



Suffolk LSCB Child Death Overview Panel

The Child Death Overview Panel (CDOP) is a sub-group of the Local Safeguarding Children Board (LSCB) who are responsible for reviewing all deaths of Suffolk infants, children and young people from birth up to the age of 18. The aim of the CDOP is primarily to collect and analyse information about Suffolk child deaths and undertake to identify and address learning points that will help to improve health and wellbeing outcomes for children and families.

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Local Learning: Child Mental Health and Suicide Prevention

Suicide is a small but important cause of death among young people in Suffolk, with 8 deaths of people aged 15-19 between 2010 and 2014. Behind each tragic death is an individual story, and loved ones affected by bereavement. A Suicide Prevention Strategy for Suffolk is in development. Efforts to reduce suicide should be seen in the context of Suffolk's Emotional Wellbeing Transformation Plan for children and young people, some of which is relevant to suicide risk. Priorities include developing a single point of access and assessment, improving crisis care and investing in workforce development. For information on learning and development opportunities for those working to support the emotional and mental wellbeing of young people click [here](#). Suffolk focussed website [Source](#) includes information on health and wellbeing for young people and there is an online chat support service [Ask the 4YP Expert](#) where young people can seek confidential advice about any issue effecting them.

Local Learning: Young Drivers and Young Passengers

In recent years in Suffolk there have been a small but significant number of traffic collisions involving young drivers. Get in Gear is an exciting course being offered by Suffolk County Council for drivers aged 17-19 to give newly qualified young drivers skills to drive independently and hopefully reduce the risk of them being involved in a crash. Click [here](#) for further details.

Local Learning: Sudden Infant Death Syndrome & Safer Sleep

As highlighted in our December 2014 issue, Sudden Infant Death Syndrome (SIDS) accounts for a small number of infant deaths across the UK every year including one in Suffolk last year. Research has identified a set of 'safer sleep' messages that may help parents reduce the risk:

1. Keep your baby smoke free during pregnancy and after birth.
2. Place your baby in a cot or Moses basket in the same room as you for the first 6 months.
Never sleep on a sofa or in an armchair with your baby.
3. Never fall asleep with your baby if you smoke, drink or take drugs/medication, are extremely tired, or if your baby was born prematurely or was low birth weight.
4. Put your baby to sleep on their back with their feet to the foot of the cot.
5. Keep your babies' head and face uncovered and avoid letting them get too hot.
6. Breastfeed your baby, if you can.

See [here](#) for Safer Sleeping Suffolk Strategy messages or visit <http://www.lullabytrust.org.uk/>.

Safety

Summer and autumn are a great time for children to be outdoors and have new experiences. It is also a time of greater risk of accidents and injuries. To keep children safe NHS Choices and RoSPA give the following advice to parents:

- **New environments:** Check new environments, such as relatives' houses or holiday homes on arrival, as these places may not be as child friendly as their own home. Asks hosts to secure medicines/cleaning products out of reach and check for features such as ponds.
- **Water:** Be safe around water, including beaches, rivers, canals, lakes, ponds and baths. Supervise younger children at all times and discuss water safety with older children. Try to swim at a lifeguarded beach or lido and fill in or securely fence off ponds.
- **Sun safety:** Encourage children to play in the shade, particularly between 11am and 3pm. Cover exposed skin with sunscreen of sun protection factor (SPF) 15 or above, with UVA and UVB protection, even on overcast days. Reapply often and use waterproof sunscreen if swimming. Cover children in loose cotton clothes and a floppy wide brimmed hat to protect their face and neck. Protect eyes with sunglasses. For more information click [here](#).

National News



Summer Road Safety: Research by the RAC Foundation contradicts the common perception that road casualties increase in the dark winter months and suggests that more children are killed in road accidents in the summer months when they are more likely to be playing outside, enjoying the longer days and better weather. See the [RAC Foundation Child Road Safety Factsheet](#) for more information and visit www.suffolkroadsafe.net for road safety resources.

Button batteries: Button batteries and lithium coin batteries are small, round batteries found in many everyday objects, including toys, car key fobs, calculators, thermometers and watches. When swallowed, most pass through without difficulty, but they can be very dangerous if they become stuck, or are placed into a child's ear or nose, as they can cause corrosive burns. **Keep products with button batteries out of reach of children if the battery compartment is not secured with a screw. Teach older children that batteries are unsafe. If you suspect that a child has swallowed a button battery, or put one into his/her ear or nose, take them straight to A&E or dial 999 for an ambulance. See [here](#) for further details.**



Pokémon Go: This 'augmented reality' game in which players find, collect and trade virtual creatures in real places using the GPS and camera on a mobile phone is popular and fun for children to play outside in the nice summer weather, but comes with risks, as highlighted by the NSPCC. To stay safe with children when playing Pokémon Go parents are advised to:

- Play the game with younger children, and advise older children about the risks of meeting strangers face-to-face and of losing track of where they are going and ending up somewhere unsafe, either by mistake or because they have been lured there.
- Establish where they will be playing and encourage children to stay with friends.
- Encourage children to take a spare battery pack so they don't find themselves lost and unable to contact an adult.
- See [here](#) for further information from the NSPCC.



Message from the Panel: Stay Safe and Healthy this Autumn!

Lastly, we hope you have enjoyed the summer season! For more information on healthy life choices why not visit www.healthysuffolk.org.uk for a kick-start?

