

Keeping Children Safe in Mid & West Wales



A Guide for Parents and Carers

You and Your Child

This leaflet gives you information about how to keep your child safe, but also what to do if you are concerned about a child or young person who you know.

SLEEP SAFETY

Babies may be at risk of dying suddenly in their sleep. This is often known as cot death, but there are things you can do to reduce this risk.

For the first six months, your baby should sleep in your room in their own cot.

Ask yourself...

- *Do I, or my partner, smoke?*
- *Have I taken any drugs that may make me feel drowsy?*
- *Have I drunk any alcohol?*
- *Am I very tired?*
- *Was my baby born before 37 weeks, or had a low birth weight?*



If so, it is particularly dangerous for your baby to sleep in your bed.

Ask your midwife or health visitor for more information or contact the Foundation for the Study of Infant Deaths: www.fsid.org.uk (0207 233 2090)

INTERNET AND MOBILE PHONES

The Internet is a fabulous way of communicating, learning and accessing information. However, we need to make sure that our children are using it safely.



Some adults who want to abuse children use the Internet to access them. They often pose as children themselves. Abusive or offensive images can cause psychological damage to children who are exposed to them. Child abuse images can also be obtained and exchanged via the Internet.

Emails, Internet chat rooms, web cams, online gaming and smart phones can be used to bully and exploit children and young people, and to send inappropriate images.

Ask yourself...

- *How much do I know about what websites my child is visiting?*
- *How can I make it safe for my child to learn and communicate with friends on the Internet?*
- *How do I get parental controls installed to prevent my child accessing unsuitable websites?*
- *What ground rules do I set about the amount of time my child spends online?*
- *Have I warned my child about being careful who they give their mobile phone number and email address to?*

For further information: www.thinkuknow.co.uk

For information on chat room safety contact: www.chatdanger.com

For information on cyber bullying: www.ceop.gov.uk

PEOPLE AND ORGANISATIONS WHO LOOK AFTER YOUR CHILD

There are many different types of organisations and workers with whom your child may be involved. You need to be able to reassure yourself that your child's safety and wellbeing is protected.

People who look after your child may include:

- Babysitters
- Childminders
- Crèche workers
- Volunteers
- Your new partner or a partner of people close to you
- In-laws
- Brothers and sisters
- Parents of your children's friends

Ask yourself...

- *What do I know about this person?*
- *Do I know this person well enough before I trust them with my child?*
- *If I'm employing them, can they provide trustworthy references?*
- *Do I have their address and telephone number and do they have mine?*
- *Is my child happy to talk about what they do together?*

Organisations that look after your child may include:

- Schools
- School bus/taxi drivers and escorts
- Midday supervisors
- After school activity staff
- Traffic crossing wardens
- Private teachers and tutors
- Hobby and sports clubs
- Activities in public parks
- Churches and other places of worship



Ask yourself...

- *Does the organisation have a child protection policy that I can have a copy of?*
- *Have they done checks on staff and volunteers?*
- *Will my child be supervised by a safe adult at all times?*
- *Is there adequate staff for the numbers of children?*
- *Do they keep my child safe with good security?*
- *Do the adults create a happy atmosphere and treat the children with respect?*
- *Are my child's specific needs being properly catered for?*
- *Is my child happy to tell me about activities and people?*
- *Do the staff have my details and know how to contact me?*

PREVENTING ACCIDENTS

Accidental injuries can have a major impact on the health of your child. They are the commonest cause of death in children over the age of 1yr. Most of these accidents are preventable.



Ask yourself...

- *How can I make our house safe for my child?*
- *Does my child always use a car seat appropriate to their age?*
- *Do I keep all medicines and poisons out of reach?*
- *Do I regularly test the smoke alarm batteries?*

For further information and advice, contact the Child Accident Prevention Trust:
www.capt.org.uk

IF YOU HAVE CONCERNS ABOUT A CHILD OR YOUNG PERSON WHO YOU KNOW

Everyone has a responsibility to report any concerns they have that a child or young person is being neglected or abused.

We need people to tell us about their concerns. You don't have to give us your name if you do not want to. If you have any concerns about a child or young person there are a number of ways you can let us know. You can speak in confidence to a professional you know, (e.g. a teacher at the local school, staff at the children's centre, a health visitor or doctor) and they will ensure your worries are passed on and the situation is looked into.

If you are concerned about the safety or wellbeing of a child, contact:

CARMARTHENSHIRE:

- During Office Hours:
Central Referral Team – Tel: 01554 742322, Fax: 01554 742176
- Email: CRTChildren@carmarthenshire.gov.uk
- Outside of Office Hours: Careline – Tel: 01558 824283

CEREDIGION:

- During Office Hours: Contact Centre – Tel: 01545 574000, Fax: 01545 574002
- E mail: contact-socservs@ceredigion.gov.uk
- Outside of Office Hours: Emergency Duty Team – Tel: 0845 6015392

PEMBROKESHIRE:

- During Office Hours: Assessment Team – Tel: 01437 776444
- Email: ccat@pembrokeshire.gov.uk
- Outside of Office Hours: Emergency Duty Team – Tel: 08708 509508
[doctors on call answering service take social services calls for out of hours]

POWYS:

- Tel: 01597 827666, Fax: 01597 827553
- E mail: people.direct@powys.gov.uk

In an emergency you should always ring 999

**If you have any doubts about sharing or reporting your concerns,
Don't think what if I'm Wrong – think what if I'm Right!**