

Fit upstairs windows with a window restrictor to let air in, but not children out.

Young children can be strangled by looped blind cords. Secure them out of reach.

If your child is under 24 months, use a safety gate to keep them off the stairs.

Babies have died of suffocation and choking from nappy sacks. Keep them out of reach.

# Top tips for safer bed times

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If ever you're unsure about home safety, call **RoSPA Infocentre: +44 (0)121 248 2063**