



Spring Safety 2023

Asthma

Asthma is a common respiratory condition with symptoms that can be triggered by colds and flu, allergens (dust, pollen), smoking, stress and anxiety and poor control/management. Adults and children should be aware of the [main triggers](#).

Keeping a personal log and [action plan](#) is important in proactively managing asthma. In Suffolk we are encouraging our schools to be Asthma Friendly to support our children to manage their condition effectively. Please ask your schools if they are enrolled in this programme yet. You can find about this programme here [Asthma Friendly Schools initiative](#).

Car Idling

Some of us leave car engine on without realising exhaust and fume could make children's asthma worse. It is contributing to poor air quality. Therefore, it is important to turn off your car engine whilst waiting.

Vaping

Current evidence suggests that the prevalence of smoking in children and young people is falling, but use of vaping is on rise. Vaping is not risk free, and research discourages it in children and young people who have never smoked. Also, it is not legal to smoke for children under the 18 years of age.

Cycle safety

Cycling is a healthy and eco-friendly way to get around.

- **DO** wear helmets and high visibility clothes when possible
- **DO NOT** use your phone and airpods whilst cycling

Mental Health and Emotional Wellbeing

The unprecedented time of the rising cost of living can result in young people becoming more stressed, which might affect their mental health.

- **DO** encourage your child to eat and sleep well and exercise
- **DO** listen and acknowledge the signs that your child might be in distress, including losing interest in daily life, talking about death, or being upset, anxious angry or agitated.
- Various resources are available in hand, including:
 - [Every Mind Matters](#) has advice and tips on how to support children with their mental health and spot the signs that they may be struggling.
 - The [Suffolk Emotional Wellbeing Hub](#), providing more tips on how to manage emotional wellbeing difficulties and a helpline to call if needed.
 - [Kooth](#), a platform to explore children and young people's mental health concerns and seek professional help
 - [MindEd](#) is a free online educational resource on children and young people's mental health for all adults, which can support parents and carers through these exceptional circumstances.



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

Sudden Infant Death Syndrome (SIDS – Often referred to as Cot Death) is the sudden, unexpected and unexplained death of an apparently healthy baby. It can be prevented through:

- Keeping your baby smoke free
- Placing your baby to sleep in a cot avoiding soft-sided sleep pods / products
- Breastfeeding your baby
- Putting your baby to sleep on their back with their feet to the foot of the cot
- Keeping your baby's head and face uncovered and ensuring they don't get too hot
- Not laying down with your baby after drinking alcohol or taking medications that may make you drowsy

Download the [Baby Check App](#) to learn checks you can do if your baby shows signs of illness, and when to seek medical advice.

Shaken Baby Syndrome

A crying baby can be distressing, though shaking babies in response can lead to serious injury. Visit the Suffolk [Keep Calm](#) website for more tips on what your baby may be telling you and places to get support. Tips to help calm your baby down include:

- Checking your baby's temperature
- Cuddling or carrying your baby
- Seeing if your baby needs a nappy change
- Feeding your baby if they are hungry
- Going for a walk with the pram, or taking them on a car or bus ride
- Singing, playing soft music or talking gently
- Moving to a calm space

Safety at Home

Here are some tips to ensure the safety of your children at home:

- **Stairgates** can be hazardous when used incorrectly. Fit screw-fit stairgates at the top and bottom of the stairs and check their safety features. Ensure you read the instructions and fit them as directed. Do not stack two of them on top of the other and do not be tempted to make your own!
- **Button batteries** are used to power certain household objects but can be hazardous when swallowed. Keep them away from young children and babies and seek medical advice if you suspect your child of swallowing one.
- **Falls** are a leading cause of accidental injury at home, but can be prevented through well lit stairs and rooms, clearing tripping hazards, securing furniture to the wall, locking medicine and household cleaning materials

Product Safety & Standards Recall

Risk of Choking

Smyths Toy's jumping ball toy, Animal farm toy piano, IKEA BLÅVINGAD fishing game, IKEA BLÅVINGAD fishing game, Winnie the Pooh Sleeping Bags sold by John Lewis, Winnie the Pooh Sleeping Bags sold by John Lewis, Refrigerator Rattle Magnets Spinning Buzzing Snake Eggs, Abree 30 pcs Magnetic Fishing Toy, Onsinic Pea Plush Toy, Onsinic Pea Plush Toy, Jeaxus Magnetic Developmental Toys & Hirsrian Fluffy Slime with risk of chemical exposure.

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

