

Essex Child and Family Wellbeing Service Newsletter



An important Healthy Schools message from Essex Child & Family Wellbeing Service

Subject: Child Safety
Date: June 2021
Issue: No. 26

Each month we create a bulletin promoting local or national health campaigns, featuring resources to promote best practice. This month we are focusing our campaign on child safety. [Child Accident Prevention Trust](#) are running their annual [child safety week](#) from 7th to 13th June.



Healthy Schools

ESSEX

Family Wellbeing

- Hopefully, this summer, we will be able to get out in the sunshine to pools, the beach and splash parks! Alive Solutions are encouraging us to be safe in the water and are urging us to buy BRIGHT! Tests have been carried out on lots of different coloured swimming costumes under the water to help show what gives the best visibility if a child was to get into difficulty [view the guide here](#).
- Button batteries, particularly big, powerful lithium coin cell batteries, like the ones pictured below can badly hurt or kill a small child if they swallow one and it gets stuck in their food pipe. Find out how to [keep children safe](#) here.



- The Children's Accident Prevention Trust has lots of useful, essential information on [keeping your child safe](#) at home, in the garden, in the car or when you are out and about.
- The [Safer Internet Centre](#) website has a purpose built advice centre for parents and carers. You can use it to find out about parental controls, app guides and [resources to use at home](#) to discuss being safe online. They also run the [Report Harmful Content](#) website which has been set up to help everyone report any online content that causes any distress or concern.
- The [Internet Watch Foundation](#) (IWF) is an organisation in the UK which has the ability to remove child sexual abuse images or videos that are hosted online in the UK. If you are aware of a picture or video that has been shared online, they will review it and if possible take it down. They also work directly with [Childline](#) through their helpline 0800 1111.
- [Essex Children's Safeguarding Board](#) is full of information to support parents and carers. If you click on the 'child safety' section you will find a lot more options including road safety with information on [car seats](#).
- Talking [PANTS](#) and explaining the underwear rule helps children understand that their body belongs to them and they should speak to a trusted adult if anything makes them feel upset or worried. You can find all the resources from the NSPCC [here](#).
- Getting the balance right between allowing children their independence and ensuring their safety when away from home can be difficult. The NSPCC have created a [guide for parents](#) to help. As always, their website is packed full of [help for parents](#).

Don't forget you can always contact your Healthy Family team for support on;

Mid Essex Tel: 0300 247 0014

North Essex Tel: 0300 247 0015

South Essex Tel: 0300 247 0013

West Essex Tel: 0300 247 0122

To find out more information about us and the wide range of services we offer, please visit www.essexfamilywellbeing.co.uk

We are always looking for ways to improve and provide you with information that is beneficial and relevant to you. We value your opinion and would love to hear your feedback on our briefings.

Please send your reply to Essex.Communications@virginicare.co.uk