




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

「兒童死亡個案檢討委員會」檢討了發生於2010年及2011年的238宗18歲以下的兒童死亡個案，其中有35名兒童死於自殺，28名兒童死於意外，12名兒童因襲擊致死。檢討委員會得出一些觀察結論，希望家長和負責照顧兒童的人士留意，共同預防可避免的兒童死亡事故。

預防交通意外

- **不要讓幼童獨自橫過街道／道路。**與子女同行時，應常緊握他們的手。
- 子女會學習你的言行舉止，請時刻**樹立良好榜樣**，言傳身教，遵守交通規則，例如遵守交通燈號和使用行人隧道／天橋安全橫過街道／道路。

預防家居意外

- **注意家居安全**，家中若有年幼子女，**必須安裝窗花**及確保窗花時刻上鎖；並經常檢查家中設備的安全裝置是否已安裝妥當和繫穩；存放藥物於兒童不易接觸的地方。
- **切勿獨留兒童不顧**或獨留兒童在家。

注意嬰兒睡眠的安全

- 避免讓嬰兒單獨睡在房間內，應與嬰兒共睡一室，並**不時查看嬰兒睡眠的情況**。
- **不應與嬰兒同牀而睡**，應讓嬰兒睡在適當的嬰兒牀上。若因環境限制，睡房內不能放置嬰兒牀，可在牀上放嬰兒睡籃，與嬰兒分隔開。
- 切勿把嬰兒放在被子、枕頭或軟墊等物件上睡覺。
- 不應把枕頭、寬鬆／輕軟的被鋪、攬枕、毛公仔／玩具等放在嬰兒睡覺的地方。

絕大部份因意外引致的兒童死亡個案是可以避免的，最重要是家長和照顧者**多點關心和妥善照顧**孩子各方面的需要。



預防兒童自殺

- 你的子女可能正面對各種壓力和困難，不懂得如何處理，這些困難包括憂慮未來、與家人和朋友的關係、與異性相處和學業問題等。你可以**多聆聽**，**了解他們**的需要和可能正遇到的困難。
- 儘管子女可能未有說出他們的困難，但**他們需要你的協助**。
- 若子女以口頭或透過訊息和筆記表示 / 暗示會自殺，請**不要掉以輕心**，應**立即與子女溝通**，以關懷態度了解他們的感受和困擾，有需要時向**有關專業人士和學校的社工求助**。
- 過往曾企圖自殺的人再次自殺的危機會較高，需要額外的關懷和協助。

避免兒童遭受親人襲擊

- 當你面對壓力和問題，請向家人和朋友傾訴，或向專業人士求助。**總會有人可以提供幫助**。
- 不要把情緒發洩在子女身上，更不應剝奪子女生存的權利。
- **關心家人**，特別是情緒易受困擾的家人，**給予他們支持**或幫助他們向專業人士求助，預防他們因未能處理自己的問題而傷害子女。

求助熱線

社會福利署熱線：2343 2255

香港撒瑪利亞防止自殺會：2389 2222

撒瑪利亞會 — 24小時多種語言防止自殺服務：2896 0000

生命熱線：2382 0000

東華三院芷若園24小時熱線：18 281

明愛向晴熱線：18 288



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