



Summer Safety 2020

STAY CLEAN, STAY SAFE.

We are going through unprecedented times with COVID-19. However, there is no need to panic, by following government advice and our hygiene tips below, give your family the highest chances of staying safe. Make sure you are following the key advice below:

- **WASH HANDS** - Make sure your child is regularly washing their hands. This must be for 20 seconds, using soap and water. And try to get them in the habit of avoiding touching their face, eyes and nose whenever outside.
- **STAY ALERT** - Where children need to go outside, be extra alert of your environment. Ensure you are keeping a 2 metre distance from anyone not in your household.
- **FACE COVERINGS/MASKS** - Please be aware: guidance states that face coverings should **NOT** be used by children under the age of 2 or those who may find it difficult to manage them correctly, e.g. primary age children unassisted, or those with respiratory conditions.

If you or your child have ANY of the following symptoms your household must isolate at home for 7 days:

- a high temperature
- a new, continuous cough
- a loss of taste or smell

To protect others, do not go to places like a GP surgery, pharmacy, or hospital if you have any of these symptoms.

Injuries

Due to schools being closed and children spending more time than ever at home, it is important to be extra vigilant about your child's safety around the house. Additionally, many parents are also working from home, and this is a difficult time. Click [here](#) for Suffolk's "Is your home a child-friendly zone?" support page-with checklists, and a range of great information for keeping your home safe and injury free! Some key points are:

- **Inflatable pools** present a drowning risk in young children. Drownings can be silent and can occur in as little as 3cm of water.
 - Parents should supervise children in inflatable pools at all times.
 - Pools should be emptied when not in use.
- **Falls** are the leading cause of accidental injury in young children, please be vigilant.
 - Fit a safety gate at the top and bottom of stairs and around windows & avoid leaving tripping hazards like toys or laundry baskets. Stairs should be always be well lit.
 - Supervise children on play equipment in the garden or in the park. Many accidents are caused by play involving pushing, shoving and wrestling.
- **Scalding and Burns** Since lockdown measures were implemented, many Burns Centres have been experiencing up to 30-fold increase in the number of scalds resulting from burns related to steam inhalation-as a home remedy for colds. The evidence for steam inhalation is very weak and there are more risks than benefits. Boiling water must be kept out of reach for children. Click [here](#) for more information on prevention tips.



Shaken Baby Syndrome - 1 in every 9 parents in the UK may be shaking babies in response to crying which can lead to serious injury. Public Health Suffolk has launched 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 – 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](#).

Common Childhood Illness and Wellbeing booklet – some more great advice on health and wellbeing for children 0-5 years. Parents and families can access this booklet electronically by clicking [here](#), where instructions on how to download the app are also included.

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 [here](#) for some detailed information and support.

Asthma- 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!](#)

Mental Health and Emotional Wellbeing

The unprecedented time of COVID-19 means that many children and young people, are left without contact with friends, family and a sense of normality. This can lead to a rise of multiple mental health issues for young people and it's important now more than ever to ensure you are extra vigilant about their behaviour:

- Note that regardless of their age, this may be a difficult time for children and young people. Some may react immediately, while others may show signs of difficulty later.
- Help and encourage your child to eat and sleep well. Allow half an hour or so for kids to wind down between studying, watching TV or using a computer and going to bed to help them get a good night's sleep.
- Listen and acknowledge: children and young people may respond to stress in different ways. Signs may be emotional (for example, they may be upset, distressed, anxious, angry or agitated), behavioural (for example, they may become more clingy or more withdrawn, or they may wet the bed), or physical (for example, they may experience stomach aches).
- Keep eye on, intervene and seek support when children are going through difficult times
- Encourage exercise– this can help boost energy levels, clear the mind and relieve stress
- Minimise their newsfeeds. Try to encourage them to reduce how much they read news that may trigger anxiety.
- Minimize newsfeeds. Try to reduce how much you watch, read or listen to news that makes you feel anxious or distressed.
- [MindEd](#) is a free online educational resource on children and young people's mental health for all adults, which can support parents and carers through these exceptional circumstances.
- For online help and support around dealing with emotional or mental health difficulties, visit [Young Minds](#) or [The Source](#).

Any queries please contact Dr Mash Maidrag at mashbileg.maidrag@suffolk.gov.uk

