

3–6  
years



# Parental guidance

for the prevention of accidents



Bundesarbeitsgemeinschaft  
Mehr Sicherheit für Kinder e.V.



# Dear parents, carers and guardians,

All parents wish for their children to grow up in a safe environment. While smaller accidents and mishaps are part of a child's development, accidents with more serious consequences must be prevented. This is possible by following some simple guidance.

When taking into account the places where accidents occur, most accidents involving infants and small children happen at home. Approximately every 17 seconds, a child in Germany injures themselves badly enough to need medical treatment.

Accidents are therefore one of the greatest dangers to children's health.

Most parents recognise dangerous situations and products. With this leaflet we wish to provide guidance as to how you can prevent accidents in children from three to six years of age.

Are your children younger? You can access a leaflet about preventing accidents in children aged between zero and three years old at [www.kindersicherheit.de](http://www.kindersicherheit.de).

**Bundesarbeitsgemeinschaft Mehr Sicherheit für Kinder e.V.**  
**(German Federal Association for Increased Safety of Children)**

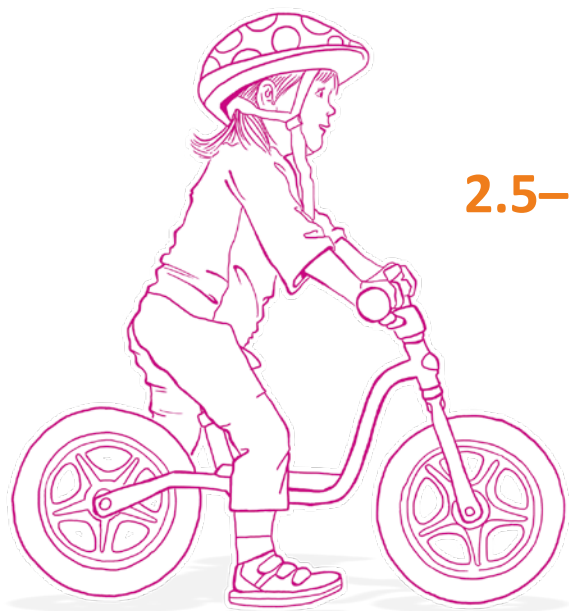


**3–6**  
years

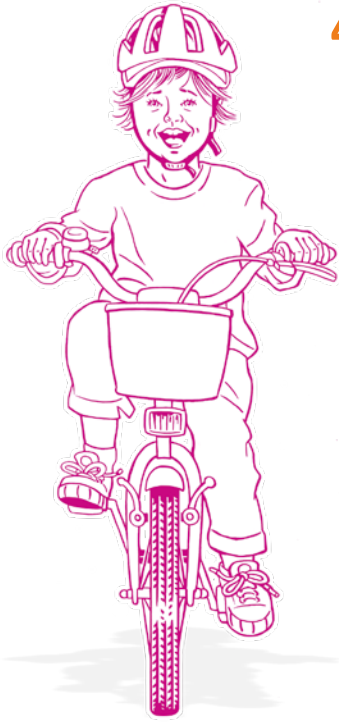


Between the ages of three and six, children begin to move more and more skilfully. In the garden, at the playground or on walks, they learn to move more confidently and purposefully. They acquire more movement skills, such as walking forwards and backwards, climbing, hopping and balancing.

Ride-on toys are very popular. Children learn to ride a tricycle or a balance bike.



**2.5–3 years**



## 4–6 years

Between the ages of four and six, most children have reached the point by which they want to and can learn to ride a bicycle.

Children gradually develop a feeling for their own capabilities and boundaries through their various movement experiences, reducing the risk of having an accident. Simultaneously, children of this age also begin to develop an initial awareness of danger.

As the scope of activities widens, the locations where accidents can occur also shift. Although most accidents still take place at home, from around the age of four, leisure and sports accidents occur more frequently – especially those involving falls and collisions. Until the child learns how to swim, drowning accidents are still one of the most serious accident risks.

Here are some safety tips for situations in which accidents commonly occur among children of this age group:

- » Arts, crafts and DIY
- » Bathing and swimming
- » Playing outside
- » Barbecuing and picnicking
- » On the way to nursery
- » Handling animals

3–6 years

# Arts, crafts and DIY



- » Familiarise your child with the safe use of tools and equipment.
- » Make a safe workstation and use child-friendly tools.
- » Keep a distance from children when using electric or petrol-operated tools and garden tools. Never leave tools lying around, even if only for a brief pause while working.
- » Do not use any harmful paints or varnishes.





3–6 years

# Bathing and swimming



- » Always supervise your child in and around water, even if they already know how to swim.
- » Teach your child how to swim at an early age.
- » Do not leave your child in charge of another (younger) child. They are not sufficiently capable of reacting appropriately in the event of an accident.
- » Do not rely on arm bands and other swimming aids. They do not provide sufficient protection against drowning.
- » Go through swimming safety rules together with your child.

3–6 years

# Playing outside



- » Assemble play equipment according to the instruction manual and check regularly for wear and tear and defects.
- » Make sure that your child wears suitable clothing, shoes and protective gear when riding a scooter, balance bike or bicycle.
- » Remove helmets, scarves and necklaces from the child when climbing. The strap could tighten dangerously at the neck.
- » Remove poisonous plants and mushrooms.
- » Only allow one child at a time to jump on the trampoline with guidance and under supervision.
- » Secure water points, water butts, ponds and pools in the garden.







3–6 years

# Barbecuing and picnicking

- » Choose a safe area to barbecue or picnic that is appropriate for children.
- » Do not let your child play next to the barbecue and explain to them that they should keep enough distance.
- » Place your barbecue in a stable location that is protected from the wind as much as possible.
- » Never light the barbecue with liquid fire accelerants.
- » Cover drinking glasses and only let your child drink out of a straw or a water bottle, so that they do not swallow any insects.



3–6 years

# On the way to nursery



- » Be a good role model to your child and demonstrate good road safety behaviours.
- » Show your child and practice with them how to behave as a pedestrian (“stop, look and listen”).
- » Make sure your child wears bright clothing with reflective material.
- » Choose the safest way to nursery, not the shortest.
- » Strap your child into a suitable child car seat in accordance with regulations, even for short journeys.





3–6 years

# Handling animals



- » Before purchasing a pet, inform yourself of the characteristics and needs of the animal.
- » Do not leave the child alone with pets; even trusted animals can react unexpectedly.
- » Familiarise your child with the mannerisms, temperament and characteristics of animals at an early age and in an age-appropriate way.
- » Practice the correct, respectful way of handling an animal with your child.

# When buying children's products and toys

## Shopping "with all your senses"

Get a comprehensive picture of quality and safety by shopping for toys with all your senses. Take a close look at the toy, reading the labels, warning information and safety instructions. You can find more information on safety instructions, test seals and children's products and toy standards in our product database.

Pay attention to the manufacturing quality, **safety symbols** and **warning information**



Hearing

Noisy toys can become a hazard

Keep away from **strong smells**



Smell

Taste



The surfaces must be sweat and **saliva-proof**

Beware of sharp, **pointed corners** and **edges** and shake the toy to find any loose parts

Touch



# First aid

## Important rules and procedures



- » The most important rule with all accidents: **Remain calm!**
- » **Calm the child and save them from immediate danger.**
- » **Quickly obtain an overview of and secure the dangerous area.**
- » **Examine the child for injuries, checking their breathing and heartbeat.**
- » **If necessary, begin mouth-to-mouth and CPR.**
- » **Do not leave the child alone and call for help.**
- » **In case of cardiac or respiratory arrest always call the emergency number 112.**

**More information can be found in our brochure  
“First aid – Accidents in children.  
The quick guide for every household.”**

[www.kindersicherheit.de/service/bestellservice.html](http://www.kindersicherheit.de/service/bestellservice.html)





# Legal information

**Additional information on growing up safely and healthily can be found at:**

[www.kindergesundheit-info.de](http://www.kindergesundheit-info.de)  
[www.kindersicherheit.de](http://www.kindersicherheit.de)  
[www.kindersicherheit.de/produktsicherheit/datenbank.html](http://www.kindersicherheit.de/produktsicherheit/datenbank.html)  
[www.bfr.bund.de/de/apps\\_vergiftungsunfaelle.html](http://www.bfr.bund.de/de/apps_vergiftungsunfaelle.html)

**The German Federal Association (Bundesarbeitsgemeinschaft – BAG) Mehr Sicherheit für Kinder e.V.**

The BAG is a national professional network for the prevention of accidents involving children. The non-profit association would like to bring the topic of accidents involving children into public awareness and strives to reduce the high rate of accidental injuries in Germany.

## **Contact**

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## **Order address**

[www.kindersicherheit.de/service/bestellservice.html](http://www.kindersicherheit.de/service/bestellservice.html)

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