

# Childsafe

A PARTNERSHIP IN CHILD SAFETY – HEALTH – EDUCATION

## PROPOSED EDITORIAL STRUCTURE AND CONTENTS

### FOREWORDS BY

The Rt Hon Ruth Kelly MP, Secretary of State for Education and Skills  
Rt Hon Beverley Hughes MP, Minister of State for Children and Families.  
Dr Steve Ladyman, Minister for Transport

### CURRENT CAMPAIGNS AND CONTRIBUTORS

RoSPA	Institute of Child Safety
Institute of Child Health	Department of Health
NSPCC	Internet Watch Foundation
Child Alert	Child Accident Prevention Trust
NCH	

### HEALTH

- **Healthy eating** – The government is spending £280m to promote healthy eating in schools. However, we all know that parents have the most influence on their child's diet. With this in mind, a whole section in *ChildSafe* will be dedicated to healthy eating, looking at nutrition and healthy products that children actually enjoy.
- **Keeping fit** – How to encourage your child to stay active and fit.
- **Supermarkets** – A review of the most parent-friendly supermarkets and the best stockists of nutritional products for children.
- **Healthcare plans** – A review of the best healthcare plans for the family.
- **Complementary medicine** – In the last 10 years or so, complementary therapies have become a viable alternative to the mainstream medical system. Acupuncture; Aromatherapy; Cranial Osteopathy; Homœopathy; Reflexology; Reiki – a guide.
- **Hurried lives** – Do we give enough time to our diet/exercise; what are the consequences; are eating disorders nature or nurture?
- **Every Friday is nit check at my school** – Siobhan Mullholland, with facts reviewed by Dr B Homeier
- **Playful attachments** – Dr Sue Jennings, play therapist.
- **Pest Control** – Halve your stress and double your energy. Lorraine Thomas, the UK's No 1 parent coach.

