

Messages and learning from Child
Death Overview Panels (CDOP)
July 2025 – September 2025

Waltham Forest, East London and City (WELC) Newsletter October 2025

WELC CDOP North East London
Waltham Forest, Tower Hamlets,
Newham, City and Hackney

National learning:

[Falls from open windows](#) | [Child Accident Prevention Trust](#)

Simple Steps to Keep Children Safe

- **Keep windows closed** or use **child safety locks**, especially in warmer weather.
- **Limit window openings** to no more than 4 inches (10 cm) when children are present.
- **Move furniture away** from windows to prevent climbing.
- **Install window restrictors** or safety catches.
- **Stay aware** - supervision is key to preventing accidents.



NCMD Six-year report on Deaths of children aged under 11 years as a result of a fall from a window or balcony:

[NCMD-falls-from-windows-and-balconies-briefing.pdf](#)

NCMD themed report on child mortality during winter months:

[Child mortality during winter periods](#)

NHS website: [Healthier Together](#)



Safe eating for children with Complex needs

A session for parents on safe eating for children with complex needs, delivered by speech therapists in school, highlighted the importance of correct seating, spoon size and independent feeding when appropriate.

If unsure of a child's mealtime plan, please contact their School's Speech and Language Therapist.

[How to stop a child from choking – NHS](#)

