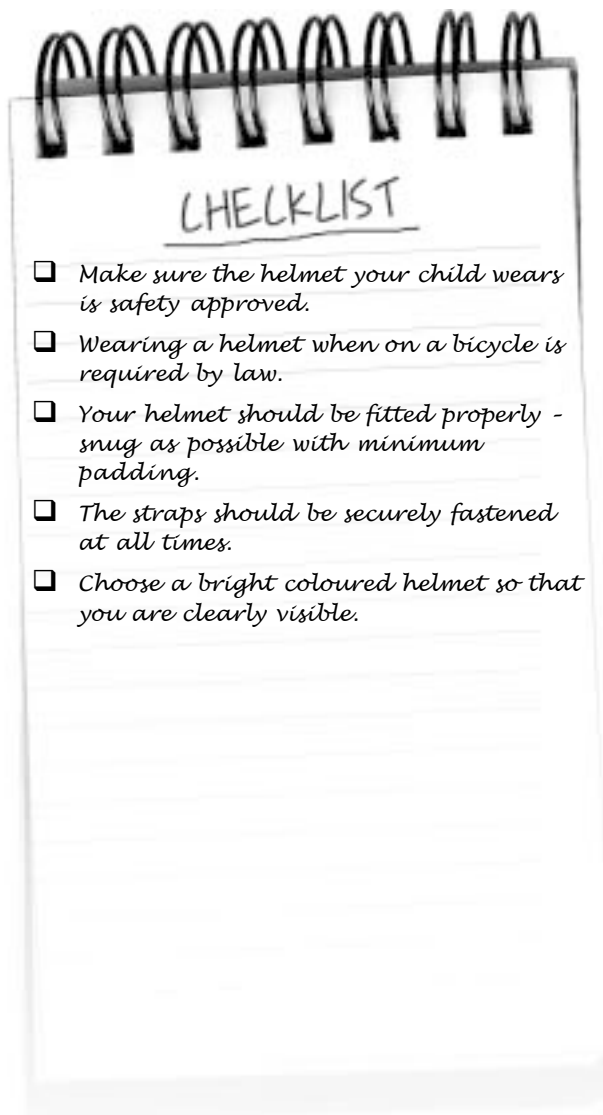


- Refrain from calling to your child from across the road.
- Always place children in the car before loading goods.
- Children are unreliable around traffic - Supervision is essential.

### Cyclists

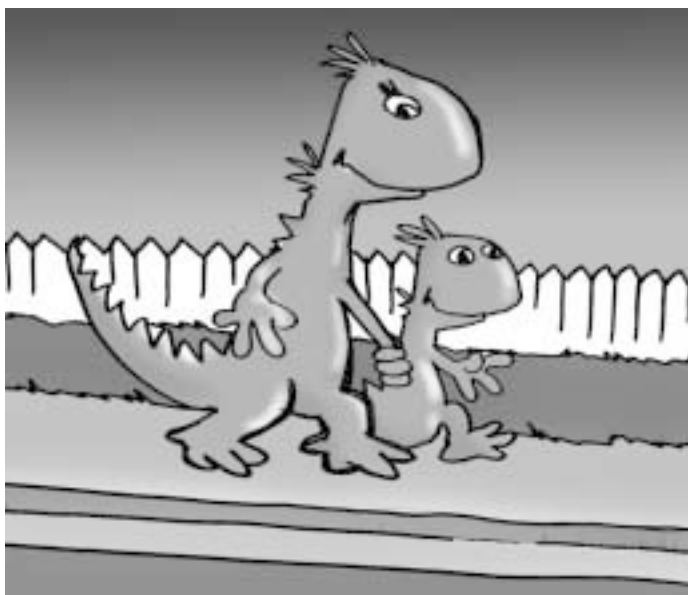
Cycling is a fun and healthy activity. However, cycle injuries are painful and annually more than 600 cyclists are seriously injured, more than 10 fatalities. In the 12 month period (March 02-03) five under 15 yr old children died from cycle related injuries.

It is not recommended that children under 10 years of age ride bicycles on the road unless accompanied by an adult.



- Always wear shoes when riding a bicycle and brightly coloured clothing - TO BE SAFE YOU HAVE TO BE SEEN.
- Check your child's bicycle for wear, rust and loose connections on a regular basis.
- Regularly check brake pads.
- If your child carries parcels on their bicycle, make sure you have a proper carrier or basket fitted to the bicycle.
- It is not safe to ride a bicycle with parcels on the handlebars.
- When possible, cycle with your child to check that they observe safety practices on the road.
- Help your child to be a safe cyclist by teaching them to ride and ensuring they are comfortable before they ride in traffic.
- Your child should be able to: turn - stop - keep their balance at low speeds and look behind while controlling the bicycle.
- Learning the rules of the road are vital before your child rides on the road with a competent cyclist.
- It is not advisable for children to be riding bicycles at night.
- A bicycle should be fitted with a white front light, a rear red light, an approved red rear reflector and amber pedal reflectors before being used after dark.

Safety equipment suggested are: Elbow pads, reflector waist belt, gloves, jeans and enclosed footwear.



## Driving

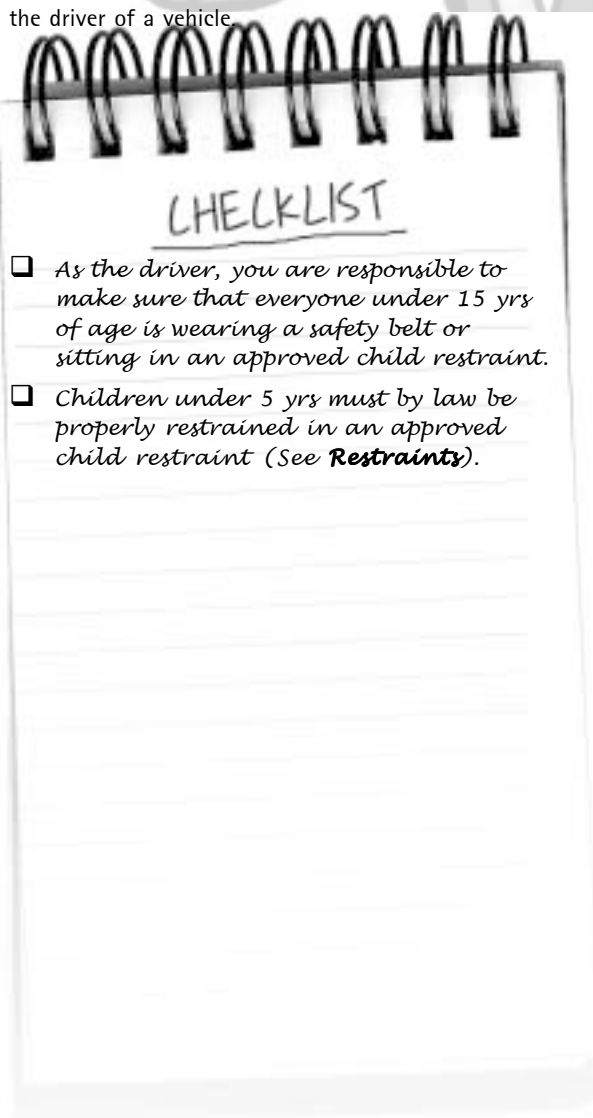
Excess speed on our roads is the single largest road safety issue.

Facts: The faster the speed, the more the crashes. The higher the speed, the more serious the injuries.

- ◆ A car travelling at more than 70km/hour hits a pedestrian full on, fatality is almost certain.
- ◆ A car travelling at more than 70km/hour hits a pedestrian in passing, loss of a limb is very likely.
- ◆ A car travelling at under 50km/hour and hits a pedestrian, it is very likely a serious injury will result.
- ◆ Any adult pedestrian his below the waist will be catapulted over the car bonnet into the windscreen. Above the waist will result in a run over.
- ◆ Any child hit by a vehicle travelling at speed will result in head injuries and almost certain death.

Speed is as dangerous as Drink-Driving. If you are driving fast, you travel a lot further before you react to apply the brakes.

Other people's lives are in your hands when you are the driver of a vehicle



CHECKLIST

- As the driver, you are responsible to make sure that everyone under 15 yrs of age is wearing a safety belt or sitting in an approved child restraint.
- Children under 5 yrs must by law be properly restrained in an approved child restraint (See **Restraints**).

- Children 5 to 7 yrs must use an appropriate child restraint and it is advisable for children to sit in the back seat.
- Children 8 to 14 yrs must use a safety belt.
- Passengers over 14 yrs must wear a safety belt if there is one available.
- If you, the driver, don't wear a safety belt or allow your passengers under 15 yrs of age to travel unrestrained, you can be fined \$150 for each person unrestrained. Passengers over 15 yrs of age are responsible for their own fines.
- Make sure you let children out of the car on the footpath side.
- If you are picking children up from school or a bus stop, wait on the same side of the road.
- Be watchful for young children or senior citizens waiting to cross the road. Young children are unpredictable and many of the elderly are nervous of traffic.
- Always allow time for both to cross to a safe zone before proceeding.
- Be aware that at any time, a small child or an animal could enter the road - drive with care and consideration of others.
- It is not advisable to use hand held mobile phones while driving.
- Should your phone ring, pull to the side of the road and stop before answering.
- Regular maintenance of your vehicle will ensure not only a carefree motoring holiday, but also, maybe your safety.

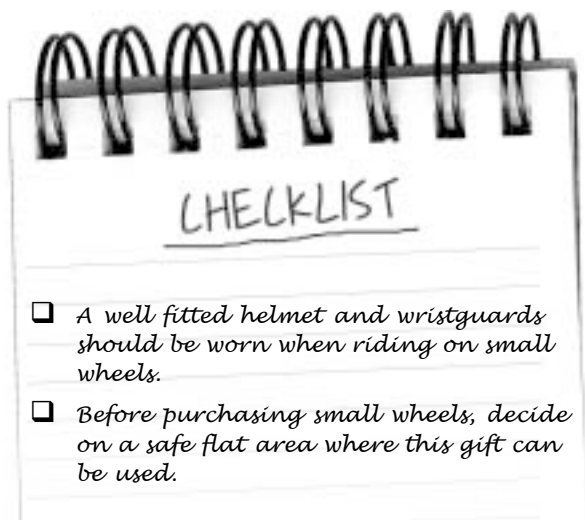
- Do not put off replacing worn tyres or brake pads - your life could depend on these.
- Drink-Driving is no longer an option - you do not have the right to risk anyone else's safety.
- Never place children or baby seats in the front seat of a car fitted with airbags.

### Small Wheels

Scooters and Skateboards – these are a new fun way of enjoy being mobile. However, doctors warn that serious injuries may result if safety precautions are not taken. Even with protective gear and parent supervision, children can still suffer serious injury.

Reasons outlined for scooter incidents were: riding too fast, hitting an object on the footpath and the lack of adequate braking system.

Note: It is not advisable for children under the age of 6 yrs to use scooters or skateboards.



- Overseas, the increase in popularity of foldup scooters has matched the increase in injuries.
- Daily checking that bolts are tight.
- Awareness of pedestrian rights to a footpath.
- Vehicles have road rights.
- Uneven ground and small wheels = increased risk of injury.
- Check out road rules and bylaws re the use of scooters and skateboards.

Note: More than two thirds of scooter injuries would have been lessened if safety gear had been worn.

- Always wear good footwear when riding small wheels.
- Be alert when approaching corners (there might be a child or an elderly person approaching).
- Avoid night riding.
- 49% of injuries are to face and head.
- Rollerblade and skateboard injuries are mostly caused by running into vehicles and pedestrians.
- Make sure rollerblades are fitted properly. Too big and they cannot be controlled properly.
- Make sure children learn to become competent riders in a safe, supervised situation.
- Never hitch a ride behind a moving vehicle.
- Complicated tricks on small wheels require careful practice in a specially designed area.

Scooters are not designed for use in skateboard bowls or to be jumped from one level to another.





## Falls

CHECKLIST

**Restraints**

- Make sure you have the right car seat for the weight and size of your child, that the seat is fitted correctly and that you secure the harness using a locking clip.
- Always use the safety harnesses in highchairs, prams, shopping trolleys and baby bouncers.
- Check when buying used child products that the webbing on the safety harnesses is in good order.

**Furniture**

- Change nappies on the floor rather than on a high surface.
- If using a changing table, always keep one hand on the child at all times.
- Make sure babies in car seats and bouncinettes are not placed on furniture where they could topple off.
- Regular checks of nursery furniture and play furniture to tighten any screws or bolts.
- When a cot is in use make sure the side is up and secure and check that toys left in the cot wont enable the child to climb over the side.
- Top bunks are not suitable for children under 6 years of age.
- Pad the sharp corners of tables to protect little ones from running into them.
- Make sure furniture is not arranged

*in such a way to form a natural stair for your child to climb.*

- Keep all furniture away from fencing around decks and pools.
- Fit safety catches on lower windows.

When buying child products look for markings or labels, which indicate they meet safety standards.

### Play Equipment

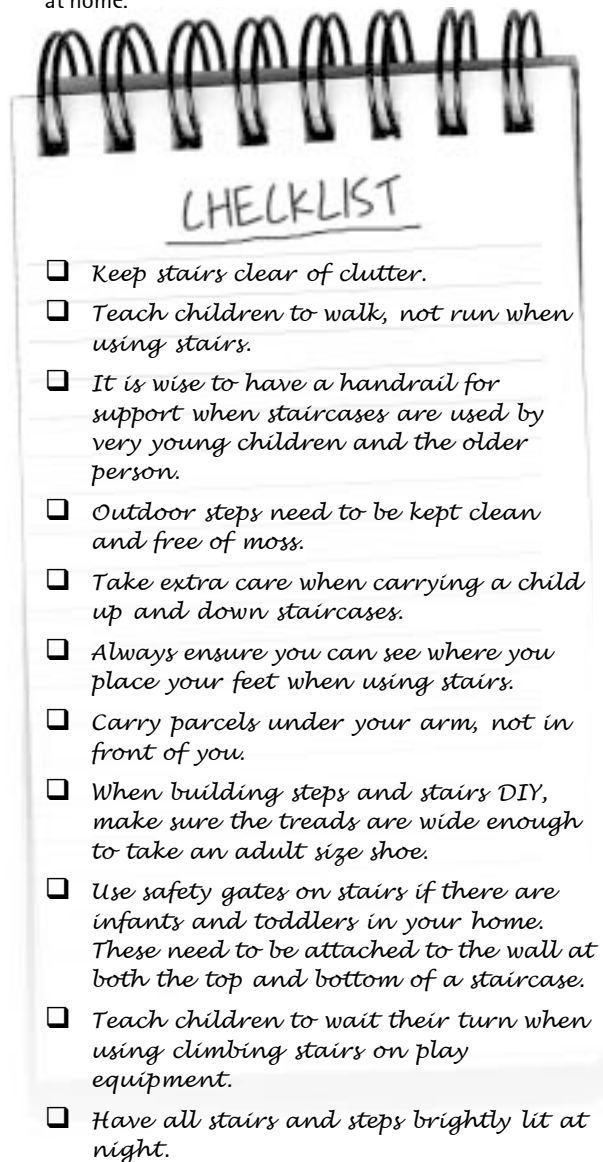
It is important to make regular checks of all your children's toys and play equipment. This will minimize the risk of injury.

CHECKLIST

- Supervise your children on play equipment.
- Have rules for the use of trampolines - one child at a time
- Consider minimizing risk by sinking trampoline legs into the ground.
- Create safe play areas away from vehicle access.
- Make sure older children's toys are secured away from toddlers.
- Having separate play areas for older children and young children.
- Instill waiting for your turn when slides and swings are in use - children are compulsive. Play is their work, they are totally focused on what they are doing.
- Maintenance of soft fall materials e.g. bark chips are essential.
- Make regular maintenance checks on all outdoor play equipment.

## Stairs

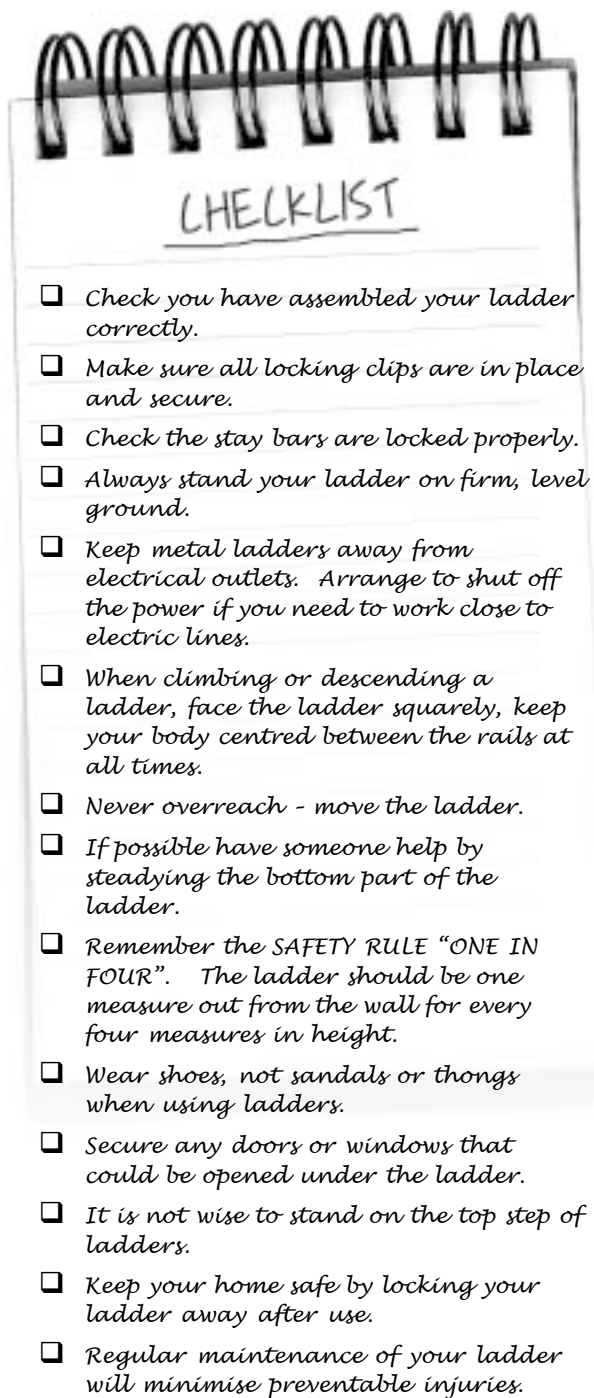
Stairs figure in a large percentage of home falls. 66% of falls result in a fracture. Almost half of all falls occur at home.



## Ladders

When using a ladder around the home make sure it meets a relevant safety standard.

(ASNZS 1892.1:1996) is the most common standard.





# Poisons

*One of the main reasons little children are admitted to hospital is poisoning.*

## Medications

Medicines are the greatest hazard.

### CHECKLIST

- Use childproof locks.
- Refrain from keeping medication on bedside tables.
- Ensure when you have finished with medication it is immediately secured and kept in a high cupboard.
- It is wise to have a daily tablet counter for people on multi medications. So often, people forget and overdose.
- Always dispose of empty medicine and poison containers safely.
- Never refer to tablets as lollies.

## Cleaners

Note: Children act fast and so do poisons.

It is wise to have a house policy – OUT OF REACH, OUT OF DANGER especially with household and garden sprays.

### CHECKLIST

- Keep laundry and bathroom doors closed.
- Store cleaning products out of reach of small children.
- Use childproof locks.
- Always keep your cleaners in original containers.
- Never leave a child unattended around cleaning products.
- Use powdered products rather than liquids.
- Purchase products with child resistant caps.
- Always dispose of empty medicine and poison containers safely.
- Keep rodent bait in locked cupboards.
- Refrain from storing shampoo within reach of children.

### Garden Sprays

- Ensure your garden shed is kept locked.*
- Insist children ask before eating anything out of the garden.*
- Always wash fruit and vegies thoroughly before eating.*
- Do not burn treated timbers.*
- Always wear protective mask and gloves when working with CCA Treated Timbers.*
- Keep young children and pets away from areas inside and out when using sprays.*
- Vital that children wash their hands before eating after outside play.*

If you suspect poisoning – check what has been taken then phone 0800 764 766(the Poisons Centre) for advice.

### Carbon Monoxide "The Silent Killer"

Carbon Monoxide is produced by burning ANY fuel, always have ventilation.

Symptoms – dizziness, nausea, fatigue, headaches. If you suffer these symptoms indoors, feel better when outside, yet symptoms reappear when back indoors, you may have CO poisoning.

- Never operate unvented gas burning appliances in a closed room.*
- Only use mobile gas heaters in a well-ventilated room*





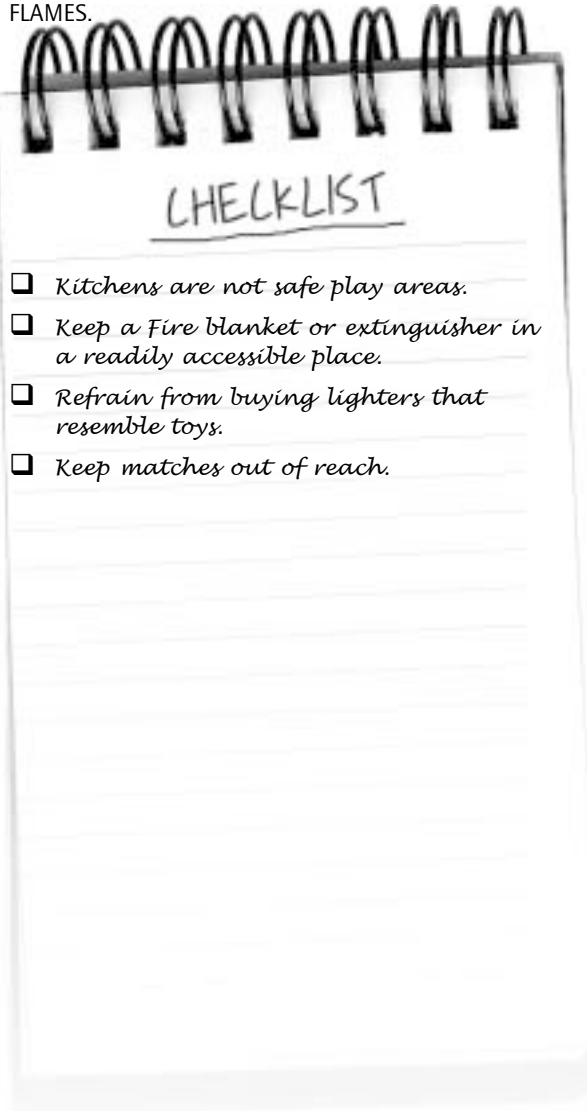
# Heating

## Burns & Scalds

### Facts:

- ◆ More than 7 children each year are burned to death in New Zealand. 50% are under 4 years of age.
- ◆ More than 80 children suffer painful burns each year many of which will require years of skin graft operations as they grow.

NEVER LEAVE A CHILD ALONE AROUND NAKED FLAMES.



- Keep lighted candles away from curtains.
- Lighted candles should be secured in safe containers.
- Keep lighted candles out of traffic areas.
- Put oil burners and candle burners away after use.
- Ensure you have fire guards around all heaters and fireplaces. Secure to wall if possible.
- Sparkguards will not stop a child falling into a fire.
- Keep heaters out of traffic areas and never dry clothing on heaters.
- Acrylic clothing melts when too close to heat. Beware of children hugging heaters.
- Check nightwear for labels regarding fire danger.
- Install smoke alarms in bedrooms and living areas. "Don't forget to check batteries".

- Turn your water temperature down to 55 deg.
- Bathing children: Run cold water first, test temperature 3 times before bathing.
- Never leave a child alone in the bath.
- One child's life could be saved each year if the bath plug had been put out of reach.
- Use hot tap cover.
- Keep all electrical cords from appliances out of child's reach.

As most child scalds are caused by hot drinks -

- Use tablemats not tablecloths while small children are present.
- Never carry a child and hot liquids at the same time.
- Keep all containers of hot liquids well out of a child's reach.

For all burns, don't forget the rule 20 minutes under cold running water.

PRACTICE with your family an escape plan should there be a fire.

"Once out stay out" "Have a pre-arranged meeting place".

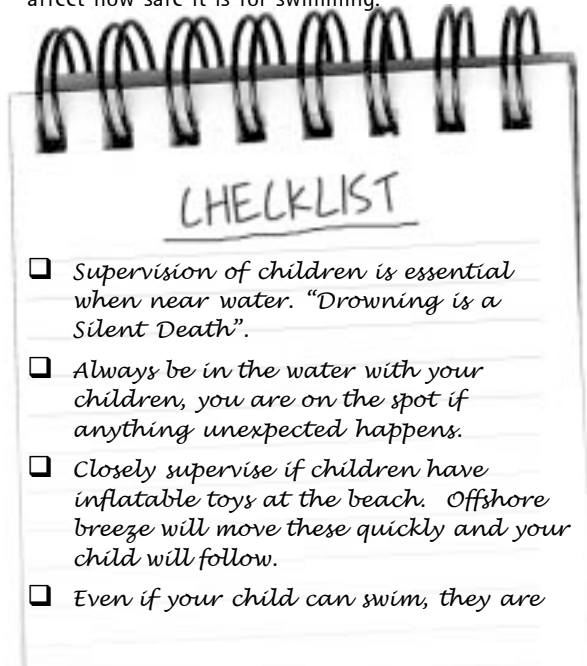




# Water

## Beaches

Whenever possible, use patrolled beaches and swim between the flags. Become more aware of surf conditions – learn to read the waves. Different types affect how safe it is for swimming.



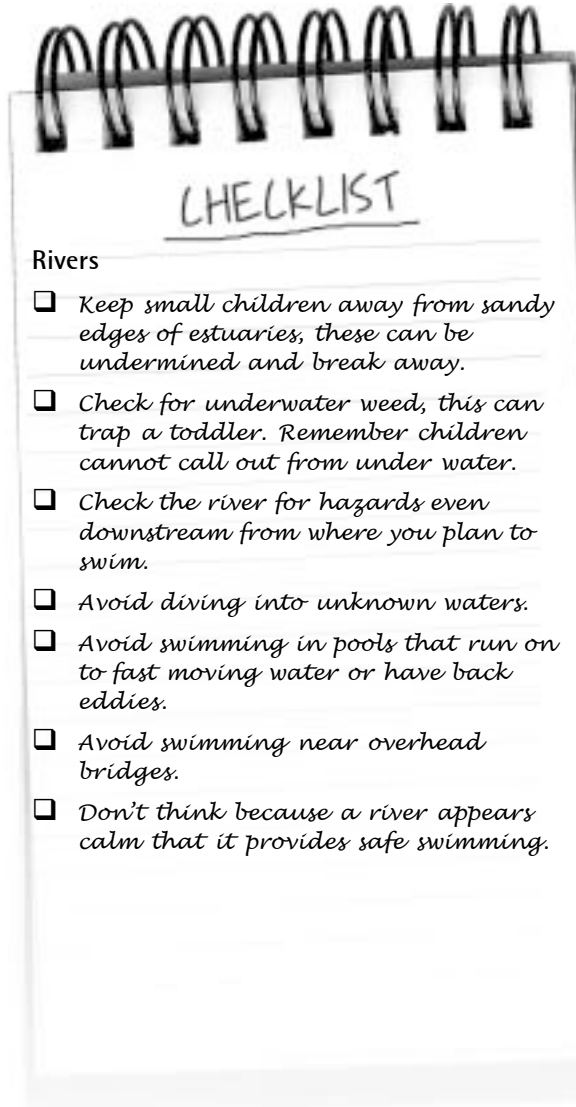
*not strong enough to deal with tides and rips.*

- In a group situation: identify which adult will supervise which children. Share responsibility. It is hard to identify people in the water.*
- It is not advisable to swim alone. Snorkelling and Diving should always be undertaken with a buddy.*
- To clear pressure in your ears underwater, hold your nostrils and blow gently - you will feel your ears pop.*
- If you feel tired, leave the water immediately, rest awhile before continuing.*
- Hyperventilation - makes you feel light headed and panicky - blackout could follow.*
- Slow and steady, don't be over-confident, take care of yourself and others in the water.*
- Always be alert to changes in the weather and water conditions - winds,*



tides, rips and waves. Small bodies travel fast in water.

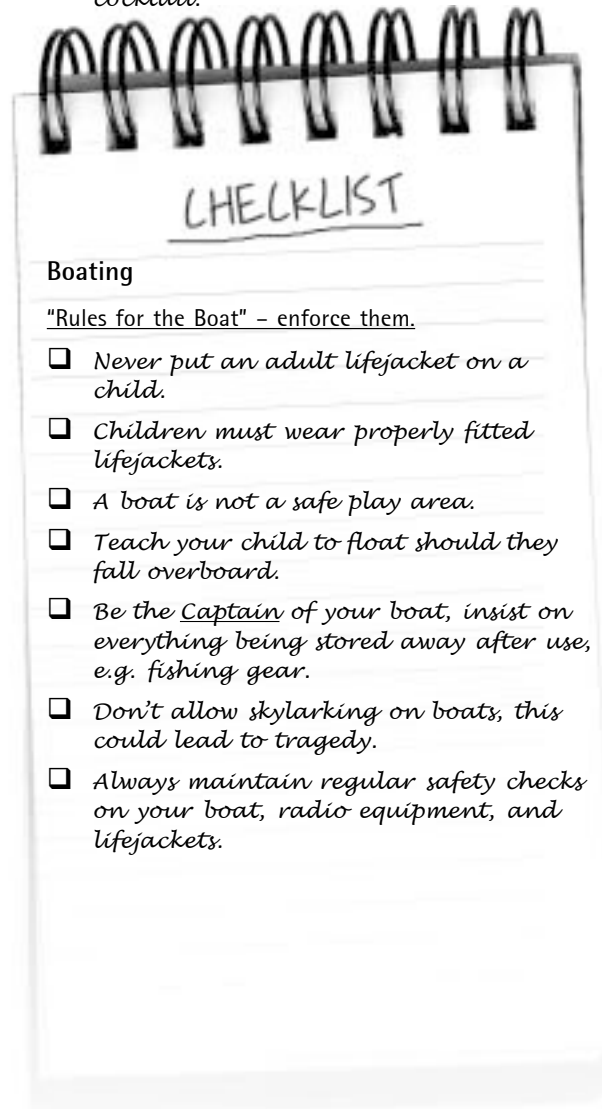
- Watch for rogue waves which suddenly sweep up the beach.
- What was a safe pool of water can suddenly change with a sweeping wave.



- Never underestimate the POWER of a river.

#### Pools

- Adult supervision in public pools is essential. A small child can easily be lost underwater in a crowded pool.
- Leave books and magazines at home when taking children to be in, or near, water.
- Regularly check home pools.
- Placement of outdoor furniture.
- Pool fencing and locks on gates.
- Have Rules for Pool use and enforce them.
- Put all pool toys away after use.
- Insist adults supervise their own children.
- Alcohol and water play can be a fatal cocktail.





## Toys and Pets

Toys: It is important to have separate play areas when you have a number of children. What is suitable for a five year old could be lethal for a toddler.

Rule of thumb – If it is small enough to fit into a film cannister then it is too small for a child under three years of age to play with.



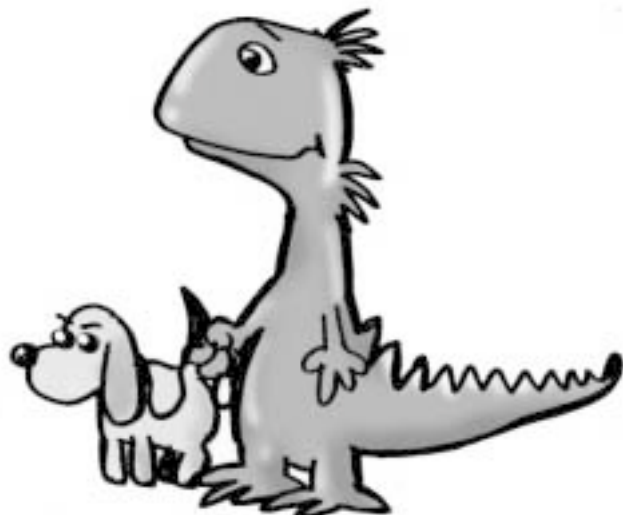
### CHECKLIST

- Buy toys suitable for a child's age.
- Check for warnings and the labelling on toys.
- Develop a system of regular checks for wear, broken pieces and sharp edges.
- Check soft toys and dolls for loose parts e.g. eyes, buttons, and noses.

- Balloons are only to look at, not for baby's play.
- Small balls, marbles, etc are a choking hazard.
- Keep cots clear of toys, especially for babies.
- Toys that are noisy may affect a child's hearing.
- Make sure toy boxes have a lightweight lid and can easily be pushed open from the inside.
- For extra safety, drill ventilation holes in toy boxes.
- Ensure that toys are kept away from traffic areas, especially stairways and doorways.

Pets: Remember when you decide to have a family pet you are making a long term commitment to care and responsibility of a dependent member of the family.

THINK ABOUT IT CAREFULLY.



CHECKLIST

- Consider the type of pet suitable for your family.
- If renting - are animals allowed.
- The maturity and temperament of your children.
- The temperament of the animal. Pets need a loving home, regular food and water, shelter, security, plenty of exercise and a fully fenced section.
- Can you provide the above?
- Financial costs involved: food, vet bills, vaccinations, flea and worming treatments, Dog licensing and Toys.
- Teach children not to disturb animals when they are eating
- Don't disturb cats and dogs when they are sleeping.
- Wait for a pet to come to you.
- Teach children how to handle their pets - remember pets are at risk from children who have not been trained.
- Never put your face near your dog.
- Always clean up after your pet, it cannot do this for itself.
- Ensure a practice of handwashing after play with animals.

**Strange Dogs:** Teach your children these basic rules that apply when approached by a dog other than their own.

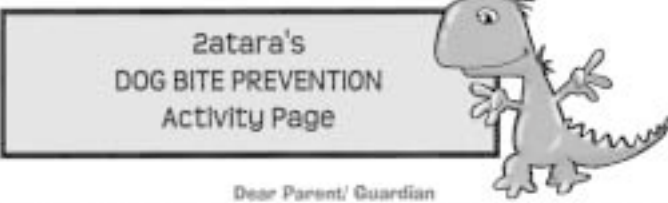
- ◆ Never run up to a strange dog.
- ◆ Never run away either.

- ◆ If carrying food, drop it.
- ◆ Stand still like a tree.
- ◆ Don't have eye contact with the dog.
- ◆ Don't ever lie on the ground to protect yourself.
- ◆ If carrying a bag, or have a bike, put that between you and the dog.
- ◆ If knocked to the ground, curl up like a ball and cover your head.

Always be alert to signs of aggressive posture in a dog. Erect ears, stiff body and raised hackles (hair on neck).

Never impulse buy a pet – consider seriously your reasons.

- ◆ Encourage children to put their toys away after play.
- ◆ If you have a very young child, get down to their level and check that no small objects are hiding under settees or low tables –
- ◆ Remember in all cases – Supervision is essential.













**Zatara's  
DOG BITE PREVENTION  
Activity Page**

Dear Parent/ Guardian  
Did you know that approx 50% of all children in NZ will be bitten by a dog before their 12th Birthday?  
Did you know that thousands of bites a year are severe enough to require medical treatment.  
Imagine how many more go un reported!  
Most Dog bites are from a dog that the child knows—his or her own pet, a neighbour's or friend's. You can help prevent this happening by :

1. **Talking with your child about the right way to behave around dogs**
2. **Taking your child through the following promise and signing it.**

**Promise**

**I Promise that :**

-  I will stand still like a tree and will be very quiet when a dog comes near me
-  I will not run and scream if a dog comes near me
-  I will not stare into a dog's eyes      I will not tease dogs
-  I will ask permission of the dog by letting him sniff my closed hand
-  I will only pet a dog after asking the owner if I can
-  If I see a dog running around on their own I will tell an adult straight away
-  I will not go near dogs that are tied up      I will not go near dogs that are sleeping
-  I will not go near dogs that are eating

Child's Signature

Parent's/Caregiver's Signature



# First Aid

*Your ability to help in an emergency could determine your children's survival. If you know basic first aid, you can make a big difference. Children and teenagers can also make a difference if they have the skills to help others, and to keep them focused in an emergency.*

For information on training in basic first aid in your area, contact Red Cross or St Johns Ambulance. Ask also for their useful first aid guides.

The first rule in an emergency with your child is to stay calm. This will help keep the child calm and will help you assess whether emergency services are needed. If you are unsure, ring 111 anyway. Remember that if you are calling from a payphone or cellphone, the call is free.

Make a quick assessment of the child, so you can advise

the ambulance service. For example:

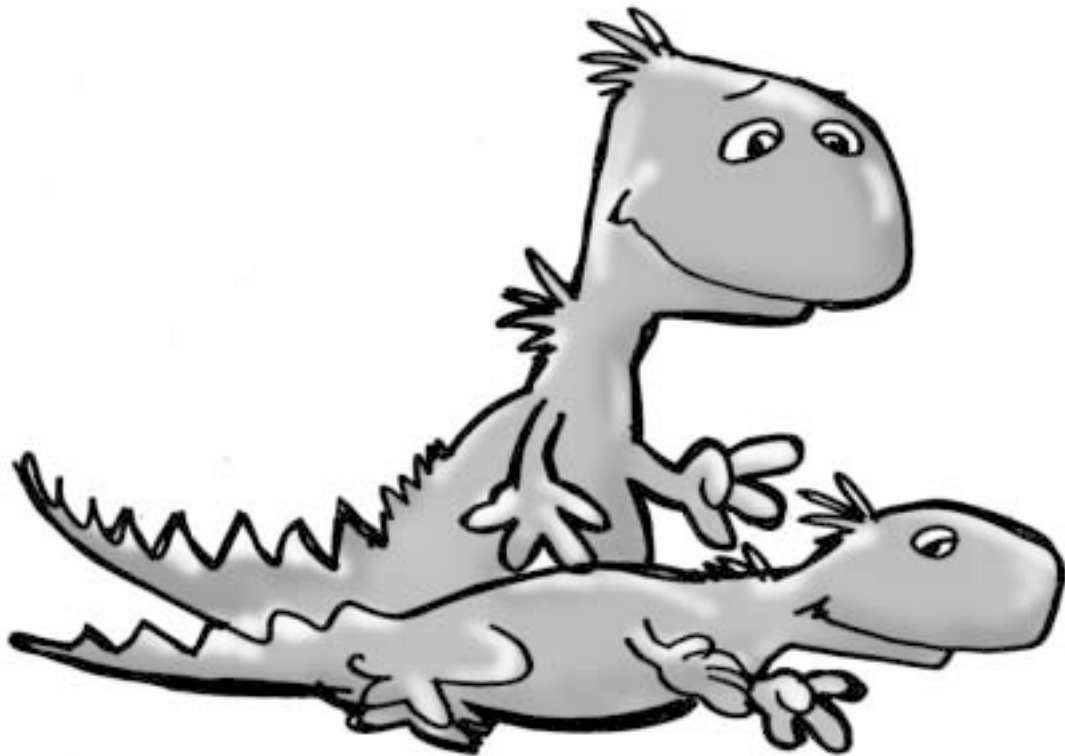
- ◆ Is the child awake?
- ◆ Can the child talk to you?
- ◆ Is the child breathing?
- ◆ Is the child bleeding severely?

## Basic life support

A New Zealand Red Cross booklet, *Essential First Aid*, provides valuable advice on basic life support. It says different methods of basic life support should be used for infants (under 1 year of age) and children (1-8 years), and people aged over 8 (including adults). Among other helpful tips, the booklet suggests the following procedures and techniques.

## Techniques

Head-tilt, chin-lift: Place one hand on the forehead and the fingers of the other hand on the bony part of the chin. Tilt the head back using the hand on the



forehead, and at the same time lift the jaw upwards with the fingers of the other hand.

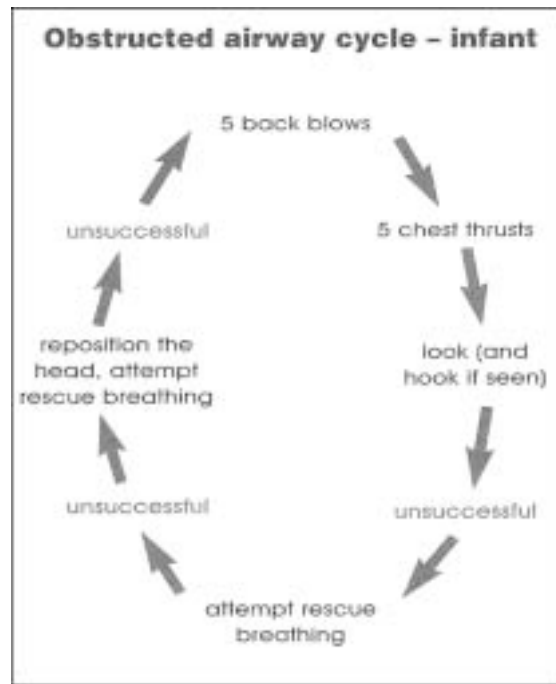
**Jaw thrust:** Place one hand on either side of the head. Place your fingers in the angles of the jaw and lift the jaw forward without tilting the head back.

**Finger sweep:** Used with abdominal thrusts to clear a foreign body airway obstruction in an unconscious casualty. Open the mouth by grasping the lower jaw and tongue between thumb and fingers and lifting the jaw. Insert the index finger of the other hand along the inside of the cheek, and deeply into the throat. Use a hooking action to dislodge any foreign object.

**Obstructed airway cycle – adult:** The complete actions for dealing with choking in an unconscious adult are as follows:



**Obstructed airway cycle – infant:** The actions for dealing with choking in an unconscious infant are as follows:



**Recovery position:** The recovery position is designed for unconscious casualties (but do not use if you suspect the casualty has neck or spinal injuries). It helps to maintain an open airway and allows vomit and other fluid to drain freely from the mouth. To move a casualty lying on their back into the recovery position, follow these steps: Kneel beside the casualty. With the casualty lying on their back, extend the arm nearest to you above the casualty's head. Bring their other arm across the chest to place the palm on the opposite shoulder. Take the farthest



away from you and cross it over the other leg at the ankle. Roll the casualty towards you by placing your hand on their hip and your other hand on their shoulder. The casualty will now be lying on their side, resting on your thighs. Tilt the head to ensure the airway is open. Bend the top leg at a right angle. The casualty will now lie in a stable unsupported position.

Basic life support – over 8s and adults:

- ◆ Ensure a safe environment
- ◆ Assess response. If no response, get help. Send someone to call an ambulance. If you are alone and telephone is immediately available, use it to call an ambulance (111).
- ◆ Open the airway using head-tilt, chin-lift method. Use jaw thrust technique if spinal injuries are suspected.
- ◆ Remove foreign material or vomit if it is visible in the mouth.
- ◆ Look, listen and feel for breathing. This check should take three to five seconds.

If breathing is present and adequate, place the person in the recovery position and monitor airways, breathing and circulation.

If breathing is absent or inadequate, continue with basic life support:

- ◆ Pinch the nostrils to prevent air escaping
- ◆ Give two slow, full breaths into the mouth, watching the chest fall after each breath as the casualty exhales.
- ◆ If the chest does not rise, reposition the casualty's head and try again. If the chest still does not rise,

the airway may be obstructed. Use the steps of the obstructed airway cycle to clear the obstruction.

Check the carotid pulse in the casualty's neck. Place three fingers on the adam's apple and slide them towards you into the groove at the side of the neck between the wind pipe and the muscles. Press gently to feel for a pulse.

This check should take up to 10 seconds.

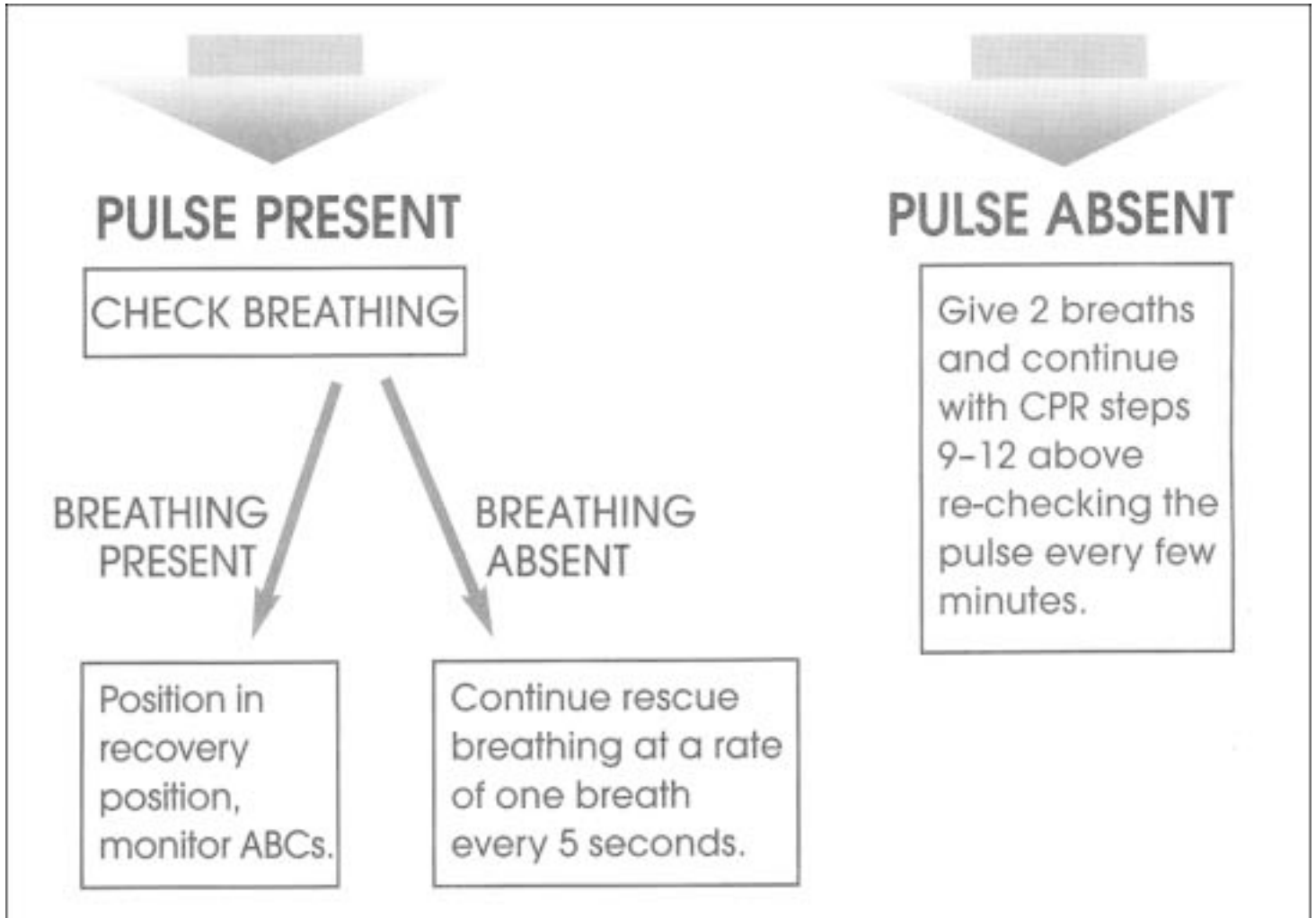
If the pulse is present, continue rescue breathing at a rate of one breath every five seconds. Every time you take a breath, the casualty will need a breath also.

If the casualty has no pulse, continue rescue breathing and begin chest compressions. This combined technique is known as cardiopulmonary resuscitation (CPR)

## CPR

It is recommended that CPR be learned and practised under trained supervision.

1. Position the casualty lying on their back. Ensure they are on a firm surface.
2. Kneel to one side of the casualty.
3. Locate the notch where the ribs meet the breastbone.
4. Place the middle finger of one hand in the notch and the index finger next to the middle finger.
5. Place the heel of the other hand next to the two fingers.
6. Place the other hand on top so the heels of both hands are over the same point on the breastbone.



7. Interlock the fingers to keep them off the chest.
8. With your elbows straight and locked, and your shoulders over the casualty's chest, press straight down using the weight of your body to compress the breastbone 4–5cm (the depth of an adult's thumb). Use a smooth uninterrupted rhythm allowing equal time for compression and relaxation.
9. Give 15 compressions at a rate of 80–100 compressions a minute.
10. Give two slow, full breaths.
11. Reposition hands and administer a further 15 compressions/two breaths.

12. Continue the ratio of 15 compressions/two breaths.
13. After completing four cycles of chest compressions and breaths, administer two further breaths and then check the pulse in the neck.

Basic life support – children and infants

Some adaptations should be made to basic life support techniques when dealing with children and infants. These are outlined in the following chart.

When you are alone and the child or infant is not breathing, perform basic life support for one minute before dialling 111 for an ambulance, if a telephone is immediately available.

	INSTRUCTION	Adult over 8 years	Child 1–8 years	Infant 0–1 year
<b>A</b> A I R W A Y	Opening airway.	Use head-tilt, chin-lift method.	Use head-tilt, chin-lift method.	Use head-tilt, chin-lift method to place head in a neutral position. Do not over-extend the neck as this collapses the airway.
	Initial breaths.	Give 2 effective breaths (up to 5 attempts) sufficient to make the chest rise and fall.	Give 5 breaths sufficient to make the chest rise and fall.	Give 5 breaths sufficient to make the chest rise and fall.
<b>B</b> B R E A T H I N G	Rate for rescue breathing only.	1 breath every 5 seconds 12 times per minute.	1 breath every 3 seconds 20 times per minute.	1 breath every 3 seconds 20 times per minute.
	Location for checking pulse.	Carotid pulse in the neck.	Carotid pulse in the neck.	Brachial pulse on the inside of the upper arm halfway between elbow and armpit.
<b>C</b> C I R C U L A T I O N	Location for chest compressions.	Find the notch where the ribs meet the breastbone, place middle finger in the notch and index finger next to notch, place heel of other hand beside fingers on breastbone.	Find the notch where the ribs meet the breastbone, place middle finger in the notch and index finger next to notch, place heel of other hand beside fingers on the breastbone.	Imagine a line between the nipples across the chest, and compress just below this line avoiding the lowest portion of the breastbone.
	Part of hands used for compressions.	The heels of both hands with fingers interlocked.	The heel of one hand. The other hand remains on the child's forehead, maintaining head tilt.	2 fingers, middle and index.
	Depth of compression.	4–5 cm. Depth of adult thumb.	Approximately 1/3 of chest. Depth of child thumb.	Approximately 1/3 of chest. Depth of infant thumb.
	Rate of compression.	100 compressions per minute.	100 compressions per minute.	100 compressions per minute.
	Ratio of compressions to breaths.	15:2	5:1	5:1



## Guy Fawkes and Halloween

*There are always risks when small children are on the streets without adult supervision after dark. These risks can be minimised by careful planning.*

**Halloween Party:** Consider celebrating by holding a children's party in place of trick and treating. (Ideas available on [www.childsafety.co.nz](http://www.childsafety.co.nz) or by phoning 0800 244537 for information sheet)

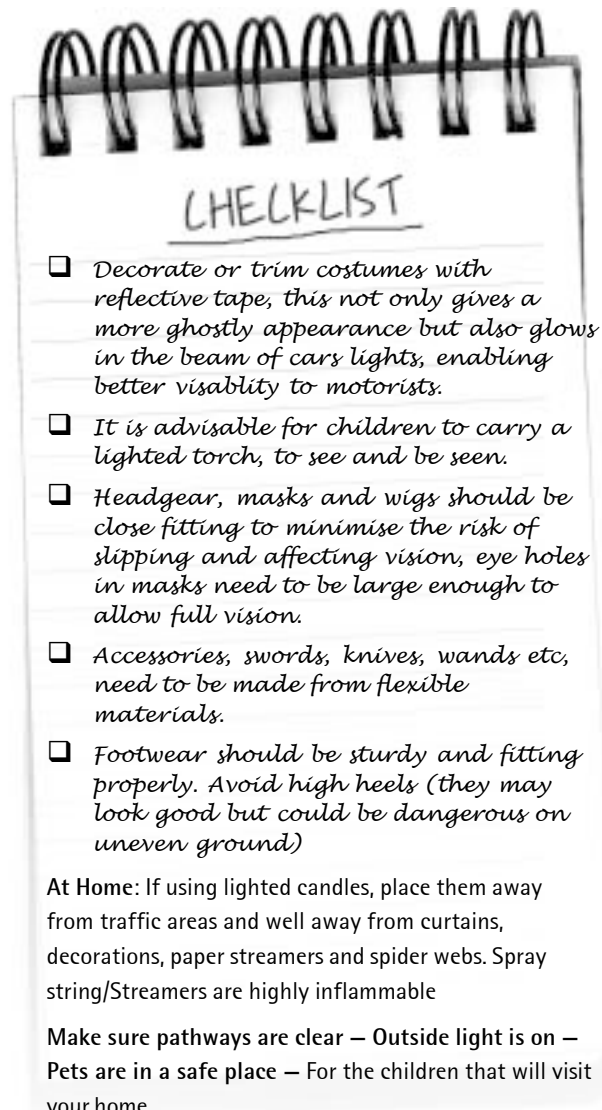
**Trick and Treating:** Take place before dark with an adult accompanying the children.

Choose the area carefully, children should only call on homes where the residents are known to you and that have outside lights on indicating that they are expecting you to call.

**Pedestrian safety:** Supervision is essential. All children should WALK from house to house, staying on the footpaths and be warned against crossing the road from between parked cars or from where they cannot see oncoming traffic.

Watch for traffic coming in and out of driveways.

**Clothing:** Costumes should be close fitting, brightly coloured and short enough so as to avoid tripping.



Have a safe and happy halloween.





# Safe Summer

## Heat in Cars

### Travelling

CHECKLIST

- Always carry plenty of drinking water, we suggest that each child has their own drink bottle
- Check safety belts and harness fitting, this may need adjusting due to wearing lightweight clothing.
- Consider fitting removable sunshades to filter the sun rays, these do not hamper airflow and allow children to travel more comfortably.
- Dress children in lightweight, light coloured, loose clothing, thus enabling air flow around their bodies.
- Each 2 or 3 hours, stop and allow children time for play and exercise. If travelling with a baby, allow it time on a blanket to move freely.

Always plan car trips in advance and consider travelling in the early morning or late afternoon when it is cooler.

**NEVER LEAVE CHILDREN IN CARS WITHOUT ADULT SUPERVISION**

### Temperature

- ◆ Do you know that the temperature inside a parked vehicle can be as much as 50% hotter than the outside temperature?

- ◆ Lowering the vehicle windows 5cm does not bring about a dramatic loss of heat.
- ◆ 75% of the increased temperature happens within 5 minutes of closing the vehicle and leaving it.
- ◆ The larger the expanse of glass in the vehicle, the faster the rise in temperature.
- ◆ The colour and size of the vehicle can have a bearing on the rate at which the temperature rises.

### WARNINGS

- ◆ As the temperature rises a child will begin to suffer hyperthermia and to dehydrate.
- ◆ As the temperature rises so does the humidity and the airflow decreases.
- ◆ Young children are more sensitive to heat stress—the younger the child the faster the onset of dehydration.

HYPERTHERMIA ◆ DEHYDRATION ◆ ASPHYXIA

**CAN ALL LEAD TO DEATH.**

NOTE: Animals can also suffer heat stress when confined inside a vehicle.

Safety First. Before leaving your parked car, remove all clothing, hats and paper products from the rear parcel shelf and the dashboard. Store away from direct sunlight.

Remove from the car cigarette lighters and any aerosol or LPG canisters.

(These have been known to explode and other articles burst into flames.)



# Hypothermia

Participation in activities in and around water, not just accidental entry into the water, increases the possibility of hypothermia. Be aware of hypothermia when canoeing, fishing or swimming outdoors. In all cases of 'man overboard', presume hypothermia will be a possibility.

## Prevention of Hypothermia

- ♦ Wear many layers of suitable clothing, both in and out of the water.
- ♦ The more wind or waterproof clothing, the better.

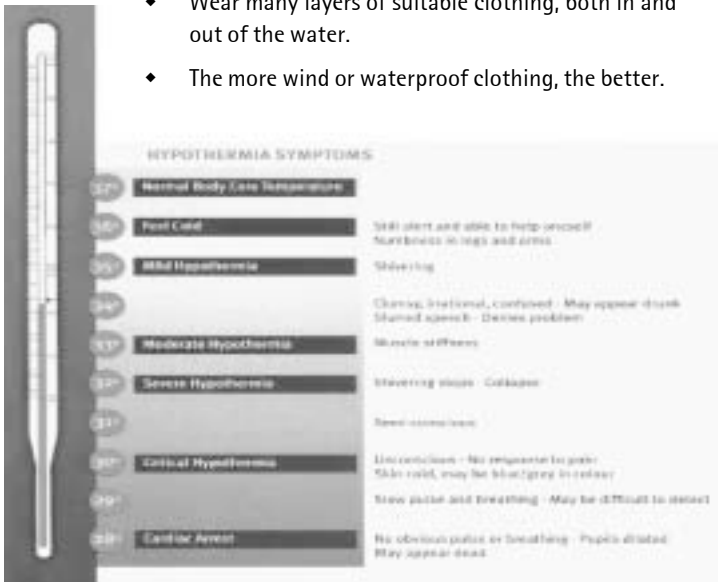
- ♦ If setting out in cold, wet windy conditions continually look out for symptoms of exhaustion or hypothermia in others.
- ♦ The greatest heat loss is through the head, neck and the backs of hands. Wear a hat and pair of gloves if cold.
- ♦ Prevent excessive fatigue as this can contribute to hypothermia.
- ♦ Eat or drink high energy foods frequently.
- ♦ If possible, keep warm and dry. Avoid the consumption of alcohol. Clothing, such as polypropylene, will keep you warm when wet, and are excellent for canoeing and other outdoor activities.

## Keep Still

Although swimming will make you feel warmer, it is a false sensation. Energy spent on moving rather than maintaining warmth will eventually cool the body's core.

## Air is warmer than water

Heat loss is greater in water than in air of the same temperature, even though the chill factor may feel greater. If you find yourself in the water with floating objects, e.g. the upturned boat, then raise as much of your torso as possible out of the water.





# Babysitting Guidelines

## Safety First

Good babysitters are safety-conscious and take extra precautions to make sure the children are safe from accidents. If you need to talk on the phone, make sure you always know where the children are. Make calls short and always be attentive to the children.

## Household Safety

- ◆ Keep windows and outside doors locked and do not open them to see who is there.
- ◆ Be careful not to offer information over the phone. Do not tell anyone that you are alone.
- ◆ Keep the radio or TV turned low so you can hear a cry or call from the child when he/she is sleeping.
- ◆ Put things away and out of reach of children when preparing food.
- ◆ Always know where the emergency exits are located.
- ◆ Look for potential hazards in the home such as open stairways, uncovered electrical outlets or sharp objects that are in reach.
- ◆ Keep gates across stairways to prevent falls from occurring.
- ◆ Keep children from playing near glass doors and windows.
- ◆ Put up medicine, cleaning products, pesticides, paint and plants so that they are out of reach of young children. Many of these items can be quite dangerous for young children. If there is an emergency, call 111.

## Child Safety

- ◆ Never leave a young child alone while he/she is awake. Check on the child occasionally while they are sleeping.
- ◆ Never leave a baby unattended on a changing table, in a high chair, bath or walker. Use safety straps whenever they are available.
- ◆ Stay awake so you'll hear the children if they need you.
- ◆ Children will likely try you out to see how far you let

them go. Be firm in insisting that they play where they will be safe.

- ◆ Wardrobes, medicine chests, drawers and storage locations are not proper places for children to play. Also keep them away from stairways, hot objects, (such as iron, stoves, microwaves and electrical outlets.)
- ◆ Keep scissors or knives out of sight.
- ◆ Keep buttons, pins, cigarette stubs, money, small toy pieces, matches and any other small particles off the floor and out of sight.
- ◆ If playing outside, know where their parents allow them to play. Watch for traffic and fire hazards, garden sprays, tools and unfriendly animals.
- ◆ Don't bath the children unless specifically asked to do so. If you do bath children, do it very carefully and **never leave the child unattended**. The water in the tub should be comfortable to touch, not too hot! Always run the cold water first. Test temperature three times.
- ◆ Cut food into bite size pieces for toddlers and preschoolers.
- ◆ Make sure that children remain seated while eating.
- ◆ Avoid foods that are likely to cause a young child to choke such as popcorn, hot dogs, hard candy and grapes.
- ◆ Make sure that doors to rooms such as bathrooms, basement and garage are closed.
- ◆ Remove plastic bags, beanbags or pillows from cots. These could cover a child's face and cut off breathing.
- ◆ Remove any strings or straps that might pose a strangulation hazard to a young child.

## Personal Safety

- ◆ Don't let speed or carelessness cause you to have an accident.
- ◆ Always carry the baby or any parcel so you can see where you are stepping.
- ◆ If you should suffer a cut or burn put the baby in

his crib and take other children with you while you apply first aid.

- ♦ If you are annoyed, bothered or in any doubt about any unusual people or situations, call one of the people you are to contact in emergencies, or your own parents.
- ♦ If you get sick while babysitting, call your parents or another qualified babysitter to take over for you. Then contact the parents to let them know if the change of plans for their final approval.

### Toy Safety

- ♦ Put away toys with objects small enough to swallow when watching a child under age four.
- ♦ Check stuffed animals to make sure that button eyes are not loose enough to come off and be swallowed.
- ♦ Put away toys with sharp edges and sharp points as well as toys that shoot objects.
- ♦ Look for toys with long strings and chords that may strangle an infant or young child. Put these toys in a place where young children cannot reach them.
- ♦ Put away electronic toys that might burn or shock young children.
- ♦ Make sure that the toys the children are playing with are appropriate for their ages. Toys that are safe for older children can be quite dangerous when played with by younger children.

### Outdoor Safety

- ♦ Children are usually unaware of the risks that are present in playing outdoors. You can teach them to play safe when they are playing outside.
- ♦ Keep children from walking in front or back of a moving swing.
- ♦ Place young children in the centre of a swing. Make sure that they are capable of hanging on to the swing or place them in a swing designed for infants and toddlers. Keep reminding them to hang on – small children need constant reminding.
- ♦ Explain your outdoor rules to children. Your list might include: no pushing other children off a swing or piece of playground equipment, no swinging empty swings, no climbing up the front of the slide, no walking in front or back of a moving swing, no twisting swing chains, no rough playing on equipment, and **only one person can be on a piece of equipment at one time**, if it is designed for use by one person.
- ♦ Be extremely cautious of swimming pools, paddling pools, and spas even when a pool has a cover and is fenced in. Keep your eyes on the children at all times. If a child is missing, immediately check the pool to make sure the child has not fallen in it.

- ♦ Make sure the gates are locked, and paddling pools are emptied after use.
- ♦ Learn CPR and first aid practices in case you might need it when watching children. Learn the phone number for emergency medical services in your location.

### Questions to ask yourself...

- ♦ Is our babysitter mature enough to deal with more than one child in a crisis situation?
- ♦ Does our babysitter have experience in dealing with distressed children?
- ♦ How long will it take us to return home should there be any crisis that our babysitter is too young to deal with?
- ♦ Have we made and practised with our family an escape plan should there be a fire?
- ♦ Have we listed contact names and numbers for my babysitter? i.e. Doctor, Fire Service, Neighbour, Parents, Ambulance, Police.
- ♦ Does our babysitter know where we keep the following items? i.e. Torch, First Aid Box, Telephones, Light Switches etc.
- ♦ Have we installed smoke alarms and do we have safety latches on outside doors?
- ♦ Have we made sure all hazards i.e. drugs, medications etc are safely stored? A young babysitter will not be alert to the dangers many things pose for young children.

And finally... Is it right to give adult responsibilities to a child?

### EMERGENCY TELEPHONE NUMBERS

Contact parents:

\_\_\_\_\_

Contact neighbour (name):

\_\_\_\_\_

Doctor (name):

\_\_\_\_\_

Ambulance:

\_\_\_\_\_

Fire Brigade:

\_\_\_\_\_

Police:

\_\_\_\_\_



## The Teenage Years

*The teenage years can be upon parents suddenly and sometimes without warning. It can seem like overnight that the child who could be coaxed and guided is now asserting their independence and tossing out some of the rules you so easily imposed before.*

It can be a shock for parents to find their children wanting to make their own choices about clothes and friends. It is, however, just the next step in growing up, with a new set of challenges.

Recognise firstly, that it can be a confusing time for teenagers. Change is happening rapidly - physically, sexually, emotionally, intellectually and spiritually. Don't ignore those changes.

The most important single thing you can do (and keep doing, no matter what), is to keep in contact with your teenager by making time to talk about issues that affect them. You will often be busy or not want to interfere in your teenager's life, but you cannot afford to give up your responsibility as a parent.

Teenagers are no longer children, but they are not yet adult. Talking to them regularly, even if they do not appear to want to talk, will keep you in touch with their needs and keep the communication lines open for when they might really need you.

Listen to your teenager if you want them to listen to you.

It's natural for teenagers to push the limits, testing the boundaries of your patience and your values. Accept that this is part of growing up, and don't take it personally.

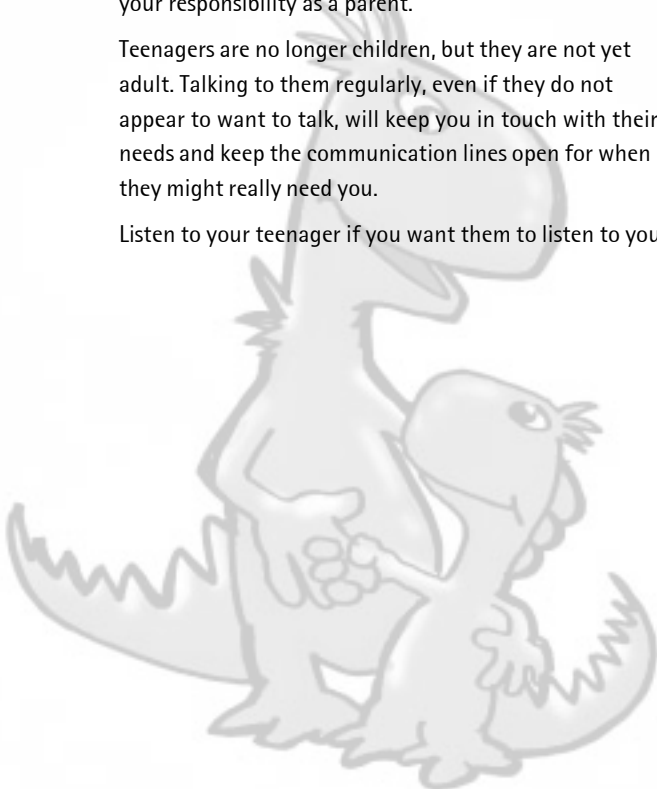
However, make sure your teenager realises you still have limits. Discuss them, why you feel the limits are important, and that they are there because you are concerned for your teenager's well-being. Teenagers still need limits to feel safe. Be consistent with them.

Despite what they might want, you still have a responsibility as a parent to care for your teenager. You might also be responsible for, and liable for, their actions. You can teach your teenager how to make responsible decisions by making responsible decisions yourself.

Don't be afraid to say no. Some teenagers need you to say no - the teenager afraid of going to a party because of the likelihood of trouble can sometimes avoid losing face with peers if a parent rules it out.

Image is important to a teenager. How they perceive their friends to see them can be a powerful influence. Recognise that the clothes they wear are simply reflecting their wish to be independent. Of course, you might not like the clothes, but is it really hurting anyone (except, perhaps, your own sense of good taste!).

You will need to have an open mind as the parent of a teenager. You might do well to reflect on your own teenage years and what you did then.



Pick your fights. Don't battle with your teenager over everything you do not like. Work out what is important, set the rules and stick with it. If you are constantly arguing, it's more likely your teenager will turn to friends (who they think really understand) if they need help, when it should be you.

Don't be a prude. Sex education is discussed in explicit detail at school, so be prepared to tackle the issue in the same way at home. Don't leave sex education to the schools – your values and guidance are still the most important in your child's life.

Admit your mistakes and apologise if you want your teenager to do the same. Trust your teenager and they might surprise you. Always look for the best in them, even if it is not always obvious.

### **Alcohol and drugs**

The reality of modern life is that teenagers are sooner or later confronted with alcohol and drugs. It is not only how your teenagers handle the issue, but also how you, as a parent, react that is important.

Keeping the communication lines open is critical. It's not always easy and they might not want to listen, but if you talk openly and avoid criticism, you will earn their respect. Tell them that if they are not coping with something in their life, they can talk to you or someone they trust – alcohol or drugs will not provide the answer.

Make sure you know where your teenager is at all times. If you don't know where they are, you won't know what they are doing. You need to know that they are safe.

Make sure your teenager knows your rules about alcohol and drugs. Take a reasonable stance. Banning any alcohol consumption might not work, but if you allow them to drink moderate amounts at home where you can supervise, they might be less likely to over-indulge away from home.

Explain the risks they take with their health, with the law and with you (the consequences if they break the rules). Be consistent and if the rules are broken, show them that you mean what you say. And don't be a hypocrite by drinking too much or taking illegal drugs yourself. Your teenager will be quick to point out that if it is good enough for you, it is good enough for them.

The Alcohol Advisory Council, in a leaflet entitled *Alcohol & Your Kids*, says young people tend to drink more when their parents are not around. However, you have a responsibility to protect them from harm, so you sometimes need to enlist the help of other adults to ensure teenagers are supervised at parties.

The Council says there is no "right time" to introduce young people to alcohol, though research indicates the later they are involved the better. Be guided by your own child's interest in alcohol. Don't push it.

When they go to parties, discuss your concerns and agree to some conditions. Take account of their age and maturity. Talk to the host's parents to see how the party will be supervised, what alcohol will be available and how people will get home.

Tell them that if things get out of control, you can always pick them up. Talk about the possibility of the person driving them home being drunk; violence or drugs at the party; or of your teenager feeling threatened or frightened. Discuss a plan for them to leave if they need to without losing face.

The *Alcohol & Your Kids* leaflet suggests:

- Tell them they can phone you at any time and you will pick them up.
- Give them a phone card or get a HOME 0800 number so they can ring you from any phone, even if they have no money.
- Give them some emergency money so they can get a taxi home.
- Organise a car pool with the parents of your teenager's friends.
- Discuss in advance what should happen when they get home. For example, many parents want to know that their teenager is safely home before going off to sleep. You might arrange for them to let you know that they are home.

If you are hosting a party, work out:

- Who is coming, including how many.
- How they will be invited.
- Will alcohol be provided? If so, how much and what kind?
- What other drinks/food will be available?

- How will you deal with alcohol brought by guests?
- Who will serve the drinks?
- What time will the party finish?
- How will guests get home?
- Will some guests stay over?
- Adult supervision – how will this be done and by whom?
- How will gatecrashers be handled?

If you have concerns about your teenager's drinking habits, ring the Alcohol Advisory Council and ask for the leaflet *Alcohol & Your Kids* or phone the Alcohol Helpline on 0800 787 797.

### Peer pressure

All teenagers need friends. Peers are an important part of teenagers' lives. They can shape attitudes and behaviour, can get teenagers into (and out of) trouble.

Parents need to see that peer pressure is not necessarily a negative influence. Parents who are involved in their teenagers' activities have a greater chance of seeing the influence of peers being positive.

It doesn't mean you have to go with them everywhere they go, or choose their friends, but if you take time to show an interest in what your teenager is doing, where they are doing it and with whom, you stand a better chance of curbing any activities that can get them in trouble.

If your teenager is getting into trouble and you think they're in with "the wrong crowd", consider involving the teenager in activities or with other teenagers that can have a positive influence. Find out about local sports and leisure activities, cultural groups and youth clubs, where their contribution will be valued. Look for your teenager's strengths – sport, art, music etc – and encourage them into activities and with people that will boost their self esteem.

Recognise also that negative peer pressure might just as likely be negative situation pressure. Your teenager and friends might well act very differently at the beach with a car full of alcohol than they would at home. Consider changing the situation. Rather than trying to stop such activity outright, it might be better to have your

teenager having a drink at home with friends where it can be controlled and supervised (see previous section on alcohol).

Listen to other adults who are involved in your teenager's activities. Don't ignore teachers, sports administrators, youth workers etc who talk to you about your teenager. Take seriously any discussions about bullying, drug-taking or other negative activity by your teenager – and talk about ways of doing something about it.

### Youth suicide

Most teenagers lead happy – if sometimes complicated – lives and go on to make further valuable contributions to their family, community and society.

However, in a country that takes pride in the achievements of its young people, the saddest statistic must be the number of youth suicides. More than 150 young New Zealanders take their life each year, one of the highest rates among Western countries.

Why these people commit suicide is open to wide debate. Is it the result of economic reform or simply bad parenting? Even the parents of young suicide victims are often at a loss to understand. Many victims appear to be leading normal, healthy lives – typical teenagers. Then suddenly, they are tragically gone.

The causes, according to a study of suicide, the Canterbury Suicide Project, can be many. The main ones are:

- Childhood difficulties, such as family conflict or sexual abuse.
- Drug use disorders.
- Anti-social behaviour.
- The triggering of the suicide attempt by some life crisis such as the breakup of a relationship or trouble with the law.
- Psychiatric problems, such as depression.
- Parental problems.

Any one, or several of these, can bring about a suicide attempt.

As parents, we have the challenge of making sure it doesn't happen to our children.

Probably the best thing we can do is do our best - right from the start. Following some of the advice in this and other parenting booklets, learning about parenting and children, listening and talking to our children, and valuing their contribution to our families, is all going to help.

Teenagers especially are finding their way in the world; trying to work out how they fit in. If we do our best to let them know they are valued, there may be less likelihood of them undervaluing themselves.

We cannot live our lives as parents constantly worrying about whether our children will commit suicide. The statistics are grim, but the reality is that youth suicide is still rare. However, we must always be alert to the danger signs. They might be verbal, behavioural or situational.

#### Verbal

It has been suggested that up to 90 percent of people who consider suicide tell someone about it. That means we have advance warning - and we can do something about it, as long as we are listening.

Whether you are a parent, friend, teacher or neighbour, if someone discusses the issue of taking their own life, even if they appear to joke about it, take it seriously. If you think they might be considering suicide, ask. A direct question is likely to get a direct answer. If they say "no", but you still suspect something is amiss, seek clues by asking if there has been a recent significant event that might have depressed them. If they do admit to thinking about suicide, ask when. If they have a specific time in mind, you will know how quickly you need to act. Ask

how they intend to take their life, and whether they have the means of doing it (ie a gun). Do they have a plan? The more organised the person is, the more likely they are to be serious.

#### Behavioural

A young person considering suicide might take an unusual interest in "dark" themes - drawing pictures involving death, listening to music with death themes or taking an interest in people who have taken their own life.

They might suddenly begin to put their affairs in order by giving away treasured possessions, showing sudden improvement from a bout of depression, or apologising for things they have done to people. They might begin to mutilate themselves in a minor way.

#### Situational

The loss of a friend or close relative - whether by suicide or other means - can sometimes heighten suicidal thoughts and actions. If the previously mentioned signals are also evident or have been in the past, be particularly alert at this time.

If you see the signs, talk to the person. Let them unload their problems by talking to you about them. About 80 percent of suicides are prevented by non-professionals - ordinary people.

If they have immediate plans to commit suicide, ring the Police. Otherwise, organise for them to talk to someone who is qualified to help - try Youthline, Samaritans or one of the other agencies listed at the back of this booklet.



## Winter Checklist

CHECKLIST

Pre-Winter Check

- Have Electric Blankets Serviced*
- Have Chimneys Swept*
- Check Connections of Gas Heaters for Leaks and Have Safety Guard Fitted*
- Maintenance check of any Fireguards—do they secure to the wall?*
- Renew batteries in Smoke Alarms and Test*
- Safety Catches on Windows*
- Electric Outlet Safety Plugs*
- Check all Electrical Cords for wear*

Contact CSFNZ for information on safety products





# Zatara's GAMES Page!



Read this book with an adult, grab a pen and complete these fun games!

**Zatara's Bicycle Helmet Puzzle**

Find out which helmet belongs to which child

Zatara says "Always wear a cycle helmet when you ride on wheels. It can protect your head if you fall".

**Find the 10 Fire Safety words**

A	P	P	A	E	C	A	L	P	G
L	E	L	C	V	O	L	O	P	N
A	I	S	M	O	K	E	F	H	G
R	Q	O	C	W	T	H	N	N	N
M	U	C	R	A	A	Z	V	B	I
U	I	U	A	Z	P	B	S	B	T
I	C	B	U	C	K	E	T	I	E
A	K	A	U	I	L	L	O	R	E
O	L	O	F	D	R	O	P	Q	M
E	Y	Q	B	D	V	I	L	I	Y

- |               |         |
|---------------|---------|
| Alarm         | Quickly |
| Bucket        | Roll    |
| Drop          | Smoke   |
| Escape        | Stop    |
| Meeting Place |         |

**Find the 4 Falls/Play Safety Sentences**

E	F	A	S	E	C	A	R	R	Y
K	D	R	I	V	E	W	A	Y	S
E	I	S	W	O	K	E	B	A	G
E	Q	O	I	W	T	H	E	R	C
P	P	C	T	A	A	Z	D	E	L
U	I	L	H	Z	P	B	S	A	E
I	C	B	A	C	A	R	E	S	A
E	R	A	U	Y	O	L	O	R	R
O	L	O	F	F	R	T	T	O	N
E	Y	G	N	I	C	N	U	O	B

- Carry With Care  
 Beds Are Not For Bouncing  
 Keep The Cot Clear  
 Driveways Are Not Safe Play Areas

**Zatara's SCHOOL PATROL Safety Puzzle**

Zatara is helping out on the school crossing. He says "Always use the School Crossing Patrol to cross the road to school".

Colour the stop sign :

Do you know the proper name for the children who hold the stop sign at a school crossing? Unscramble the letters to find out :

H O S C O L      C R I S N O G S  
 -----  
 T O P R A L  
 -----





## contact list

### Where to go for help

#### THE PHONE BOOK

Each phone book has a Personal Help Services Page. You need to look up the index at the front of the book for that page number.

In an emergency – don't muck about – Dial 111.

#### Child Safety Foundation of New Zealand

[www.childsafety.co.nz](http://www.childsafety.co.nz)

Phone: 0800 244 537

#### Land Transport Safety Authority

[www.ltsa.govt.nz](http://www.ltsa.govt.nz)

Phone: 0800 699 000

#### New Zealand Police

[www.police.govt.nz](http://www.police.govt.nz)

See "Your Local Police Station" below for phone number

#### Water Safety New Zealand

[www.watersafety.org.nz](http://www.watersafety.org.nz)

Phone: (04) 801 9600

#### WaterSafe Auckland Inc

[www.watersafe.org.nz](http://www.watersafe.org.nz)

Phone: (09) 306 0809

#### New Zealand Fire Service

[www.fire.org.nz](http://www.fire.org.nz)

Phone: (04) 472 4969

#### Ministry of Consumer Affairs

[www.consumer-ministry.govt.nz](http://www.consumer-ministry.govt.nz)

Phone: (04) 474 2750

#### ACC

[www.acc.org.nz/injuryprevention](http://www.acc.org.nz/injuryprevention)

Phone: 0800 844 657

#### New Zealand Underwater

[www.nzunderwater.org.nz](http://www.nzunderwater.org.nz)

Phone: (09) 849 5896

#### Energy Safety Service

[www.ess.govt.nz](http://www.ess.govt.nz)

Phone: 0800 10 44 77

#### Gas Association of New Zealand

[www.ganz.org.nz](http://www.ganz.org.nz)

Phone: (04) 472 9220

#### Developmental Milestones

[www.conductive.org.nz](http://www.conductive.org.nz)

Phone: 0800 501 601

#### SPCA

[www.sPCA.org.nz](http://www.sPCA.org.nz)

National Office Phone: (09) 827 6094

#### Your Local Police Station

Please refer to your local phone book

## How to obtain more free copies...

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