

CDOP NEWSLETTER

Suffolk Child Death Overview Panel

Spring 2022



BRONCHIOLITIS

Bronchiolitis is the most common disease of the lower respiratory tract during the first year of life and can show as just mild cold symptoms. For some children the infection is worse and they may need medical attention if they have the following symptoms: difficult breathing, eating less, passing less urine, vomiting, high temperature or if their symptoms seem to be getting worse.

See this NHS guidance on bronchiolitis in children:

[NHS_Bronchiolitis_Advice_Sheet.pdf](#)

Falls and Young Children

Recent local hospital data shows that falls are reported to be the most common reason for attendance and admission for under 5s.

Here are some tips from ROSPA on safety in the home for young children: [safe-at-home-under-5.pdf \(rospa.com\)](#)

SAFETY IN THE GARDEN

As the weather gets warmer, it is great to get back into the garden and enjoy the fresh air. Here are some things to watch out for kids:

- **Garden Ponds** - Garden ponds are involved in more than half of all toddler drownings. There are ways to ensure it is safe for children, including putting a grill on top, fencing it around the sides or filling it with solid material.
- **Inflatable pools** – It is important to supervise children at ALL times when using these, and not leave children unattended even for a moment.
- **Trampolining** isn't suitable for children under the age of six because they're not sufficiently physically developed to control their bouncing. Adult supervision is no guarantee of safety as more than half of all trampoline accidents occur whilst children are under supervision. However, a trained 'spotter' can greatly reduce risk.
- **Garden tools and chemicals** – these should be safely locked away in sheds and garages.



EVERY MIND MATTERS

Research reveals that the COVID-19 outbreak has caused an increase in anxiety in young people.

Over two-fifths (41%) of children and young people said they were more lonely than before lockdown and more than a third said they were more worried (38%), more sad (37%) or more stressed (34%).

The Every Mind Matters website has advice and tips for parents on how to support children with their mental health and spot the signs that they may be struggling: [Children's mental health - Every Mind Matters - NHS \(www.nhs.uk\)](#)

Here are useful local webpages support emotional wellbeing of CYP with practical tips, podcasts with professionals such as [Wellbeing in Education Podcasts | Suffolk County Council](#) and [Suffolk Education Mental Health Lead Network | Suffolk County Council](#)

PREVENTING SUICIDE IN CHILDREN AND YOUNG PEOPLE

A reminder that the [National Child Mortality Database programme](#) made recent recommendations for frontline staff working with children to attend suicide training, that awareness be improved around the impact of domestic abuse, mental health needs and conflict at home.

The Suffolk Safeguarding Partnership have developed [7-Minute-Briefing-SSP-Suicide.pdf \(suffolksp.org.uk\)](#) and there are plenty of useful resources, advice and practical support available for both parents and children on the [Suffolk Source Website](#), the [Emotional Wellbeing Hub](#) and the [Suffolk Infolink](#).

We are promoting free online training from Zero Suicide Alliance among our professionals so please sign up [here](#).

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CHOKING ON FOOD

The Child Accident Prevention Trust have lots of good advice on mitigating choking hazards for children, including slicing grapes. Sweet items like mini eggs at Easter are worth being cautious about as they are exactly the right shape to block a small child's airway.

[Choking | Child Accident Prevention Trust \(capt.org.uk\)](#)

SAFER SLEEPING

A safe sleeping campaign was launched in January 2022 following three very sad incidents at the end of 2021 where babies died from SIDS:

[Safer Sleep - Healthy Suffolk](#)

Below is a graphic you can share to raise awareness of the risks:

Health and Wellbeing SUFFOLK safer sleeping Suffolk the lullaby trust

Six simple steps to keep baby safe

- Keep your baby smoke free
- Place your baby to sleep in a cot avoiding soft sided sleep pods/products. Never fall asleep with them on a sofa or chair.
- Breastfeed your baby if you can - support is available
- Put your baby to sleep on their back with their feet to the foot of the cot
- Keep your baby's head and face uncovered and make sure they don't get too hot
- Never lay down with your baby after drinking alcohol or taking drugs / medication that may make you drowsy

Recommended safe room temperature: 16-20°C (61-68°F)

Suffolk Safeguarding Partnership #saferleepingsuffolk

More support and information is available from Suffolk's children's centres and health visiting teams. Visit [www.suffolk.gov.uk](#)

Please do not place thermometer in cot's cot

CHILDREN & TRANSPORT

Cycling Safety

Cycling is great exercise and good for the environment. See the guidance below on cycling safely with children, helping them spot dangers and grow into independent and careful road users: [A guide to cycling on the road with children | Cycling UK](#)

Road safety - for road safety tips for children of all ages, check out this guidance from the Children's Accident Prevention Trust: [Download.ashx \(capt.org.uk\)](#)

Car Seats - the Child Accident Prevention Trust have provided some excellent guidance on car seats for children for parents who are unsure about the safest way to travel and what kind of car seat they will need: [The right car seat for my child \(capt.org.uk\)](#)

Finger food without the FEAR

Breath, chew, swallow – seems simple enough, but babies and toddlers are still learning which comes first! That's why it's so easy for food to get stuck. Things to remember:

Round food is not our friend

- Avoid round food - cut grapes, cherry tomatoes, cherries etc in half lengthways and ideally in quarters
- If you get the fruit bags with grapes when out – ask for a knife to go with it

Think long and thin

Anything smaller than a two pence piece can get stuck

- Narrow batons are best for vegetables like cucumber, carrots or celery
- Hot dogs are big culprits so cut them in half and lengthways (really narrow)
- Lumps of meat or cheese need to be cut as narrow as you can

Save the hard stuff for later

- Things like boiled sweets, ice cubes or cough sweets are too big and slippery for young children so avoid them
- Nuts, popcorn and other similar snacks are best kept until children are a bit older and more competent eaters

Take it easy, tiger

- It's never too soon to start teaching children to sit still when they eat. You're likely to sound like a stuck record, but it's worth the effort as really reduces the risk
- Remind children to chew what they have in their mouths before putting more in ... little, by little