



## Pan Cheshire Child Death Overview Panel Newsletter Christmas Edition 2024



<https://capt.org.uk/6-simple-safety-tips-to-keep-children-safe-this-christmas/>



### Christmas safety

Christmas is a time when your home is likely to be full of people, and it's in the excitement of the season that accidents can easily happen.

But one of the good things about Christmas is that there are typically more people around to supervise children and, with a little more care and forward planning, most accidents could be avoided.

<https://www.rospa.com/policy/home-safety/advice/christmas-safety>



# SAFER SLEEPING THIS WINTER

The colder months can be difficult for families, especially with the added worry of heating bills during the current cost of living crisis. Your first thought might be to wrap your baby up to keep them warm or bed share, but this can increase the chances of SIDS, also known as cot death. Follow the tips below to keep your baby safe whilst they sleep this winter.



- Do place your baby in their own clear, flat, separate sleep space, e.g. a cot or Moses basket.
- Do firmly tuck in sheets and blankets (no higher than the shoulders).
- Do choose the correct tog of sleeping bag for the different seasons.
- Do remove hats from babies' heads when inside.



- Don't use hot water bottles in any baby sleep space.
- Don't place extra blankets on top of babies in a sleeping bag.
- Don't place your baby's cot next to a heat source e.g. radiator or heater.
- Don't place your baby under adult bedding.
- Don't put your baby in outdoor clothes to sleep indoors.

For further advice contact your midwife or health visitor, or visit: [www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)



<https://www.lullabytrust.org.uk/wp-content/uploads/Safer-sleep-in-winter-resource.pdf>



<https://ihv.org.uk/wp-content/uploads/2015/10/PT-Safer-Sleep-for-your-baby-FINAL-VERSION-30.3.22.pdf>



## CHRISTMAS PRESENTS WITH BATTERIES: WARNING

### What should I do if my child swallows a button battery?

If you think your child may have swallowed a button battery, seek medical advice immediately. Remember that the saliva in their body will react with the battery and so time is very much of the essence.

It is sometimes difficult to know whether a child has swallowed a button battery. Great Ormond Street Hospital has provided helpful information about the signs you can look for:

- 1. Vomiting fresh, bright red blood. If your child does that, you absolutely have to get them immediate medical help.**

Other symptoms can include:

2. Suddenly developing a cough, gag or drooling a lot
3. Appearing to have a stomach upset or a virus
4. Being sick
5. Pointing to their throat or stomach
6. Having a pain in their tummy, chest or throat
7. Being tired or lethargic
8. Being quieter or more clingy than usual or otherwise "not themselves"
9. Losing their appetite or have a reduced appetite
10. Not wanting to eat solid food/be unable to eat solid food.

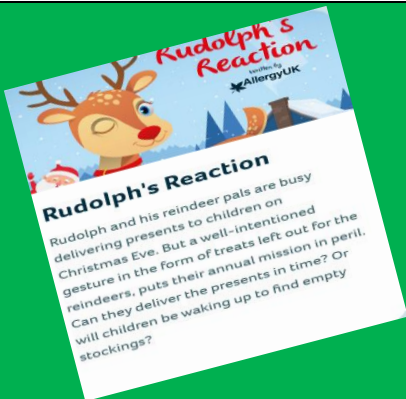
For further resources videos and posters:

<https://www.rospa.com/policy/home-safety/advice/product/button-batteries>

<https://capt.org.uk/button-batteries-understanding-the-risks/>

<https://www.publichealth.hscni.net/news/pha-highlights-dangers-button-cell-batteries-ahead-christmas>

## Living with allergies at Christmas



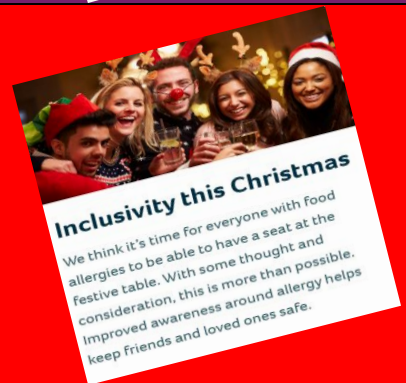
Ensure children and others recognise, know and understand their allergy symptoms.

Christmas decorations can be an increased risk: latex balloons, real Christmas trees and poinsettias

Kisses under the mistletoe –allergens can remain in the saliva for 2-24 hrs.



Christmas food –always read the labels, be mindful of garnishes and of food cooked/prepared by someone else. <https://www.anaphylaxis.org.uk/stay-safe-while-feeling-festive-allergens-to-look-out-for-at-christmas-hanukkah-chanukah-and-yule/>



What 3-word App can help emergency services identify your location

Children should have an up-to-date healthcare plan and/or allergy plan in an accessible place

Templates are available at [www.sparepensinschools.uk](http://www.sparepensinschools.uk) or the [www.bsaci.org](http://www.bsaci.org)



**Adrenaline Auto Injector Device (AAI)** older children trained in use should keep it on their person at all times. In young children the AAI should always be nearby in the safety of a responsible/trained person

For further information and advice contact: <https://www.allergyuk.org/christmas/> 01322 619898







Speak with your GP, Allergy Specialist or Dietician

<https://www.nhs.uk/conditions/allergies/>

Details for Pan Cheshire CDOP: email address is [cdop@mcht.nhs.uk](mailto:cdop@mcht.nhs.uk)



## Babies cry, even at Christmas, but you can cope

  <p>Babies cry, you can cope <a href="http://www.iconcope.org">www.iconcope.org</a></p>	<p>Being a new parent is challenging, but there is support out there. Your health visitor is a great source of information. Dads, and dads-to-be, that means you too.</p>
  <p>Babies cry, you can cope <a href="http://www.iconcope.org">www.iconcope.org</a></p>	<p>If you're looking after a young baby remember to pause at the door and check the three C's.</p> <p><b>Calm</b> – Are you calm? <b>Careful</b> – Can you be careful? <b>Caring</b> – Will you be caring?</p> <p><b>For more information:</b> <b><u><a href="#">Home – ICON Cope</a></u></b></p>
  <p>Babies cry, you can cope <a href="http://www.iconcope.org">www.iconcope.org</a></p>	<p>We hope you have a great Christmas and New Year.</p> <p>Your health visiting team are working thought out the Christmas period apart from bank holidays. Please contact us if you have any questions or need support.</p> <p>#ICONCope</p>

**Babies cry, even at Christmas, but you can cope**

