

The Manchester Child Death Overview Panel (CDOP) reviews the deaths of children aged 0-17 years, in order to learn lessons and share findings for the prevention of future deaths. The Manchester CDOP aims to use the findings to make actions and recommendations to improve the health and safety of children across the City. From what we know the initiatives below will contribute to preventing the deaths of children/young people:

## DON'T LET YOUR BABY GET TOO HOT OR TOO COLD

It is important to make sure that your baby's room is a comfortable temperature, not too hot or too cold. The chance of Sudden Infant Death Syndrome (SIDS) is higher in babies who get too hot, so try to keep the room temperature between 16 -20°C. Use a room thermometer - it can be difficult to judge the temperature in the room, so use a room thermometer in the rooms where your baby sleeps.



### How to check if your baby is too hot or too cold

Feel your baby's tummy or the back of their neck, your baby's hands and feet will usually be cooler, which is normal. If your baby's skin is hot or sweaty, remove one or more layers of bedclothes or bedding. Babies who are unwell need fewer, not more bedclothes. Babies do not need to wear hats indoors, nor sleep under a duvet or quilt.

### REMEMBER:

*The safest place for a baby to sleep is on their back, in a Moses basket or cot in a room, with the parent or carer, for the first six months - this advice is the same for all times of the day and night when the baby is sleeping*

## PREPARING FOR PREGNANCY

If you are thinking about having a baby, making sure you are as fit and healthy as possible before the pregnancy can both improve the chances of getting pregnant and also reduce the chances of complications of pregnancy developing. Particular steps you can take include:

- **Aim to have a healthy weight:** (a Body Mass Index (BMI) in the range of 18.5-24.9 is a healthy weight range)
- **Stop smoking:** call the Manchester Stop Smoking Service on 0161 205 5998 or visit the website [www.stopsmokingmanchester.co.uk](http://www.stopsmokingmanchester.co.uk)
- **Avoid alcohol:** alcohol consumption in both you and your partner can reduce the chances of pregnancy
- **Folic acid supplements:** take 400micrograms of folic acid every day for at least 3 months before conception and until at least the first 3 months of pregnancy
- **Vitamin D:** consider taking a vitamin D supplement of 400IU or 10mcg vitamin D every day
- **Preventing infections and vaccinations:** Rubella (German Measles) can be prevented by having a vaccination more than 1 month before you are pregnant. If you think you have not had the vaccination known as 'MMR' discuss this with your GP who can check and arrange vaccination if necessary
- **If you have a long term medical condition:** for example; epilepsy or diabetes, you should discuss your plans for pregnancy with your GP or hospital specialist, your GP can refer you to our specialist clinics.

For more information visit the website [www.mft.nhs.uk/saint-marys/services/maternity-services-obstetrics/preparing-for-pregnancy/](http://www.mft.nhs.uk/saint-marys/services/maternity-services-obstetrics/preparing-for-pregnancy/)

## CHILD SAFETY WEEK: 1<sup>ST</sup> – 7<sup>TH</sup> JUNE 2020

Child Safety Week is run by the Child Accident Prevention Trust (CAPT) to raise awareness of the risks of child accidents and how they can be prevented. This year's Child Safety Week runs from Monday 1<sup>st</sup> to Sunday 7<sup>th</sup> June 2020 and the theme is **Safety makes sense!** The CAPT website provides useful information and safety advice about the main causes of accident and injury such as button batteries, choking, drowning, in-car safety, toy safety, burns and scalds. For more information and safety tips, visit the website [www.capt.org.uk](http://www.capt.org.uk)

