

# MERSEYSIDE CDOP 7 MINUTE BRIEFING

The safest place for baby to sleep is in their cot

## Safer Sleep for Baby



# What are 7 Minute Briefings?

## 1. Background

Seven minute briefings are based on a technique borrowed from the FBI. It is based on research, which suggests that seven minutes is an ideal time span to concentrate and learn.

Learning for seven minutes is manageable in most services, and learning is more memorable as it is simple and not clouded by other issues and pressures.

## 2. Why it matters

The LSCB is aware of increasing pressure on services, which make it difficult to release staff to attend training, as well as the need to keep learning and developing to maintain a skilled workforce, and that these short, team based learning events might be a helpful way to support.

## 3. Information

The context of the briefings will be a mixture of new information (such as learning from Serious Case Reviews) or a reminder/repeat of basic information with challenge to think about the application to practice in the team.

Their brief duration should also mean that they hold people's attention, as well as giving managers something to share with their staff.

## 4.

It is planned to send out one briefing per month, to any manager who wants to use it. The structure of every briefing will be the same, so it becomes easier to find the information once the managers are familiar with the format. Clearly the briefings will not have all the answers, but it is hoped that they will act as a catalyst to help teams and their managers reflect on their practice and systems.

## 5.

The briefings will be an invitation to think and will end with discussions points, which teams can use if there is time, but can also be omitted. The briefing will stand alone, even without discussion, although if time is allowed for the discussion this is likely to enhance the learning of the team.

## 6. Delivery

Briefings should be delivered face to face, so as to ensure they are not misunderstood, and there can be discussion of the subject to ensure they do not become lost in paperwork or e-mails.

If you or your team have suggestions for future briefings you would find helpful, please send your suggestions to the LSCB Learning & Development Officer:

Sarah Herron [sarah.herron@knowsley.gov.uk](mailto:sarah.herron@knowsley.gov.uk)

Nicky Walsh [Nicky.Walsh@liverpool.gov.uk](mailto:Nicky.Walsh@liverpool.gov.uk)

Beverley Hall [Beverley.hall@sefton.gov.uk](mailto:Beverley.hall@sefton.gov.uk)

Niccie Jones [NiccieJones@sthelens.gov.uk](mailto:NiccieJones@sthelens.gov.uk)

Bryony Baker [bryonybaker@wirral.gov.uk](mailto:bryonybaker@wirral.gov.uk)

## 7. What to do

The expectation is that team leaders will present briefings to their staff once a month. It will be important to make the topic relevant to your service. The briefings should not be mixed in with ordinary day to day issues as this will diminish their impact.

## Questions to consider

How do you organise these briefings in your service?

How do you ensure they are given both time and gravitas?