



## PREVENTING THE DEATH OF A CHILD NEWSLETTER

### ***Who are we and What do we do?***

The Pan Cheshire Child Death Overview Panel (CDOP) is part of a national organisation reviewing all deaths of children aged from 0 to 17 years, sharing lessons learned to prevent future deaths. Pan Cheshire was formed in 2013, the Partners are Cheshire East, Cheshire West & Chester, Halton Borough and Warrington Borough Councils.

*National Safer Sleep Week 13th to 19th March 2017*

*The Lullaby Trust*



Safer Sleep Week aims to raise awareness of The Lullaby Trust's life-saving message and ensure new and expectant parents are aware of sleep practices that can reduce the chance of Sudden Infant Death Syndrome (SIDS).

The CDOP panel have identified a number of deaths from co-sleeping and the consumption of alcohol by parents and therefore we support any organisation or campaign that informs parents on the benefits of safe sleeping

#### Useful Links:-

<http://lullabytrust.org.uk>

<http://www.rospa.com/childsafety>

<http://www.tradingstandards.uk>

<http://capt.org.uk> child accident trust

Within Pan Cheshire you will have seen our safer sleeping poster designed to raise awareness of the dangers of sleeping in the same bed as your baby if you smoke, drink or take drugs.

# SEPSIS—WHAT IS IT

Sepsis is a common and potentially life-threatening condition triggered by an infection. A sepsis infection can start anywhere in the body and premature babies are at a much higher risk of developing sepsis due to their immature immune system.

It is caused by the way the body responds to germs, such as bacteria. If untreated, sepsis can lead to shock, multiple organ failure and death. New born babies can be overwhelmed very quickly by sepsis as their immune systems are not mature enough to fight infection

Symptoms of New born' with sepsis are :

- \* Listless
- \* Do not feed well
- \* Often have a low body temperature

*However most new-born's recover well following treatment*

Symptoms of more severe sepsis in older children or adults can include:

- \* Feeling dizzy or faint
- \* Confusion or disorientation
- \* Nausea
- \* Vomiting
- \* Diarrhoea

Getting antibiotics and fluid early can halt the progression of the infection, if you see these symptoms contact your GP for advice

# SOCIAL BULLYING —WHAT IS IT?

This sort of bullying is often harder to recognise and is often carried out behind the back of the person who is being bullied.

It includes:

- ◆ Lying, fake rumours and spreading gossip
- ◆ Encouraging others to turn against someone
- ◆ Leaving someone out constantly and encouraging others to do the same
- ◆ Socially excluding someone online, cyberbullying, negative comments on posts and images
- ◆ Damaging someone's social reputation or social acceptance
- ◆ Using humiliating nicknames and continuing when asked to stop
- ◆ It isn't easy for someone going through this to accept when the line crossed from being a prank or banter to persistent bullying. By the time you realise it is bullying, it may feel harder to seek support.
- ◆ "Pulling faces, writing notes in class, telling everyone to not speak to me and Chinese whispers

If this is happening to you **TELL** a friend, a teacher or an adult you trust. You can also get support from other young people who are in a similar situation to you on our [bullying message boards](#).

Useful contacts: National Bullying Helpline 0845 22 55 787 and Child line 0800 111