

East Riding keeping children and young people safer

Winter Newsletter

Winter brings damp and cold air for young lungs to breathe, seasonal triggers like cold air, colds and flu and damp and mould can make it harder to breathe.

Asthma

It is important that children who have asthma know how to take their medications correctly. Check this information about [medicines for children](#).



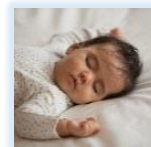
An asthma attack needing use of the blue inhaler means your child needs to seek advice immediately from a medical professional.



Further information:

[Asthma Friendly Schools](#)

Keep babies safe this winter



Babies should have a safe place to sleep and

always be supervised by an adult who has been designated not to drink alcohol or take drugs – even during Christmas and New Year celebrations.

During cold weather, keep your baby safe and warm while avoiding overheating. Remember these important top tips:

- Sleep your baby in the feet-to-foot position in their own cot
- Remove hats indoors
- Do not smoke near your baby

There is more information from the [Lullaby Trust](#) about safer sleep this winter.

We hope you have a safe and happy winter!

**Be Bright
Be Seen**



Out and about on foot or on your bicycle, it is important to be bright and be seen. During the darker months, children are particularly vulnerable when out and about. Be visible with bright clothing and lights.



Take up the offer of your flu vaccination!
Flu vaccinations are available for all school-age children until the end of term. Parents should watch for information from [Vaccination UK](#) via their child's school to give consent. Getting vaccinated helps protect not only the children but also their families and vulnerable people in the community.



Get support for low mood this winter

As the darker days and nights draw in, this can affect young people's moods. Keep talking with your children and encourage them to let you know if they are feeling down.

Papyrus publish a [parent's guide](#) to supporting your child. Look out for warning signs that your child might be feeling upset such as self-harm and self-injury as well as having suicidal thoughts.

CLICK is the sound of...

THINK! This [seat belts campaign](#) encourages young men to wear their seat belts, whatever the journey, whether they're a driver or a passenger. Wearing a seat belt reduces the risk of a death for drivers by 50% yet unbelted young people are killed or seriously injured every week in the UK.



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