

This Joint Child Death Overview Panel (CDOP) reviews the deaths of children aged 0-18 years, in order to learn lessons and share findings for the prevention of future deaths. This Joint CDOP aims to use the findings to make actions and recommendations to improve the health and safety of children across the area. From what we know the initiatives below will contribute to preventing the deaths of children/young people.

## PREVENTING INJURIES & DEATHS IN CHILDREN & YOUNG

### PEOPLE: April 2020 Newsletter

#### LullabyTrust – Supporting Families during COVID 19

During the coronavirus (COVID-19) outbreak we appreciate that supporting families in the usual way will prove difficult. We are working to provide up-to-date advice and guidance on coronavirus (COVID -19) both during pregnancy and for families with babies.

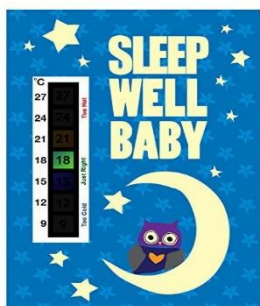
Although there is no research evidence on COVID-19 during pregnancy or for parents and carers of a baby or young child, we have put together some advice and guidance for both [professionals](#) and [parents and carers](#).

These include [FAQs](#) designed to try to answer some questions parents and carers may have such as:

- 'How do I self-isolate and keep my baby safe'
- 'Should I bedshare if I am unwell?'
- What do I do if my baby has a temperature?
- Can I still breastfeed if I have coronavirus (COVID -19)?

#### Don't let your baby get too HOT or too COLD

It is important to make sure that your baby's room is a comfortable temperature, not too hot or too cold. The chance of Sudden Infant Death Syndrome (SIDS) is higher in babies who get too hot, so try to keep the room temperature between 16 -20°C. Use a room thermometer - it can be difficult to judge the temperature in the room, so use a room thermometer in the rooms where your baby sleeps.



#### How to check if your baby is too hot or too cold

Feel your baby's tummy or the back of their neck, your baby's hands and feet will usually be cooler, which is normal. If your baby's skin is hot or sweaty, remove one or more layers of bedclothes or bedding. Babies who are unwell need fewer, not more bedclothes. Babies do not need to wear hats indoors, nor sleep under a duvet or quilt.

#### Child Safety Week: 1ST – 7th June 2020

Child Safety Week is run by the Child Accident Prevention Trust (CAPT) to raise awareness of the risks of child accidents and how they can be prevented. This year's Child Safety Week runs from Monday 1st to Sunday 7th June 2020 and the theme is Safety makes sense!

The CAPT website provides useful information and safety advice about the main causes of accident and injury such as button batteries, choking, drowning, in-car safety, toy safety, burns and scalds. For more information and safety tips, visit the website [www.capt.org.uk](http://www.capt.org.uk)