

## **Kingston and Richmond Child Death Overview Panel Newsletter – December 2017**

### **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.

### **Suicide Prevention**

World Suicide Prevention day was held on 10<sup>th</sup> September 2017 and the theme was 'take a minute...change a life' aimed at encouraging people to take a minute to make a positive impact on someone's life.

It is important that we all acknowledge the various things that can impact on children's emotional wellbeing for example academic pressures, friendships & relationships, social media etc. We can all help promote dialogue and encourage others to seek assistance in times of distress.

Please visit the following organisations' websites for support and guidance:

<https://www.papyrus-uk.org/>

<https://youngminds.org.uk/>

To enrol in Mental Health First Aid training visit: <http://kingstonandrichmondscb.org.uk/training.php>

### **Carbon Monoxide**

Carbon Monoxide (CO) awareness is important all year round. Poorly maintained appliances such as gas barbeques and boilers can cause carbon monoxide poisoning, which can be fatal. For further information see the advice given on the Gas Safe Register website: [www.gassaferegister.co.uk](http://www.gassaferegister.co.uk)

Carbon Monoxide poisoning is also a significant risk to health after a flood, and Public Health England warns to never use petrol or diesel generators indoors when pumping out water or drying homes. Using temporary heaters or generators to pump water out in enclosed spaces increases the risk of carbon monoxide poisoning. Petrol- or diesel-powered generators, dehumidifiers and pressure washers should never be used indoors without adequate ventilation as their exhaust gases can build up and kill. For further information and advice around Carbon Monoxide Alarms and what to do if you think you have a Carbon Monoxide leak please visit [www.fireservice.co.uk](http://www.fireservice.co.uk)

The early symptoms of carbon monoxide poisoning can mimic many common ailments and may easily be confused with food poisoning, viral infections, flu or simple tiredness. Symptoms to look out for include: · headaches or dizziness · breathlessness · nausea · loss of consciousness · tiredness · pains in the chest or stomach · erratic behaviour · visual problems. For more information visit <http://www.nhs.uk/conditions/carbon-monoxide-poisoning/pages/introduction.aspx> or telephone NHS Direct on 0845 4647

Public Health England have developed a useful leaflet [Floods - How to clean up your home safely](#) which provides further information. Latest alerts and general advice on flooding is provided the Environment Agency

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### **Royal College of Paediatric and Child Health: State of the Child Health Report 2017**

This report looks at a comprehensive list of 25 measures of the health of UK children, ranging from specific conditions such as asthma, diabetes and epilepsy, risk factors for poor health such as obesity and a low rate of breastfeeding, to child deaths. The data provide an "across the board" snapshot of child health and wellbeing in the UK.

The report identifies a number of key messages and actions which chime with local learning and which local organisations can help to enact. To access the full report visit:

<https://www.rcpch.ac.uk/state-of-child-health>

## Safe Sleeping

Parents, carers and professionals can reduce the risk of Sudden Infant Death Syndrome by following the advice below to create a safe sleeping environment for babies and toddlers. It's important to follow safe-sleep advice for sleeping in the daytime and when you're away from home.



- The safest place for babies to sleep is on their back, in a cot, in their parents' room for the first six months (but not in the same bed).
- It is unsafe for adults, children or pets to share a sleeping area with your baby.
- Adults sharing a bed with a baby can accidentally roll too close or onto a baby whilst asleep. There is a higher risk of this occurring if you have taken medication, alcohol or are excessively tired. Co-sleeping is also linked to an increased risk of SIDS if a baby was born prematurely or was of low birth-weight (under 2.5kgs).
- Adult beds, sofas and armchairs are not safe for sleeping babies. Never sleep on a sofa or armchair with your baby.
- Soft bedding such as pillows, quilts and duvets increase your baby's risk of SUDI and suffocation.
- Soft toys and other objects such as cot bumpers and sleep positioners should also not be placed in cots – a clear cot is a safe cot. Use a firm, waterproof, well fitting mattress in good condition. Make sure any covers are tucked in, reaching no higher than the baby's chest so that they do not slip over the baby's head.
- Keep baby's head uncovered and place your baby on their back in the 'feet to foot' position. A baby sleeping on their front or side greatly increases the chance of SIDS.
- Overheating can increase the risk of death while your baby is sleeping. Babies can overheat due to too much bedding or if the room is too hot. Use lightweight blankets. If you fold a blanket in half, it counts as two blankets.
- Babies do not need hot rooms and it is rare for their room to need to be heated all night. The room temperatures should be between 16c and 20c.
- Don't worry if your baby's hands feel cold. This is normal. Check their tummy and if it feels hot remove some of the bedding.



- Do not smoke in pregnancy or in the same room as your baby. Smoking by either parent during pregnancy greatly increases the risk of sudden infant death. Newborn babies are at increased risk of SIDS if they are exposed to cigarette smoke. Do not let anyone smoke in the same space as your baby. For help and advice to stop smoking, try the NHS Smoking Helpline on 0800 0224 332 or visit the website <http://smokefree.nhs.uk/>
- Breast feed your baby if you can. Breastfeeding has been associated with a lower SIDS rate. Help and support with breastfeeding can be accessed by visiting the following website:  
<http://www.nhs.uk/conditions/pregnancy-and-baby/pages/breastfeeding-help-support.aspx#close>

## The Lullaby Trust

The Lullaby Trust are a charity that provides specialist support for bereaved families, promotes expert advice on safer baby sleep and raises awareness on sudden infant death. For further information or advice please visit their website:

<http://www.lullabytrust.org.uk/>

Or call their help and advice line on 0808 802 6869.