

Child Death Prevention Newsletter

Suffocation and Choking

This newsletter is designed to raise awareness and share the learning from the Child Death Overview Panel for Staffordshire and Stoke-on-Trent

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Babies can suffocate on nappy sacks

- At least 18 babies in England and Wales have already died.

Making simple changes can make a big difference

Do:

- ✓ Always keep nappy sacks, plastic bags and other wrapping away from babies and young children.
- ✓ Be aware of suffocation hazards around the home. Keep animals, particularly cats out of babies bedrooms.

Don't:

- ✗ Place nappy sacks in or near a baby's cot or pram.





Why do nappy sacks pose a suffocation hazard to babies ?

- Babies can suffocate or choke on nappy sacks.
- Young babies naturally grasp anything and put it in their mouths, but they find it more difficult to let go.
- Nappy sacks are flimsy and are small enough to fit in little mouths.



Children can swallow, inhale, or choke on other items such as small toys, peanuts and marbles

- Choose toys appropriate to the age of the child.
- Ensure that small objects are kept out of reach of children under three.
- Looped cords on blinds and curtains should be avoided especially in children's bedrooms. Keep them tied up high and out of reach.
- Small foods such as grapes, cherry tomatoes, blackberries and other soft fruits should be cut into quarters to prevent choking.
- Keep button cell batteries out of reach of children, they can cause severe injuries if swallowed.
- Don't forget plastic bags can also be very dangerous to small children.