

CDOP NEWSLETTER

Suffolk Child Death Overview Panel

Summer 2022

COVID-19 VACCINE FOR 5-11 YEAR OLDS

Healthy 5 to 11 year olds are being offered the COVID-19 vaccine and this will take place outside of school, in vaccination centres, pharmacies, GP surgeries and walk-in centres. Parents of 5 to 11 year olds will receive a letter from the NHS with further information and will be able to book an appointment.

Find a walk-in site and find more information at <https://sneevaccine.org.uk/>

Shaken Baby Syndrome

One in every nine parents in the UK may be shaking babies in response to crying which can lead to serious injury and death. Suffolk Public Health & Communities produced the '[Keep Calm Booklet](#)' to help new parents and carers to cope with their baby's crying and offer practical tips and advice, click here for detailed advice!

SAFER SLEEPING

We've developed some new guidance on safe sleeping for babies and young children following a number of tragic deaths over the winter. See [here](#) to view the new leaflet on the Healthy Suffolk website.

We have also uploaded a number of videos to the SCC YouTube channel to provide advice for parents:

Breastfeeding - <https://www.youtube.com/watch?v=07WcxvbQ9gE>

Drugs and Alcohol - <https://www.youtube.com/watch?v=5FjiUx8IBfA>

Sleep Position - <https://www.youtube.com/watch?v=NWxmAoHsveM>

Smoking - https://www.youtube.com/watch?v=tK8Oy_Pf7IQ

Staying Awake - <https://www.youtube.com/watch?v=VRc3p3MSkmq>

Room Temperature - <https://www.youtube.com/watch?v=-3Dn0D2dPc0&feature=youtu.be>



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TAKING ASTHMA SERIOUSLY

Asthma is a common condition among children. It affects 1 in 11 children in UK. It can appear at any age, but the symptoms often start during childhood. At the moment there's no cure for asthma, but with the right treatment it can usually be controlled easily. It is a common myth that a child will outgrow their asthma. In fact, 95% of children with persistent asthma still have symptoms into adulthood.

Visit www.beatasthma.co.uk to find resources for families, young people and schools, including videos, quizzes and written information, which can help to keep your child's asthma under control.

Every asthmatic child should have an action plan completed by their GP/Asthma nurse which is monitored closely to effectively manage their condition. It is a record of your child's usual asthma medications, triggers and tells you what to do if your child's symptoms are getting worse. If your child does not have an annual action plan, you need to talk to their health professional. A sample asthma plan can be found here on the Asthma UK website: <https://www.asthma.org.uk/advice/child/manage/action-plan/>,

Parents should ensure that their child with asthma has an asthma plan, and that this is reviewed and kept up to date during their child's asthma appointments. Parents should also make sure to share their child's asthma plan with their child's school or nursery to ensure they are well supported at these settings.

Never ignore worsening symptoms, for example coughing at night or using the reliever inhaler more than 2 or 3 times a week.

The symptoms of an asthma attack can take 6 to 48 hours to become serious. Spotting and treating them early could help avoid a serious attack and admission to hospital.

Read more at www.healthysuffolk.org.uk/advice-services/children/take-asthma-

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Water safety

Inflatable pools present a drowning risk for young children, and can occur silently in as little as 3cm of water. Parents should supervise children in inflatable pools at all times and empty pools when not in use. Click [here](#) for tips on water safety from the Royal Life Saving Society UK

Heatwave!

Young children are at a high risk of sun burn, dehydration and exhaustion in the summer, especially babies who are less able to regulate their body temperature than adults or older children. See NHS advice [here](#) on how to keep kids cool

Barbecues are involved in many hundreds of accidents that occur in the garden each year, mostly burns – remember not to leave children unsupervised near a barbecue! The Royal Society for the Prevention of Accidents have a list of tips on how to keep your family safe: [Barbecue-safety](#)

SWITCH OFF YOUR CAR!

Idling happens when the car or vehicle's engine is kept running while the vehicle is in an absolute stop. We do this often times just like the scenario above. Idling seems to be forgivable however, we are getting affected by it in more ways than we can even realize. Idling your car contributes to **air pollution**, even when your car isn't moving. If you keep your car off for 10 minutes, then that prevents 1 pound of carbon dioxide from getting into the air. Main impacts are:

Increase consumption of petrol so lose money

Make your car interior to smell of fumes

Damage the car's engine components which will further result to fuel inefficiency or lower gas mileage

Cause noise pollution

Impact health especially children, prone to respiratory diseases like asthma, allergies, and lung and heart problems among others

It's easy to be idle-free.

HEPATITIS

According to UK health officials, there have been a growing number of hepatitis cases reported in UK children since the start of the year.

Signs to look out for include:

- Muscle and joint pain
- A high temperature
- Feeling and being sick
- Loss of appetite
- Dark urine
- Pale, grey-coloured poo
- Itchy skin
- Yellowing of the eyes and skin (jaundice)

See your GP if your child has any persistent or troublesome symptoms that you think could be caused by hepatitis.

MYSPIRA APP

MySpira is the world's first Augmented Reality asthma training game, developed in collaboration with healthcare professionals.

The MySpira app aims to improve the training of correct inhaler technique, using a combination of augmented reality and game play and can be downloaded on any iOS or Android device.

The app is suitable for children aged 6 - 13 and includes the following features:

- Play mini-games
- Interact with objects in augmented reality
- Learn how to put together a standard metered dose inhaler (MDI) with a spacer
- Earn badges for completing challenges
- Collect cards to remind you of the important facts
- Learn how to use an inhaler correctly

You can download the app for free on the following platforms:

[App store](#) / [Google play](#)

or visit myspira.co.uk to download the app

