Little feet, safe at home

A story about windows and balconies

Authored by Fiona Jane Garrett MCIPR



NO MORE FALLS

JOSH'S LEGACY

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Foreword

From Joshua's mum

My son, Joshua Robbins, was 23 years old when he died in January 2026 following the failure of a communal safety railing at his home in Holborn, London. He should have been safe in his own home.

I cannot bring Josh back. But I can work to help protect other families.

I founded No More Falls - Josh's Legacy because no other family should have to experience this loss because a safety barrier failed. My campaign calls for proper inspection, maintenance and testing where risk requires it, with clear records showing that barriers remain safe.

I created this book as part of that work. Through gentle language and familiar activities, it helps children learn about windows, balconies and asking a grown-up for help. I hope it will support calm conversations, read together at a pace that suits each child.

Keeping children safe is always an adult responsibility. This story must sit alongside supervision, suitable window safety measures and properly maintained balconies and barriers.

Josh is at the heart of this campaign. I want his legacy to help others live safely in the places they call home.

Thank you for reading this story with a child you care about, and for supporting No More Falls.

Fiona Jane Garrett MCIPR
Joshua's mum
Founder, No More Falls - Josh's Legacy

My home above the ground



Today, my grown-up and I are learning about my home.

Our home is above the ground.

We find safe places to look and play.

I stay back and ask my grown-up.

Looking outside



Windows let light into my home.

I can look through a closed window with my feet on the floor.

Glass is for looking through, not leaning on.

I stay back and ask my grown-up.

An open window



An open window has a gap.

Someone could fall through the gap and get hurt.

I stay back from an open window and ask my grown-up.

I stay back and ask my grown-up.

My place to play



Next, we find my indoor play space, away from windows.

Beds, chairs and toy boxes stay away from windows.

I can use my tablet, play games or watch TV here.

I stay back and ask my grown-up.

Balconies with my grown-up



Before we go onto a balcony, I wait for my grown-up.

My grown-up decides whether we can go outside.

My grown-up stays with me.

I stay back and ask my grown-up.

Back from the railing



There is a drop beyond the railing.

I stand back. My feet stay on the floor.

I do not climb, sit or lean on the railing.

I stay back and ask my grown-up.

Cold and icy weather



Sometimes it is frosty or icy outside.

The floor can be slippery, even if I cannot see the ice.

I wait indoors while my grown-up finds a safe way.

I stay back and ask my grown-up.

Halloween and Christmas





I help decorate indoors with my grown-up at Halloween and Christmas.

My feet stay on the floor.

I do not stand on chairs or lean out to hang decorations.

I stay back and ask my grown-up.

My tablet and games



We use our tablet and games indoors, away from windows.

Things that fall can hurt someone below.

If something falls outside, I leave it and ask my grown-up.

I stay back and ask my grown-up.

Keeping our pets safe



If a pet goes onto the balcony or beside an open window, I tell my grown-up.

I do not chase or reach for the pet.

My grown-up helps the dog and cat play safely indoors.

I stay back and ask my grown-up.

I can ask for help



If a window or railing looks broken, or I am worried, I move away.

I tell my grown-up. I do not touch or test it.

I can say, point or show: "Help, please."

I stay back and ask my grown-up.

Me and my grown-up

My grown-up and I can use words, drawings, photographs or symbols to fill in this page.

My name

Write or draw my name

My grown-up

Their name or a picture

My indoor play space

Where I can play away from windows and balcony edges

How I ask for help

My words, picture, gesture or communication device

I can ask for help in my own way.

For grown-ups

Read and personalise together

A shared-reading starting point for children roughly aged 4-8. Adapt it to the child's understanding, communication and home. Explain "edge", "railing" and "back" from a safe place. Read at a calm time. Accept speech, pointing, signing, pictures or devices; pause if the child is worried or confused.

Adults make the environment safe

Children are not responsible for preventing falls or deciding whether a balcony is safe. Keep beds, chairs, toy boxes and other climbable objects away from windows and balcony edges. Arrange suitable locks or restrictors while preserving emergency escape. Keep emergency keys accessible to adults. Do not show children how to bypass safety devices.

Supervision accompanies physical safeguards

Supervise balcony use and secure balcony doors when not in use. An adult nearby cannot replace suitable safety measures, competent inspection or repairs. If a barrier, balcony or walkway may be unsafe or is closed for repairs, prevent access. Fresh paint or a tidy appearance does not prove structural safety.

If something may be damaged

Keep children and pets away and contact the landlord or building manager promptly, using the emergency repair service when needed. Do not push, shake or otherwise test a barrier, fit makeshift protection, or lean out to retrieve belongings. Children should report a concern, not search for defects.

Pets, winter weather and decorations

Prevent pets accessing open windows or unsafe balconies. Supervision alone does not make a balcony safe for a cat. Adults manage pet access and retrieval from a safe position. Avoid icy routes. Keep decorations away from hazardous edges, keep exits clear and follow electrical safety instructions.

If there is immediate danger

Call 999 when someone is in immediate danger or urgent emergency assistance is needed. Avoid the affected area, including below anything that might fall.

Check what the pictures communicate

Ask the child what they notice and what the rabbit could do next. Use the accompanying reader-feedback pack to record confusion or distress and improve the resource. Never approach a hazard to demonstrate a lesson. Choose when, or whether, to share the adult foreword with the child.

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A gentle story to read together

Explore windows, balconies and safe places to play with a little rabbit and its grown-up. Talk about asking for help, looking after pets, cold weather and decorating safely.

Keeping children safe is always an adult responsibility.

Authored by Fiona Jane Garrett MCIPR

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Safety guidance informed by Child Accident Prevention Trust, RoSPA and Blue Cross. Guidance references and review checks accompany this edition.

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An independent No More Falls resource