



Keeping your child safe

If you are a parent and use methadone, alcohol or other drugs you need to be aware of what you can do to keep babies and children safe.

Using your Medication Safely



Many types of medication are extremely dangerous to children. Over half of all poisoning cases in children are caused by them swallowing medication or drugs.

NEVER ever give a baby or child even a tiny amount of methadone for any reason. Parents have been found to have given methadone to their children. Less than a teaspoon of methadone has killed babies and small children and led to the imprisonment of the parents.

You are also responsible for ensuring your child does not take any medication accidentally. Young children do not understand the danger of taking medication, and are often attracted by the bright colours or sweet taste of many medications. Although your pharmacist will supply your medication in a bottle with a child resistant lid, these are not always 100% effective, and are not available for all medication or drugs.

Always store any medication safely. Plan how to store your medication safely, and discuss this with your drugs worker, doctor or pharmacist, who will share the plan with other agencies who work with you so they can support you to keep your child safe.

“ As a Parent I am responsible for ensuring that the risks of using methadone, alcohol or other drugs does not harm my child... ”

You must remember that:

- ✔ Methadone or other drugs harm and kill babies and children.
- ✔ ALWAYS ring 999 immediately for an ambulance, if you think that your child has taken methadone or any other drug.
- ✔ ALWAYS store all methadone, medication, drugs and drug equipment in a secure, locked place AND make sure you always wash out spoons, dispensing caps and empty containers thoroughly, ensuring that you dispose of old medication, drugs and drug equipment safely.
- ✘ NEVER give your baby or child even a tiny amount of methadone or other drug to soothe them or help them sleep
- ✘ NEVER leave methadone or medicines where a child might find them
- ✘ NEVER take your methadone, medicines or other drugs in front of your child
- ✘ NEVER put methadone or medicines in a bottle or container that doesn't have a child proof lid

If you chose to use drugs that will make you unable to respond to your child or baby if they need assistance or care, you are responsible for ensuring that someone suitable is there to look after your child and keep them safe

- x** NEVER Sleep together with your baby whether in a bed, chair or sofa if you have taken any drug that might make you drowsy, drunk alcohol or are very tired

Safe Sleeping with your baby

If you need further advice on helping your baby to sleep safely, or on dealing with problems in helping to calm your baby or child or getting them to sleep, please discuss these with your midwife, health visitor or general practitioner (GP).

Contact details:



Safer
Bristol

BSCB

Bristol Safeguarding
Children Board

making safeguarding everybody's business

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