

## Kitchen Safety

This leaflet provides advice on how you can help keep your child with challenging behaviour safe in the kitchen. The Children's Occupational Therapy Service offers a range of leaflets with advice on how to keep your child safe - call 020 8274 6854 for further information.

Children with challenging behaviour may have little awareness of danger and may need ongoing protection from harmful substances and hazardous items. You may wish to alter cupboard and door locks and handles of doors and cupboards in the kitchen for your child's safety.

### General considerations

- Lock away dangerous items in the kitchen, for example knives, medicines or dangerous liquids.
- Store dangerous items out of reach of children.
- Electric cookers are safer than gas cookers.
- A stair gate or stable door at the kitchen door may be a good option, so you can keep an eye on your child and keep them safe outside the kitchen.
- Consider high handles so that your child cannot open the door independently, or fit a loop and catch at the top of the cupboard door.
- A gas key can be used to cut off the gas supply when not in use.
- You should consider fire safety and escape routes, when fitting any locks.

### Examples of possible solutions

#### Locks:

- The Air Clip is a gadget that clips across the top of the door and keeps the door slightly open. It helps to keep your child out of the kitchen. There is no key and the clip has a quick release mechanism for adults. This is simpler and safer than locking doors.
- Magnetic Locks are child proof locks for cupboards and drawers. They are secure, concealed and impossible for the child to open without the magnetic key. It is also possible to deactivate the lock temporarily.
- Appliance locks prevent children from opening appliances such as the fridge, microwave and oven.

**Cooker top guards** prevent children from accessing the cooker hobs. This will only work for smaller children.

**Oven Guards** keep your child from touching hot oven doors.

## Examples of Suppliers:

- Fledglings – advice and information for children with special needs.  
[www.fledglings.org.uk](http://www.fledglings.org.uk) 0845 458 1124
- Kid Rapt – child safety [www.childsafety.co.uk](http://www.childsafety.co.uk) 01582 493 382
- Child Alert – child safety [www.childalert.co.uk](http://www.childalert.co.uk) [info@childalert.co.uk](mailto:info@childalert.co.uk)
- Safe Tots – child safety [www.safetots.co.uk](http://www.safetots.co.uk) 01438 728 888
- Plug Lock – plug socket cover [www.pluglock.co.uk](http://www.pluglock.co.uk) 01535 646 071
- A and E Squire LTD – locks [www.nichelocks.com](http://www.nichelocks.com) 01922 476 243
- Croydon Equipment Solutions Ltd: You can receive specialist help and advice as well as view items at the equipment shop, open Monday to Friday, 9am to 4.45pm, at 28 Boulogne Road, Croydon, CR0 2QT.  
Tel: 020 8664 8860.

The lists of companies provided in these information leaflets are not approved lists. Croydon Council and Croydon Health Services accept no liability with regard to any purchases from the companies listed. The list of companies provided is not exhaustive.

### Your questions and comments:

PALS offers assistance, advice and support for patients and their families. The PALS office is open to callers from 9am to 3.30pm, Monday to Friday. Telephone number 020 8401 3210.