

The Child Fatality Review Panel (The Review Panel) has reviewed 238 child death cases involving children aged below 18 that occurred in 2010 and 2011, among which 35 children died by suicide, 28 died in accidents and 12 died as a result of assault. The Review Panel has some observations to share with parents and carers for preventing avoidable child death.

#### Preventing Traffic Accident

- **Never let children at tender age cross the street/road alone.** When accompanying your children on the street/road, **always hold their hands tightly.**
- Your children will follow what you do. Always **set good role models** by following the road traffic regulations, such as observing the traffic light signals and using subways/footbridges for crossing streets/roads safely.

#### Preventing Household Accident

- **Be aware of home safety.** If you have young children at home, you **must install window grilles** and ensure that they are **locked at all times.** Always check that the safety devices of the home appliances are properly installed and secured; drugs and medicines are stored in places which are not easily accessible to children.
- **Never leave children unattended** or alone at home.

#### Beware of Babies' Safety while Sleeping

- Avoid letting babies sleep alone in a room. You should sleep with your baby in the same room and **check his/her sleeping condition from time to time.**
- You **should not sleep with your baby on the same bed.** Babies should sleep in a suitable cot. If it is not possible to put the cot in your bedroom because of environmental restrictions, you may lay the baby in a cradle on your bed to separate him/her from you.
- Never place babies to sleep on a quilt, pillow or soft mattress, etc.
- Don't place pillows, loose/fluffy blankets or duvets, pillow-like bumpers, stuffed toys in places where babies sleep.

**Most of the child fatalities caused by accident are avoidable.** It is most important for the parents and carers to be **more concerned about their children and to provide proper care and attention** in meeting their various needs.

#### Preventing Suicide Among Children

- Your children may be facing various life stresses and difficulties which they may not be able to cope with. These difficulties include worrying about future, relationship problems with family members and peers, love relationship and school work problems. You can **listen more and understand** their needs and the difficulties they may be encountering.
- **Your children need your assistance** even though they may not voice out their difficulties.
- **Don't take it lightly** if your children have expressed/hinted that they will commit suicide, either verbally or through messages or notes. **Have immediate communication with them** by showing concern and understanding to their feelings and trouble. If necessary, **seek assistance from helping professionals and school social workers.**
- People with past suicidal attempts are at higher risk of committing suicide again and need extra care and assistance.

#### Preventing Children from Being Assaulted by Family Members

- When you are facing stresses and problems, talk to your family members, friends or seek help from helping professionals. **There are always people available to help.**
- Don't vent your emotions on your children and you should not deprive them of the right of survival.
- **Care for your family,** especially those emotionally vulnerable family members. **Give them support** or help them seek professional assistance to prevent them from hurting their children as a result of their failure to cope with their own problems.

#### Helplines

Social Welfare Department Hotline: 2343 2255  
The Samaritan Befrienders Hong Kong: 2389 2222  
The Samaritans — 24 Hour Multi-Lingual Suicide Prevention Hotline: 2896 0000  
Suicide Prevention Services: 2382 0000  
TWGHs CEASE Crisis Centre 24-hour Hotline: 18 281  
Family Crisis Support Centre Hotline: 18 288

Prepared by the Child Fatality Review Panel

# 兒童死亡可避免

## Child Death is Avoidable

致家長和照顧者  
To Parents and Carers

兒童死亡個案檢討委員會  
Child Fatality Review Panel