



## PAN CHESHIRE CHILD DEATH OVERVIEW PANEL NEWSLETTER

***Within this newsletter we will raise awareness amongst frontline professionals, parents/carers and families about some of the risks to children that we have identified through our CDOP work. Can you cascade this information as widely as possible to colleagues, friends and contacts.***

### SUDDEN UNEXPECTED DEATH IN INFANCY

Every year the CDOP panel review cases of babies who have died both suddenly and unexpectedly and in a number of these cases factors associated with unsafe infant sleep have been present. The loss of a baby is one of the most intensely painful experiences, especially when the baby is fit and well.

Currently parents/carers are given advice and information routinely by professionals regarding infant safe sleep in accordance with NICE guidelines, UNICEF and the Lullaby Trust. However, some parents/carers may not follow the recommendations/guidance they have been given or may seek information from unknown sources.

#### Some important tips to infant safer sleep day and night

For the first 6 months - The safest place for your baby to sleep day and night is in their own cot/ Moses basket, on a firm flat mattress, on their back to sleep, with their feet to the foot of the crib/cot, in the same room as you.

Never co sleep on a sofa or armchair

Don't co sleep if you smoke, drink (alcohol), take drugs (including prescribed or over the counter drugs that make you drowsy), or if your baby is preterm or of a low birth Weight

Keep baby in a smoke free environment before and after birth



Always keep the room temperature between 16-20oC use lightweight bedding, keeping head and face uncovered to make sure they don't get too hot

Breast feed your baby if you can – support is available if you need it

## HOW DO WE SUPPORT THE PROFESSIONALS FOLLOWING THE DEATH OF A CHILD?

*“Dealing with a child death can be an extremely stressful and emotionally draining experience for all professionals involved. In order to effectively support families of bereaved children, professionals need to feel confident in being able to provide the required support, have knowledge of the local support networks available for bereaved families and also be able to look after their own emotional needs.*

*With this in mind, a multiagency Study Day on “Child Bereavement Counselling and Support” was organised in Cheshire East, hosted by the Mid Cheshire Hospitals NHS Foundation Trust. Speakers included expert Psychologist and Counsellor from the Alder Bereavement Centre, based at Alder hey Children’s Hospital.*

*The event was well attended by professionals from all agencies who deal with child deaths and had an overwhelmingly positive feedback. Plans are afoot to hold similar events in other CDOP areas in Cheshire.”*

### *LEDER (Learning disabilities mortality review:)*

*Pan Cheshire CDOP is taking part in the learning disabilities mortality review, the aim is to make improvements to the lives of people with learning difficulties . It clarifies any modifiable factors associated with a person’s death, and works to ensure that these are not repeated elsewhere.*

#### **Pan Cheshire CDOP overview panel details are:-**

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#### **Links:**

[Lullabytrust.org.uk](http://Lullabytrust.org.uk)

[unicef.org.uk](http://unicef.org.uk)