

# Safety Plan for No Unsupervised Contact

How are you going to keep your child safe? How are you going to facilitate supervised contact?	When will this be done?	Give more details of how this is going to be done:
No unsupervised contact	When child is immobile	<ul style="list-style-type: none"> <li>Placing baby in a different room to your person- what resources can you use to facilitate this? <b>High chair, cot, bouncer...</b></li> <li>Would the use of cameras, that are only connected to your phone, be useful? You can keep an eye on baby and make sure that no unsupervised contact is taking place, whilst not being in the room. <b>These are beneficial in some circumstances and not others, please follow what is right in your own situation.</b></li> <li>Use of a normal baby monitor- <b>Take the baby monitor around with you so that you can hear any noises around your baby.</b></li> <li>Planning ahead of time- <b>pre-plan what an event might look like so it is not obvious to others that you are deliberately not leaving your person alone with your child. For example, you need to go to the toilet when at a friend's house, who doesn't know the situation. Ask your friend if they would like a cuddle with the baby and then your person slips out to get a drink of water at the same time.</b></li> </ul>
	When child is mobile but still small	<ul style="list-style-type: none"> <li>What resources can you now use to help you leave the room but still facilitate unsupervised contact? <b>Foam tiles, play pen, cot and other play equipment. Cameras might be used to ensure no unsupervised contact happens in some cases, in others, partner to go into the other room with you.</b></li> <li>Planning ahead of time- <b>pre-planning events so that you are able to use the toilet beforehand, in a place where it is able to facilitate supervised contact. Partner to be the one to make errands to the car when needed. You could even pop to the toilet, or do what you needed to do, whilst partner runs the errand.</b></li> </ul>
	When child is mobile and more independent	<ul style="list-style-type: none"> <li>When child is potty training, or is potty trained, use these times to go to the toilet yourself. <b>Do the same when you are out with people who don't know the situation- it is easier to slip away and do something else, with your child, when you have already left to go to the toilet, than it is to go back and then need to take them away after to do something else.</b></li> </ul>

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		<ul style="list-style-type: none"> <li>When child is able to open doors for themselves, things get a little trickier. Use of baby gates are going to be vital at this point.</li> <li>If you have a support network, make sure to use it proactively. <b>Could grandparents be cleared to supervise so they can attend a football game with your child and your person for example? This would give you a break and would also allow child some separate time with your person whilst still being supervised.</b></li> </ul>
	Ongoing	<ul style="list-style-type: none"> <li>What members of your safety circle will step in if needed in the situation that you need to be hospitalised?</li> <li>No personal care of child to be carried out by your person.</li> </ul>
Teach child about how to prevent sexual abuse on an age appropriate level.	Ongoing at age appropriate levels	<ul style="list-style-type: none"> <li>Using 'Pantasourous' resources and the 'smart' rules</li> <li>Having a strong, open relationship with child so they are able to confide in you- <b>how are you going to/are doing this?</b></li> <li>Decide whether you think it is appropriate or not for your child to be given an age appropriate explanation on your your person has done. <b>This is 100% dependent on each individual situation and there is no right or wrong.</b></li> <li>Allow your child to have control over who they choose to hug. <b>Teach child that they decide who hugs them, it is ok to say no. Teach them that they can always come to talk to you if something doesn't feel right.</b></li> <li>If you are able to, facilitate a close relationship between child and safety circle. This will give child more people to confide in if they are unsure of something. <b>How/is this possible for you?</b></li> <li>Create an environment where child feels safe to ask questions.</li> </ul>
<p>Look into courses that can help you understand the offence more.</p> <p>How are you going to boost your safeguarding knowledge?</p>	Ongoing	<ul style="list-style-type: none"> <li>Have a look at online courses that can help- <b>there are helpful resources for this on our website. Some of the resources are suitable for you or your person and some are focused more on helping your child.</b></li> <li>Can you get members of safety circle to do courses and researches also?</li> <li>Work with Children's Services- combine knowledge together to keep your child safe, whilst still facilitating a relationship with your person.</li> </ul>