

# Holiday safety guidelines for parents



## Getting the holiday feeling

Holidays are a time for both parents and children to relax and have fun. For the adults it is a time to recharge their physical and emotional batteries after months of hard work.

But when experiencing the holiday feeling, there is a tendency to allow children more freedom than usual—they are often encouraged to entertain themselves to give adults some time to relax. This is where conflicts arise, as the less children are supervised, the higher the risk of an incident occurring.

It is important that parents get the right balance between enjoying adult time and ensuring children are appropriately supervised. The best guidance has to be age appropriate and bespoke to the child's own needs. In general, the younger the child the more they need to be watched. As a guide, children under 8 should be supervised by a trusted adult at all times. Children aged 11 and older can be given a little more freedom.

**Here are some basic, easy to remember guidelines for both parents and children:**

## Adult ABC

- A** **Arrange a meeting point** in case your child gets lost. Consider a central point, a reception desk or identifiable place on the beach.
- B** **Be vigilant.** With younger children, always ensure a trusted adult can see them at all times.
- C** **Carry contact details.** Identity bracelets can be widely purchased for children, or attach a label with your mobile number and the address of your hotel to your child's clothing.

## Children's safety plan

If approached by someone they don't know, or they feel under threat in any way, make sure they...

**YELL** to attract attention  
**RUN** away from danger  
**TELL** an adult immediately

**These plans should be discussed well in advance of the holiday. It is important that children are aware of dangers but not frightened by them — play out scenarios at home to build their confidence. Have a great holiday!**