

KEEP SAFE

It is dangerous and illegal to allow young children to drink alcohol, even in your own home.



Emergency Action

If you think a child has consumed alcohol:

- Phone for an ambulance to get the child to the nearest accident and emergency unit as soon as possible
- Inform the medical professionals what the child has consumed, how much, and how quickly (show them the can/ bottle if possible)
- Do not try and make the child sick
- Do not try to make the child drink if they are drowsy or unrouseable
- If the child is unconscious lay them on their side in the 'recovery position' to make their breathing easier and to prevent them inhaling vomit if they are sick.

Useful contact numbers

ADS Derby
0800 051 5857

Lauren's Link Family Support
01332 416 616

Livewell Lifestyle Service
01332 641 254

**Aquarius
Family Drug & Alcohol Service**
0300 790 0265

Useful websites

www.derbyalcohol.org.uk

www.nhs.uk

To a child your leftovers are just another drink.

Be responsible for keeping Alcohol out of sight and out of reach of children

Derby City Council, Public Health Directorate
The Council House, Corporation Street, Derby, DE1 2FS



Derby City Council

Don't let your kids pick up from where you left off

A small quantity of alcohol could be lethal for a young child.

How your alcohol use could affect your child

- Role model - Remember children like to copy adult behaviour.
- Behaviour – A drunken parent or carer is not fun for a child. Children find it frightening to see adults unable to control their actions.
- Accidents at home – Alcohol slows your reactions. This could affect how you react to your children's needs in emergencies or when they are ill.
- Driving – You can still be over the limit the morning after drinking. Think before you drive. It takes about 1 hour for your body to rid itself of 1 unit of alcohol. (see footer)
- Pregnancy – It is not advisable to drink when pregnant. It is not known how much alcohol, if any, is safe for the foetus.

What can I do to reduce the risk to children?

Children like to experiment with taste and put things in their mouth, especially if they are copying something they have seen adults do. It is common for children to go around the house, pub or party and finish off leftover drinks, or taste from bottles or cans in the fridge.




- Do store all alcohol out of reach and sight of children.
- Do dispose of all unfinished drinks before you go to bed / leave a room.

- Do be careful when storing drinks like alcopops – they look similar to a soft drink yet each alcopop is at least 1.4 units.
- Do ensure anyone looking after your children does not drink whilst caring for them.
- Do ensure a non-drinking adult is available to care for your child if you plan to drink heavily.
- Do ensure that your children are properly supervised while on licensed premises. Children may hear or see unsuitable behaviour (e.g. offensive language, violence/aggression or sexual behaviour), could wander off or be exposed to unwanted attention from strangers.
- Never transfer alcohol into unmarked bottles.
- Never drive after drinking, including the morning after a heavy session.

Signs of alcohol poisoning in children

Alcohol works on the brain areas that control breathing, heartbeat and consciousness. Alcohol can 'turn off' these vital brain areas, resulting first in coma and then death.

- 1st stage: child shows mood swings from excitable and aggressive to cheerful, exaggerated laughing
- 2nd stage: child seems slow, breathing and heartbeat irregular. Child has a cold sweat, feels cold, and the heartbeat is soft or may stop. Child may have fits.

1 Unit =  Half pint of ordinary strength lager/beer/cider (3.5% ABV) =  A 25ml pub measure of spirit (40% ABV) =  A small glass of wine (9%ABV)
Note: Many wines are 11 or 12%ABV