

Because I'm a growing baby  
I like to reach out and grab things



I might grab  
your hot drink  
and get burnt

# Because I'm a growing baby

# I like to reach out and grab things

## Aims and objectives

Recognise burn and scald injuries that could occur to babies from hot drinks

## Resources

- Resource Flash card
- A mug
  - Take away cup
  - Cooking thermometer

## Activity/Session

Parents/carers discuss experiences of managing hot drink's, at home and visiting others

## Outcomes

Learners to be able to:  
Understand consequences of a hot drink injury, recognise how/why hot drink injuries could occur. Consider risk reduction and preventive ideas.

## Session notes

### How might babies get scalded by hot drinks?

- If you have a hot drink while holding or breast feeding your baby they can reach out and grab it or make a sudden movement, jerk or nudge your arm
- By passing drinks over babies' head whilst they are being held, or are in a baby seat or bouncer chair
- Baby grabbing and pulling a table cloth with a hot drink on it

### How can you do to stop this type of accident from happening?

- Before you have a hot drink put baby in a crib, baby chair, on the floor or give to someone else to hold
- Put hot drinks far back on the worktop or table out of babies reach
- Consider places that would be safe in you home to put your hot drinks as your child crawls then walks, that would be out of their reach
- If you attend a baby group have a hot drink before you go, or put your baby in a pushchair whilst you have your drink

### What other ways might a baby be badly burned?

- From milk or drink that is too hot. If you use a microwave to heat, shake the bottle and test the temperature before you give it to your baby – it should feel neither hot nor cold.
- From hot bath water. Put the cold water in first and top up with hot.
- Test the temperature using your elbow before you put your baby in – it should feel neither hot nor cold

\* Additional resource ideas to help deliver your session

### Surprising facts

- Babies naturally reach out and grab things that catch their eye
- They are attracted to moving objects – like your mug
- Even small babies wriggle about and nudge you or make a sudden grab for something
- Hot drink scalds are the number one cause of burns injuries among young children
- Babies have thin skin so a hot drink can still burn up to 15 minutes after its been made