

## Contact details of professional who gave you this leaflet:

Please ask your health visitor or GP or other children's professional if you would like to know more. You can contact them through your GP practice.

Find your health visitor at:  
[www.cchp.nhs.uk/cchp/explore-cchp/health-visiting](http://www.cchp.nhs.uk/cchp/explore-cchp/health-visiting)

GP practice:

Phone number:

## If you want to tell someone that you are unhappy or happy about how professionals have worked with you, please contact:

PALS (Patient Access and Liaison Service) 0117 947 4477 or 0800 073 0907 or ask for the complaints policy or customer services department for the organisation.

Thanks to the groups at Henbury & Brentry Children's Centre (Breast feeding group & Baby clinic), Breast feeding clinic at Kingswood Hub and Badock's Wood Children Centre who worked with Barnardo's HYPE service to share their ideas and feedback on this leaflet. Thanks to health and social care professionals for leading the development of this leaflet supported by Barnardo's. Approved June 2023

## Support Organisations

For help with parenting or if your baby won't stop crying:

Cry-sis.org.uk - Helpline: 08451 228 669

ICON – babies cry – you can cope – advice and support – [www.iconcope.org](http://www.iconcope.org)

### Other Support

- NHS Choices: [www.nhs.uk](http://www.nhs.uk)
- Family Lives – 24hr helpline: 0808 800 2222
- National Childbirth Trust: [www.nct.org.uk](http://www.nct.org.uk)
- NCT Helpline 0300 330 0700
- Mothers for mothers – perinatal mental health support – [www.mothersformothers.co.uk](http://www.mothersformothers.co.uk)



I - infant crying is normal

C- comforting methods can help

O- its ok to walk away

N – never, ever shake a baby

### If you need more support or are worried about a child:

- First Response (Bristol): 0117 903 6444
- ART (South Glos): 01454 866000
- Social Care (North Somerset) 01275 888 808/266
- Social Care Out of hours: Emergency Duty Team 01454 615165

## Bristol, South Gloucestershire, and North Somerset Safeguarding Partnerships



“My Baby has a bruise, mark or injury – what could it be?”



# Keeping Babies Safe

You may find information in this leaflet upsetting, but it is here to help you understand what is happening.



Babies can't tell us how something happened. Even a small bruise or mark could mean something is wrong. A health professional (doctor or nurse) will need to check how this happened. They will ask if you know how the bruise or mark happened. They will check whether your baby is unwell. They will also check if someone has hurt them.



## What happens next?

To make sure all babies are safe professionals must follow rules. They might talk to social services and to the police about your baby. This is normal. A health professional (doctor or nurse) will check your baby.

They may need to:

- Take photos of any injury
- Do blood tests to see if your baby is unwell
- Do a CT scan to make sure there is no bleeding or bruising inside their head

- Take x-rays of their bones to make sure they are not broken

You and your baby may need to stay in hospital for a few days. Please bring what you and your baby need (e.g. milk and nappies) to the hospital.

Before you leave hospital everyone needs to know how your baby got the mark or injury.

You will be given support if you need it.

## After your baby has been checked.

You will be told what the tests have shown.

Your Health Visitor and GP will be told too.

If professionals are worried about the injury, a social worker will help you to keep your baby safe.

