

## **Infant Safer Sleep Week 11th-17th March 2019**



**Worried about a child or young person? Call 01482 395500**

[www.erscp.co.uk](http://www.erscp.co.uk) Twitter: @EastRidingSCP

The e-learning course: **Safe Sleeping for Babies – Reducing the Risk of SIDS**

Can be accessed at: <https://bit.ly/2ExL6MM>

## Infant Safer Sleep Week 11th-17th March 2019

All of us who come into contact with parents of children under a year old need to be aware of the current guidance on Infant Safer Sleeping. So to **test yourself**, can you identify **eight** things about the room, cot or the way the baby is sleeping that may increase the chance of Sudden Infant Death Syndrome?



**The picture also shows:**

**Cot Bumpers.** We do not recommend cot bumpers. Cot bumpers can pose the risk of an accident when your baby becomes mobile. A simple mattress in your cot with no loose bedding or bumpers is the safest sleeping place for a baby.

**Smoking.** The picture doesn't show parents smoking near the baby, but this is a major risk for SIDS. Keep your baby as smoke free as possible and never share a bed with your baby if you or your partner smokes.

Did you spot all 8?

**Nursery.** The baby is in his own room. The safest place for your baby to sleep for the first six months is in a cot or Moses basket in the same room as you.

**Side Sleeping.** It is important that you always put your baby on their back as part of their regular sleep routine – never on their front or side.

**Feet-to-foot.** Place your baby with their feet to the foot of the cot, so they can't wriggle under the covers or you can also use a baby sleep bag.

**Bedding.** The blankets in the cot are loose. It can be dangerous if your baby's head gets covered when they sleep.

**Pillow.** If your baby is under one year old never use a pillow, quilt or duvet.

**Hat.** Babies need to lose excess heat from their heads so remove hats and extra clothing as soon as you come indoors even if it means waking your baby.

**Dummy.** There is no dummy being used which when routinely used can reduce the chance of SIDS. Remember to use every time you settle baby to sleep day and night.

**Radiator.** Babies should never sleep next to a radiator or in direct sunlight to avoid overheating.

## WHERE SHOULD BABIES SLEEP?

### Key message for parents

**The safest place for your baby to sleep is in a crib or a cot in a room with you for the first six months of life.**

- The safest sleep position for babies is on their backs (supine). The Back to Sleep campaign in the 1990s is one of the main reasons why sudden infant death dropped by more than half between 1989 and 1992. Once babies can roll from front to back and back again by themselves they can be left to find their own position to sleep.
- Babies should be placed on a flat firm mattress in the ‘feet to foot’ position in a cot kept clear of bumpers, toys and loose bedding
- Breast feeding and keeping your baby smoke free have been shown to reduce the risk of SIDS. Ask your Midwife or Health Visitor for help with breastfeeding and stopping smoking

Ref: Hull and East Riding Key Messages Infant Safer Sleep



## BED SHARING/COSLEEPING

By the age of 3 months half of all babies born in England and Wales will have slept in an adult bed with one or both parents, whether intended or not. So parents need to be given information to help them make safe choices and practitioners need to be alert to when babies may be sleeping in unsafe circumstances.

### Key message for parents/carers

**The Lullaby Trust identifies key risk factors to parents and babies sharing a bed or other sleep surface:**

If the parent (or partner or carer)

- Is a smoker, even if they never smoke in bed or at home
- Has been drinking alcohol
- Has taken medication or drugs that make them drowsy
- Feels very tired

Or if the baby:

- is low birth weight (less than 2.5kgs or 5 1/2 lb)
- is premature (born before 37 weeks)

Sometimes people fall asleep with their babies accidentally, or without meaning to. This can be very dangerous especially if it happens on a couch/sofa or armchair

### Key Message for parents/carers

Parents and carers should be advised **never** to sleep with a baby on a sofa or in an armchair, and they should be reminded that accidents can happen: parents might roll over in their sleep and suffocate their baby, or the baby could get caught between the wall and the bed, or could roll out of the bed and be injured.

## Training, Information and Tools

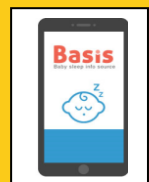
ERSCP Infant Safe Sleeping e learning <https://bit.ly/2ExL6MM>

<https://www.lullabytrust.org.uk/> - lots of resources including Safer Sleep Week Pack

<https://www.basisonline.org.uk/> - **Basis** – Baby sleep info source – Information sheets and Infant sleep app

[http://www.unicef.org.uk/documents/baby\\_friendly/leaflets/caringatnight\\_web.pdf](http://www.unicef.org.uk/documents/baby_friendly/leaflets/caringatnight_web.pdf) - UNICEF Caring for Your Baby at Night leaflet

<https://www.lullabytrust.org.uk/wp-content/uploads/sids-guide-professionals.pdf> - Guide for professionals



# Safer Sleep Week

11 - 17 March 2019



## What is SIDS?

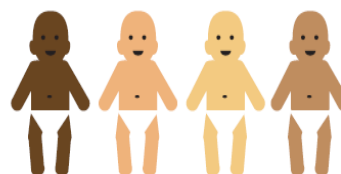
Sudden Infant Death Syndrome (SIDS) is when a baby dies suddenly and unexpectedly and no cause of death is found.

SIDS has no known cause, although there are factors that are known to increase the risk of it occurring. There are also practices that are proven to reduce the risk.

SIDS currently claims the lives of 240 babies every year in the UK.

# 240

SIDS claims the lives of approximately 240 babies every year in the UK: that's around 5 babies a week



## Our co-sleeping advice

### Preparing to co-sleep

- Ensure there are no pillows, sheets, blankets or any other items in the bed with you that could obstruct your baby's breathing or cause them to overheat. A high proportion of infants who die as a result of SIDS are found with their head covered by loose bedding.

- Follow all of our other safer sleep advice to reduce the risk of SIDS.

[www.lullabytrust.org.uk/safer-sleep-advice](http://www.lullabytrust.org.uk/safer-sleep-advice)

### When not to co-sleep

Bed sharing increases the chance of SIDS and is particularly dangerous if:

- Either you or your partner smokes (even if you do not smoke in the bedroom)
- Either you or your partner has drunk alcohol or taken drugs (including medications that may make you drowsy)
- You are extremely tired
- Your baby was born premature (37 weeks or less)
- Your baby was born at a low weight (2.5kg or 5½ lbs or less)
- You should never sleep together with your baby if any of the above points apply to you.

# STOP PRESS

**East Riding Safeguarding Children Partnership**

**and**

**Hull University Business School**

## **Contextual Safeguarding Conference**

(Exploited, Missing and Trafficked)

**12th June 2019**

University of Hull Main Site

## **Save the Date**

To expressing an interest in attending this event, please email

[erscp.training@eastriding.gov.uk](mailto:erscp.training@eastriding.gov.uk)

**Worried about a child or young person? Call 01482 395500**

[www.erscp.co.uk](http://www.erscp.co.uk) Twitter: @EastRidingSCP