



Safeguarding Key Messages January 2019 Safe Sleeping

	1 IN 3,180	The risk of SIDS for all babies in England & Wales ¹
	1 IN 174	The risk of SIDS while co-sleeping on a sofa ^{1,5}
	1 IN 174	The risk of SIDS while co-sleeping after consuming alcohol or drugs ^{1,5}
	1 IN 787	The risk of SIDS while co-sleeping with a regular smoker ^{1,5}

Safer Sleep for Babies

Sudden Infant Death Syndrome (SIDS) is the sudden and unexpected death of a baby where no cause is found. While SIDS is rare, it can still happen and there are steps parents can take to help reduce the chance of this tragedy occurring.

Things you can do

- ✓ Always place your baby on their back to sleep
- ✓ Keep your baby smoke free during pregnancy and after birth
- ✓ Breastfeed your baby if you can
- ✓ Place your baby to sleep in a separate cot or Moses basket in the same room as you for the first six months.
- ✓ Use a firm, flat, waterproof mattress in good condition.

Things to avoid

- ✗ Never sleep on a sofa or in an armchair with your baby.
- ✗ Don't sleep in the same bed as your baby if you smoke, drink, take drugs or are extremely tired, or if your baby was born prematurely or was of low birth weight.
- ✗ Avoid letting your baby get too hot.
- ✗ Don't cover your baby's face or head while sleeping or use loose bedding.

Other Factors

Using a dummy

Some research suggests that it is possible that using a dummy then putting a baby down to sleep might reduce the risk of sudden infant death. Parents must be reminded not to use a dummy holder/neck cord.

Signs of illness

Although the exact role of infant illness is not well understood, it is recommended that medical advice should be sought if a baby shows signs of illness that persist for more than 24 hours.

Swaddling

The evidence on swaddling is inconsistent and more information is still required before a firm recommendation can be made on swaddling. Parents who wish to practice swaddling should be informed how to do this correctly to reduce any risks associated with this method. If a parent decides to swaddle their baby, they should be informed not to cover its head and only use thin materials.

Slings and car seats

There are too few studies investigating the use of car seats or slings and the risk of SIDS to determine an association. Parents should be advised to follow the manufacturer's guidance on their safe use as a precaution and advised to not leave infants in car seats for very long periods or unsupervised.

Useful Contact Information:

The Lullaby Trust

020 7802 3200

Unicef

(0)207 375 6144

Email: bfi@unicef.org.uk

Twitter: [@babyfriendly](https://twitter.com/babyfriendly)

WAHT Safeguarding team

Kate Birch – Named Midwife – Ext.

33735 (in hours)

REMEMBER – IF YOU PROVIDE ANY INFORMATION REGARDING SAFE SLEEPING TO PARENTS PLEASE ENSURE YOU RECORD THIS WITHIN THE NOTES.

Resources

There is a wealth of useful resources online to assist professionals in advising parents regarding safe sleeping. There are visual tool kits to facilitate discussions on reducing the risks of SIDS and to demonstrate the ideal sleeping environment for a baby. Please see: -



game-make-a-room.pdf



game-spot-risk.pdf

The advertisement for the 'Baby Check' app features a blue background with a white border. At the top left is the 'The Lullaby Trust' logo, and at the top right is the 'NHS Birmingham Community Healthcare' logo. The main title 'Baby Check' is in large blue font. Below it, three bullet points are listed: 'Is your baby very unwell?', 'Does your baby need to see a doctor?', and 'The FREE Baby Check App will help you decide.' To the right, a tablet and a smartphone display the app's interface, which includes a question 'How old is your baby?' and a 'Check' button. At the bottom left is a cartoon baby's head, and at the bottom right, text says 'Download Baby Check App for free on Google Play and in the App Store.' with icons for Google Play and the App Store.

The poster has a blue background with a yellow border. The title 'The ABCs of Safer Sleep' is in large yellow and white font. Below the title are three circular icons labeled A, B, and C. Icon A shows a baby sleeping on their back. Icon B shows a baby in a cot. Icon C shows a cot with a clear space. Below each icon is text: 'Always sleep your baby...', '...on their back...', and '...in a clear cot or sleep space.' A small note says '(Free of bumpers, toys, pillows and loose bedding)'. Below this is the heading 'Safer sleep for baby, sounder sleep for you' and a paragraph: 'Following the ABCs for every sleep day and night will help to protect your baby from Sudden Infant Death Syndrome (SIDS) giving you the peace of mind to enjoy this special time.' At the bottom left are three blocks labeled A, B, and C. At the bottom right is the 'The Lullaby Trust' logo. Contact information is provided: 'For support and advice on sleeping your baby safely The Lullaby Trust can help. Visit: www.lullabytrust.org.uk Contact us on: 0808 802 6869 Email: info@lullabytrust.org.uk'