7 MINUTE BRIEFING

Sudden Infant Death Syndrome and Safer Sleep Week - The Lullaby Trust

The Lullaby Trust's aim is to provide practitioners with the tools to help you get this sensitive message across in a clear and accessible way. Click on the following to access a wealth of resources for parents and professionals:

https://www.lullabytrust.org.uk/publi cations-2015

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 or take drugs or are extremely tired, 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

THINGS PARENTS/CARERS CAN DO:

Always place your baby on their back to sleep - Keep your baby smoke free during pregnancy and after birth

Place your baby to sleep in a separate cot or Moses basket in the same room as you for the first 6 months

Breastfeed your baby

Use a firm, flat, waterproof mattress in good condition

Safer Sleep Week 13 - 19 March 2017

On average 4 babies die, suddenly and unexpectedly each week in the UK and no cause will be found. This is known as Sudden Infant Death Syndrome (SIDS). Since the 1991 Back to Sleep campaign the rate of SIDS has fallen by 85%.

If all parents followed safer sleep advice many more babies' lives could be saved. 419 babies have died in the North West between 2005-14. In Knowsley, we have had 2 Serious Case Reviews regarding the death of a baby in these circumstances.

⁷1 6 7 5 3

It is essential that all professionals in touch with parents and visiting the family home make sure that the messages are understood by them, and do not assume that someone else has already offered leaflets, etc.

4

This advice is based on strong scientific evidence where, unlike many products, safety has been proven. Parents/carers should follow the advice for all sleep periods where possible, not just at night. Mums under the age of 20 are 4 times more likely to have a baby die of SIDS. The safer sleep advice is even more important for their babies. The Lullaby trust have an interactive website that provides young and expectant parents with the opportunity to learn what they can do to lower the risk of SIDS in a safe and supportive online environment. Practitioners such as midwives, health visitors and professionals who work with parents should signpost new parents to this valuable resource and support network www.littlelullaby.org.uk

There is no advice that guarantees the prevention of SIDS or SUDIC (Sudden Unexpected Death of Infants and Children) but parents should be informed that by following the safer sleep advice. Parents make decisions on safe baby care, for example about where to sleep their new baby. Therefore it is vitally important that professionals target parents with the safer sleep message. This advice should be followed up by the midwife after the birth, and again by the health visitor in the early weeks of the baby's life.

For more information regarding 7 minute briefings, please email <u>sarah.herron@knowsley.gov.uk</u> Knowsley Safeguarding Children Board, 2nd Floor, Nutgrove Villa, Westmorland Road, Huyton L36 6GA Tel: 0151 443 3859 www.knowsleyscb.org.uk