

Babies and Children—Safety Messages



How to calm a crying baby

All babies cry, some more than others. It is their way of telling you that they need comfort and care. Here are some ways you can soothe your baby:

- Play gentle noise in the background - plays for white noise, rain or nature sounds
- Stroke your babies back firmly and rhythmically
- Massage your baby
- Try a warm bath
- Rock your baby backwards and forwards in their pram
- Take your baby for a walk
- Ask your health visitor for advice

The NHS website has lots of useful top tips. No matter how stressed or frustrated you feel, you must never shake your baby.

More information can be found at:

<https://www.nhs.uk/conditions/pregnancy-and-baby/soothing-crying-baby/>

ICON Infant crying information

- I** Infant crying is normal
- C** Comforting methods can help
- O** It's OK to walk away
- N** Never, ever shake a baby

The ICON website provides information and guidance that you or parents you know may find useful. Speak to someone if you need support such as your family, friends, Midwife, GP or Health Visitor.

More information can be found at:

<https://iconcope.org/parentsadvice/>

Please watch this useful video on preventing traumatic head injuries in babies:

https://www.youtube.com/watch?v=Q3mc0FhrNF8&feature=emb_title

Handle with Care — A Guide to keeping your baby safe

The NSPCC has published a guide on how to stay calm, handle your baby and cope with crying. This guide includes useful links for the support on offer to families with young babies. You don't have to go through it alone.

More information can be found at:

<https://learning.nspcc.org.uk/media/1112/handle-with-care-guide-keeping-baby-safe.pdf>

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Important Safeguarding Message

Please watch this important message about Safeguarding - We are asking you to be brave, to speak up on behalf of a child, or an adult who may be at risk.

Watch the video at:
<https://youtu.be/NwSD4pY-Cok>

Coronavirus and caring for your baby

The Lullaby Trust have put together the latest advice on coronavirus for if you are pregnant or have a young child.

For more information please go to:
<https://www.lullabytrust.org.uk/safer-sleep-advice/coronavirus-and-caring-for-your-baby/>

Safer Sleeping for Babies

Berkshire West CCG produced the following video because each year children and babies in the UK die or sustain life changing injuries that could possibly have been prevented. The video is called Lift the Baby and is aimed at promoting safer sleeping in younger babies.

Watch the video at:
<https://youtu.be/vtdLc6MtOxo>

Open Windows

- Always supervise young children, and keep windows locked when children are near.
- If opening a window, make sure a child can't reach it.
- Teach your child to stay away from windows and patio doors.
- Don't keep furniture near a window that a child could climb on.
- A screen will not prevent a child from falling out a window

Watch the video at:
<https://youtu.be/Tgt3HSK4JOc>

Water Safety

This short video highlights the risks of leaving babies and infants unsupervised near water or open windows, particularly when parents and carers get distracted.

Watch the video at:
<https://youtu.be/ozWObQgga8>