Bedroom Safety for Children with Challenging Behaviour

This leaflet provides advice on how you can help keep your child with challenging behaviour safe in their bedroom. 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 need supervision 24 hours a day, including when sleeping or playing in their bedrooms. Children may be inclined to wander at night while parents are sleeping, which could be unsafe. Furniture and toys may also need to be more durable.

General Considerations:

- Where there are difficulties with your child jumping on the bed or being at risk of injuring themselves on furniture, try a mattress on the floor with limited furniture in the bedroom.
- Limit the sensory stimulation in the room so that your child is prompted to sleep at night time. For example, limit stimulating toys in the room and use black out blinds to reduce light disturbance.
- Consider optimal use of bedrooms so that if possible, your child with significant challenging behaviour can have a separate bedroom to minimise disruption to your other children.
- Where there are incontinence issues, advice can be sought from your health visitor or school nurse services. Waterproof sheeting and bedding that can withstand high washing temperatures may be helpful.

Examples of Possible Solutions:

- Tough mattresses and heavy duty reinforced bed frames are available. Some beds can be fixed to the floor to secure them down.
- **Tough Furniture's** Tough Plus Bed can be fixed to the floor and has a moulded plastic protection tray for easy hygiene maintenance. Waterproof and high durability mattresses are also available.
- Transportable Bed Surrounds, such as **Kinderkey's** Pippin Traveller, form protective sides around a standard mattress.
- **Kinderkey Healthcare's** Bed Surround keeps your child safe at night with soft sturdy sides around the mattress.
- **Safe Spaces** provide the Cosyfit Sleep System, which is a high sided padded sleep or play area. These are portable so could be useful for children who receive respite care.
- Padded walls may be necessary in extreme circumstances. Padded gym mats attached to the walls with Velcro may be a successful solution.

- Safe Spaces are soft, safe environments designed to offer a high level of physical safety for children with challenging behaviour. Each Safe Space is custom made to fit inside an existing room.
- Incontinence issues: A range of water resistant washable products are available, including duvets, pillows, mattress covers, sleeping bag liners, absorbent bed pads and breathable bedding protection.

Examples of Suppliers

Beds, Surrounds and Mattresses:
- **Tough Furniture** – strong furniture for challenging care environments. www.toughfurniture.com 01588 674 340
- **Endure Link Design** – furniture for demanding environments. www.endura-furniture.co.uk 0800 212 709
- **Solk Furniture** – heavy duty furniture. www.solk-furniture.co.uk 0113 243 4073
- **Kinderkey Healthcare** www.kinderkey.co.uk 01978 820 714
- **Link Design** - robust furniture and waterproof beds and mattresses. www.linkdesign.co.uk 01584 877 167

Gym mats:
- A range are available through companies such as www.amazon.co.uk

Safe Spaces:
- **Safe Spaces**, www.safespaces.co.uk 01706 816 274

Incontinence:
- **ERIC**(Education and Resources for Improving Childhood Incontinence), www.eric.org.uk 0845 370 8008
- Please seek advice from the nursing services, for example Health Visitor or School Nurse.

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 an exhaustive list.

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.