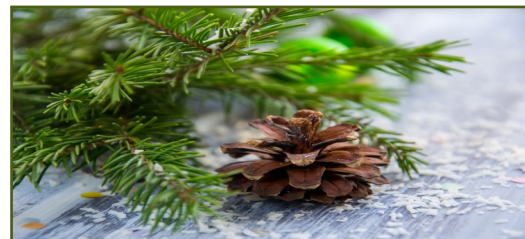


CDOP NEWSLETTER

Suffolk Child Death Overview Panel

Winter 2021



BUYING DANGEROUS TOYS ONLINE

Parents may well feel the pressure to buy the latest 'must-have' toys for their children, and some might be tempted to look at cheaper versions available online. But toys bought online or from disreputable suppliers can be unsafe.

Link to Suffolk Trading Standards guidance on what to look out for [here](#).

PREVENTING SUICIDE IN CHILDREN AND YOUNG PEOPLE

Between 1 April 2019 and 31 March 2020, there were 108 deaths assessed as highly or moderately likely to be due to suicide, equating to approximately two child suicides every week in England. Of these 22% related to children who were aged 14 and under.

[National Child Mortality Database programme](#) made 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.

Below are common characteristics of CYP who die by suicide which were identified by local CDOP:

- Self-harm
- Bullying
- Losing interest in daily life
- Talking about death
- Loss, bereavement or conflict in important relationships
- Negative social media experiences
- Problems with the law or substance misuse
- Neurodevelopmental conditions like ADHD or ASD

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](#) and the [Emotional Wellbeing Hub](#).

STAIRGATES – DOs and DON'Ts TO KEEP CHILDREN SAFE

DO fit a screw-fit stairgate at the top of the stairs, or if you rent your home and are unable to drill holes in the wall, choose a pressure-fit model that is secure and stays in place

DO Check that auto-close stairgates have clicked back into place behind you when you go through them

DON'T stack two stairgates one on top of the other – they are not designed for this and can cause serious harm and even death if children become entangled in them

DO put stairgates at both the top and the bottom of the stairs

DO check the safety features of stairgates and read online reviews

DO make sure you read the instructions and fit them as directed

DON'T be tempted to make your own!

Current Public Health Campaigns

Hand washing! Keep you and your children safe from the flu, Covid-19 and winter vomiting bugs by ensuring regular washing of hands with soap for around 20 seconds.

Flu can be a very unpleasant illness for children, with potentially serious complications including bronchitis and pneumonia. In the winter of 2021/22, the vaccine will be available to all children from Reception to Year 11 of secondary school. See [National flu immunisation programme 2021 to 2022](#) for more information.

Safer Sleeping – Sudden Infant Death Syndrome (SIDS - often referred to as Cot Death) accounts for 300 infant deaths each year in the UK. Suffolk's Safer Sleeping Campaign aims to ensure babies have appropriate sleeping arrangements always. For a set of simple yet safer sleep messages please click [here](#).

New Baby? Keep Calm – Being a new parent can be tough, especially when babies sometimes won't settle easily. The Healthy Suffolk website has some great parenting hacks for what to do if your baby won't settle including checking baby's temperature, moving to a calm space and going for a walk with a pram. Check out [New baby? Keep Calm and... - Healthy Suffolk](#) for some detailed information and support.

Asthma - During winter, asthma triggers are high, so please be especially vigilant of your child's symptoms this time of year. A new app for children aged 6-13 is now available to improve asthma care. The MySpira app is a fun game-based app to show correct inhaler technique and tips, download the app for free [here](#).

Scalding and Burns can severely affect children and babies, causing major damage to their delicate skin. Saucepans, kettle cords, hot plates and hair straighteners can be extremely dangerous if not kept out of reach. Click [here](#) for more information on prevention tips. [ack Page Story](#)

CDOP NEWSLETTER

FIREGUARDS

Whether your fire is gas, coal or wood, if there are young children in the house it is best to put some measures in place to make sure they don't get hurt:

- Supervise - don't leave young children on their own near fires, either real or gas/electric
- Put a fireguard in place, preferably a nursery guard with side clips that fit into fixed wall brackets
- For fitted or portable heaters with a built-in guard, give extra protection by adding a surrounding guard.

MAGNET SAFETY NOTICE!

High-powered magnets in products are raising concern, where the magnets can be swallowed, such as toys, fridge magnets, earrings, tongue piercings and drink charms. They are often brought cheaply from online market places. Parents/guardians should keep these secure and out of reach of children, and understand the signs of magnetic ingestion and act quickly to get immediate medical treatment if they believe a magnet has been swallowed.

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

This includes some great social media campaigns which you can copy and paste onto your own organisation's Facebook/Twitter/Instagram.

BABIES AND TODDLERS

The Royal Society for the Prevention of Accidents (ROSPA) has added a great page to their website for parents alerting them to risk for under 5s and how to prevent common accidents: [Keeping Kids Safe - RoSPA](#)

CYCLING SAFETY

Cyclists are vulnerable on the roads and both adults and children should always wear a helmet. The Child Accident Prevention Trust have produced some guidance on safe cycling for children [here](#).

FOR MORE INFORMATION

Please contact Dr Mash Maidrag: Mashbileg.maidrag@suffolk.gov.uk

Best wishes for the festive season and a happy new year!

