

# Pan Cheshire Child Death Overview Panel Newsletter Christmas Edition 2025

## CHRISTMAS SAFETY TIPS

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.



accidents don't have to happen



A safer world for all our children



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


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

## Infant Safe Sleep

### Nights out, parties and staying with relatives and friends

- Always think about where your baby will sleep and who will look after your baby at night – if someone else is looking after your baby remember to discuss safe sleeping with them
- If you are planning to have a drink, ask someone else to help care for your baby in the night. That person should not drink alcohol. They should also not have any medication or drugs that make them sleep more heavily
- Remember not to let anyone smoke in your home
- If your baby has a regular routine, try and keep to this. Remember to explain the routine to the person who is looking after your baby if you are going out
- If your baby has formula milk, show the person who will be feeding them how to make up the feed correctly see: [Bottle feeding advice - NHS \(www.nhs.uk\)](https://www.nhs.uk/health/a-z/bottle-feeding-advice)
- If you are breastfeeding, leave information about defrosting and preparing your expressed milk: [Expressing and storing breast milk - NHS \(www.nhs.uk\)](https://www.nhs.uk/health/a-z/expressing-and-storing-breast-milk)
- Don't put the baby down on a sofa or propped in a chair. Always use a cot or Moses basket to sleep
- Choose a babysitter who is able to meet the needs of your baby and keep them safe. Always leave contact numbers with the sitter. Always return home at the time you said you would
- It is always better that your baby sleeps in their own cot, however if you need to use a travel cot for an occasional overnight stay make sure the mattress is clean, well fitting and firm. Make sure the baby's feet are at the bottom of the cot, baby is on its back and that light weight covers are used and tucked under armpits



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- 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.

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- 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)





## 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 upto 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/>

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



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.



If you're looking after a young baby remember to pause at the door and check the three C's.

**Calm** – Are you calm?

**Careful** – Can you be careful?

**Caring** – Will you be caring?

For more information: [Home – ICON Cope](https://www.iconcope.org)



We hope you have a great Christmas and New Year.

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.

#ICONCope

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





## Ice and winter water safety

Children are attracted to frozen waters such as lakes, ponds and canals for play. But ice is a serious hazard. People can fall through ice as a result of dog walking or when frozen water is used as a walking route/shortcut, as well as when playing on ice.

It's important to speak to your children clearly about the dangers of frozen waters. To them, frozen water might look like a fun play opportunity or a handy shortcut.

**It is never safe for anyone, of any age, to walk over or play on ice for any period of time as it cannot withstand the weight.**

### Ice safety advice for waterways

- Stay off the ice and frozen waters at all times, they will not be able to hold a person's weight
- Always supervise children around ice and waterways, never let them go onto the ice
- Speak to your children about the dangers of frozen waters
- Plan your route if you're going out near waterways in winter
- Sometimes ice can be obscured by fallen debris such as leaves or snow, so keep away from the edges of frozen water
- Look out for signs and warnings and adhere to them
- Keep your dog on a lead near ice and frozen waters and don't throw sticks or balls onto the ice for them

### If you see someone in icy water:

- Call 999 immediately and shout for help
- Stay off the ice: Help from the land to the best of your ability if it is safe to do so.
- If you have children with you, make sure they are kept at a safe distance from the water before trying to help.
- Try to keep your eyes on the person at all times, especially in moving water
- Shout to the person to keep still to maintain heat and energy, use a calm reassuring voice if possible. [Read the RNLI's information on 'Float To Live' here.](#)
- Making sure that you're on stable ground, look for rescue equipment or anything that will extend your reach such as a rope, pole, branch or item of clothing.
- Reach or throw out to the person with it. Gently guide and move the person to the shore. Make sure that you are on stable ground.
- Keep the person warm and make sure they go to hospital.

### Winter safety - Health Under 5s

[Snow and Ice - Keeping Children Safe - Childcare.co.uk](#)

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