



Winter Safety 2022

SAFETY ALERT: Self-feeding Pillows

An [Urgent Safety Alert](#) has been issued by the Office for Product Safety and Standards for self-feeding pillows and “prop feeders”, products which allow babies to bottle-feed without assistance of a care-giver. Use of these products presents a risk of serious harm or death from choking or aspiration pneumonia. The public is advised to stop using these products immediately and dispose of them safely. NHS advice on safe bottle feeding can be found [here](#).

Vaping

Vaping carries risks and is discouraged for those who have never smoked. Parents should be aware of increased risks and be vigilant to limit this exposure. Shops selling age-restricted products to underage individuals can be reported to Suffolk Trading Standards via the Citizens Advice Consumer Service on 0808 223 1133.

ASTHMA

Triggers for Asthma attacks for children are at an all year high during winter. Adults and children should be aware of the [main triggers](#), including: colds and flu, allergens (dust, pollen), smoking, stress and anxiety and poor control/management.

Keeping a personal log and [action plan](#) is important in proactively managing asthma. It is also important to make sure children have enough medications over the Christmas period. To prevent avoidable harm to children with asthma, all schools in Suffolk are being encouraged to join the [Asthma Friendly Schools initiative](#).

Respiratory Infections

The symptoms of respiratory infections, including COVID-19, are very similar which include coughing, sneezing, a runny nose, sore throat, headaches, muscle aches, high temperature. Advice on what to do can be found using NHS 111 online <https://111.nhs.uk/> at any time. Online access is usually quicker and just as good as calling on your phone – please use this first if you can.

If your children develop symptoms, keep them home, if do go out, it is best to avoid indoor crowded spaces, wear a face covering, avoid touching face. Washing hands with soap and water for 20 seconds, good respiratory hygiene (covering nose and mouth when sneeze or cough) can help to prevent this winter. Please read [Letter to parents](#)

Get the vaccine is advised for:

- All 2 and 3 years of age on 31 August
- All primary school-aged children
- Some secondary school-aged children



BOOKLET FOR PARENTS: Health and Wellbeing in the First Few Years

The second edition of health and wellbeing booklet for parents and carers of babies and young children has been developed, and is accessible online [here](#). This is an invaluable resource to help parents take care of their children in the early years. It contains information about common illnesses, including signs and symptoms, preventative measures, and when to seek healthcare support.

SAFER SLEEPING

Over the Christmas period, babies' sleeping arrangements may change due to traveling, and visiting friends and family. Parents should therefore be extra vigilant in maintaining safe sleeping practices, which are important in preventing Sudden Infant Death Syndrome (SIDS). Six simple steps are advised by Suffolk Health and Wellbeing Board:

1. Keep baby away from smoke, before and after birth.
2. Place your baby to sleep in a cot, avoiding soft sided sleep pods/products. Never fall asleep with them on a sofa or chair.
3. Never fall asleep with baby after drinking or taking drugs/medication.
4. Put baby to sleep on their back with their feet to the foot of the cot.
5. Keep baby's head and face uncovered and make sure they don't get too hot.
6. Breastfeed your baby if you can.

The free [Baby Check App](#) also provides information on simple checks parents and carers can make if their baby is showing signs of illness, and when to seek medical advice.

KEEPING WARM

Cold weather can have a serious impact on health of young children, and it is therefore important to try and heat the rooms you use to at least 18°C if you can. If you can't heat all the rooms you use, heat the living room during the day and your bedroom just before you go to sleep. Keep the warmth in by:

- Fitting draught proofing to seal any gaps around windows and doors
- Making sure you have loft insulation. And if you have cavity walls, make sure they are insulated too.
- Insulate your hot water cylinder and pipes.
- Draw your curtains at dusk and tuck behind radiators to help keep heat inside.
- Make sure your radiators are not obstructed by furniture or curtains.

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

