

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: February 2020 Newsletter



THE LULLABY TRUST SAFER SLEEP WEEK: 9TH-15TH MARCH 2020

Sadly, around 4 babies a week still die from sudden infant death syndrome (SIDS) and if all parents were aware of safer sleep advice many lives could be saved. Safer Sleep Week aims to reach as many families as possible with life-saving safer sleep advice to raise awareness of SIDS and equip parents with information on how you can reduce the risk. For more information and advice please visit www.lullabytrust.org.uk

The safest place for a baby to sleep is on their back, in a Moses basket or cot in a room, with the parent or carer, for the first six months - this advice is the same for all times of the day and night when the baby is sleeping

Papyrus

Papyrus www.papyrus-uk.org provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through the helpline, HOPELINEUK. For confidential support and practical advice you can call 0800 068 4141 text 07786 209 697 or email pat@papyrus-uk.org.

Opening hours are 10am – 10pm weekdays, 2pm – 10pm weekends and 2pm – 10pm bank holidays.

THE DANGERS OF WINTER COATS & CAR SEATS

With the drop in temperature, you may add additional layers or a winter coat to protect your child from the elements, but a bulky coat and a car seat can be a dangerous combination. There are ways to safely transport your child in a car seat while still keeping them warm. Winter coats should not be worn underneath a car seat harness because this can leave the harness too loose to be effective in the event of a crash. It's important that the harness is tight enough so that you can't pinch the webbing between your thumb and forefinger. Extra slack in the harness can let the child move to the point where he or she is beyond the protection of the car seat, increasing the risk of the child being ejected during a crash.



For smaller children, put a blanket over them to keep them warm. Only use aftermarket covers, essentially fitted blankets, designed to give additional warmth that are approved by the car seat manufacturer for your specific car seat. Such covers have been tested with the seat and won't compromise your child's safety. For a bigger child, after securing him or her in the car seat, turn the coat around and put it on backward (with arms through the armholes), so the back of the coat serves as a blanket resting on top of the harness.