

## Kingston and Richmond Child Death Overview Panel Newsletter – May 2018

### Welcome

The Joint CDOP is pleased to share with you a range of information to help reduce the risk of child deaths in Kingston and Richmond. Please share this newsletter widely.

### Local Learning in focus: Safe Sleeping

Promotion of safer sleep advice remains a key priority both locally and nationally. It is important for babies to sleep safely for each and every sleep. The Lullaby Trust has comprehensive advice for both parents and professionals to help reduce the risk of Sudden Infant Death Syndrome (SIDS) across a wide range of topics including sleeping products and baby summer safety. For the full range of resources please visit:

<https://www.lullabytrust.org.uk/safer-sleep-advice/>

Meanwhile here are the Lullaby Trust's quick tips for safer sleep:

Things you can do:

- ✓ *Always place your baby on their back to sleep*
- ✓ *Keep you baby smoke free during pregnancy and after birth*
- ✓ *Place your baby to sleep in a separate cot or Moses basket in the same room as you for the first 6 months*
- ✓ *Breastfeed your baby*
- ✓ *Use a firm, flat, waterproof mattress in good condition*

Things to avoid:

- X *Never sleep on a sofa or in an armchair with your baby*
- X *Don't sleep in the same bed as your baby if you smoke, drink or take drugs or are extremely tired, if your baby was born prematurely or was of a low birth-weight*
- X *Avoid letting your baby get too hot*
- X *Don't cover your baby's face or head while sleeping or use loose bedding*

Unicef also provides helpful leaflets for parents and accompanying guide for professionals on caring for your baby at night. These can be downloaded here: <https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/leaflets-and-posters/caring-for-your-baby-at-night/>

### Shooting Star Chase Children's Hospice

Children's Hospice week runs from 21-27 May so we thought we'd highlight the important work of our local hospice Shooting Star Chase, which cares for babies (including neonates), children and young people with life-limiting conditions, and their families. You can find out more here: <https://www.shootingstarchase.org.uk/>

### Training opportunity: end of life care in children

Kingston Hospital is holding a study day on 19<sup>th</sup> June 2018 from 8:30 a.m. to 16:30 p.m. on 'A practical approach to end of life care in children'. The cost for the training is £25 which includes refreshments and lunch. To book a place please email Hind Thomas at: [hindhthomas@nhs.net](mailto:hindhthomas@nhs.net)

### Child Safety Week 2017

Child Safety Week runs 4-10 June 2018. This year's theme is **Safe children: together we've got this!**

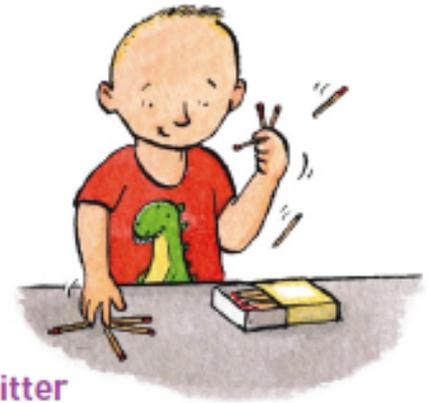
For further information and ideas for local awareness-raising activities please visit:  
[www.childsafetyweek.org.uk](http://www.childsafetyweek.org.uk)

Please also circulate and display the information for parents overleaf.

## Child Safety Week - 4-10<sup>th</sup> June 2018

Download a free parents' pack from the Child Accident Prevention Trust at <https://www.capt.org.uk/csw-parents> for more information on reducing the risks of accidents from burns, choking & strangulation, poisoning, falls, road accidents, and drowning. Here's their advice on fire safety:

# Stay tuned into fire safety



**"We were going out for dinner with friends and the babysitter had already arrived. I'd only had about 15 minutes to get ready after getting the kids down so I was really rushing. I went back into the bedroom to grab something and realised I'd left the hair straighteners on. I'd chucked them on the bed thinking I'd turned them off. There was a brown line on the cover where they had just started to burn through. Can't bear to think what might have happened."**

The smoke from a fire can make you unconscious while you sleep and can **kill your child in less than a minute.**

### Prevent fires

- Keep matches and lighters out of sight and reach of young children
- Stub your cigarette out properly and avoid smoking if you're really tired (or in bed) - you may fall asleep with it in your hand
- Change your chip pan to an electric one if you can. If not, never fill the pan more than half full
- Store your hair straighteners safely. A growing number of house fires are caused by hair straighteners left switched on
- Take care not to overload electrical sockets. For example, if you use the combination of a toaster and a kettle on an extension lead running from one socket, it's dangerously overloaded.

### Plan your escape

- With your family, work out the best route for you to get out of the house. Talk about it together and make sure everyone knows what to do in an emergency
- Keep the stairs and the escape route clear of clutter at night
- Keep keys to any doors on your escape route in one place so you know where they are in an emergency.

### Check your smoke alarms

- You need a working smoke alarm both upstairs and downstairs, to warn you quickly if a fire starts
- Test your alarms every month
- If your alarm keeps going off while you're cooking, don't remove the battery - the chances are you'll forget to put it back. Instead move it further away from the kitchen or fit one that has a silencer button
- Encourage children to get involved in testing the smoke alarms.

### Find out more and share

Follow us on Facebook and share with friends and family:

[www.facebook.com/ChildAccidentPreventionTrust](https://www.facebook.com/ChildAccidentPreventionTrust)

Visit the safety advice section of the Child Accident Prevention Trust website:

[www.capt.org.uk](https://www.capt.org.uk)