

## **Safer Sleep Week March 13<sup>th</sup>-19<sup>th</sup> 2023**

Safer Sleep Week is The Lullaby Trust's national awareness campaign targeting anyone looking after a young baby. It aims to raise awareness of sudden infant death syndrome (SIDS) and the safer sleep advice that reduces the risk of it occurring.

We know that greater awareness of safer sleep leads to a decrease in the numbers of babies dying. Sadly, in Nottinghamshire (city and county) 5-6 babies a year die in an unsafe sleep environment. We need to continue to reach out to all new parents with safer sleep messages.

### **The focus for Safer Sleep week in 2023 is co-sleeping**

“We know that many SIDS deaths occur in unplanned, hazardous co-sleeping situations and the recent [National Child Mortality Database \(NCMD\)](#) report highlighted this. We want to create resources and information on safer co-sleeping to reach as many new and expectant parents as possible, regardless of how they plan to sleep. This will allow parents to prepare a safer sleep space for planned co-sleeping or if they fall asleep without intending to.”  
(Lullaby Trust)

### **Advice on co-sleeping (Lullaby Trust)**

To reduce the risk of sudden infant death syndrome (SIDS) the safest place for a baby to sleep is in their own clear, flat, separate sleep space, such as a cot or Moses basket. However, we know that many parents find themselves co-sleeping whether they mean to or not. It's therefore essential that parents and carers receive evidence based and up to date advice on how to co-sleep more safely and when to avoid it altogether. Open, non-judgemental conversations are crucial to reducing hazardous co-sleeping. Anyone involved with parents and families can have these conversations and help to reinforce messages.

### **When not to co-sleep**

**Co-sleeping with your baby is very dangerous if:**

- you or anyone in the bed has recently drunk any alcohol.
- you or anyone in the bed smokes.
- you or anyone in the bed has taken any drugs or medication that make you feel sleepy.
- your baby was born prematurely (before 37 weeks of pregnancy) or weighed under 2.5kg or 5½ lbs when they were born.

In these scenarios, it is **always** best to put your baby in their own safe sleep space, such as a cot or Moses basket. Keeping the cot or Moses basket next to your bed might make this easier.

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**Never fall asleep on a sofa or armchair with your baby. The risk of SIDS is 50 times higher for babies when they sleep on a sofa or armchair with an adult. They are also at risk of accidental death as they can easily slip into a position where they are trapped and can't breathe.**

### Co-sleeping more safely

- Keep pillows and adult bedding away from your baby or any other items that could cover their head or cause them to overheat. A high proportion of babies who die as a result of SIDS are found with their head covered by loose bedding.
- Follow all The Lullaby Trust's other safer sleep advice to reduce the risk of SIDS such as sleeping your baby on their back
- To reduce the risk of accidents, do not bring other children or pets into bed with you.
- Try to make sure or check that the baby cannot be trapped, wedged or fall out of bed or get trapped between the mattress and the wall
- Never leave your baby unattended in an adult bed

If you are bedsharing with your baby you should consider **any** risks before **every** sleep. It is easy for your situation to change if you are unwell or have drunk any alcohol, which means your baby will be safest in a separate sleep space such as a cot or Moses basket on that occasion.

### Resources for parents and carers

The Lullaby Trust has developed a guide for parents and carers with lots of information and advice about safer sleep.

[Safer-sleep-for-babies-a-guide-for-parents-web.pdf \(lullabytrust.org.uk\)](http://www.lullabytrust.org.uk/Safer-sleep-for-babies-a-guide-for-parents-web.pdf)

There is also a series of videos

[Safer Sleep for babies presentations - The Lullaby Trust](http://www.lullabytrust.org.uk/Safer-Sleep-for-babies-presentations)

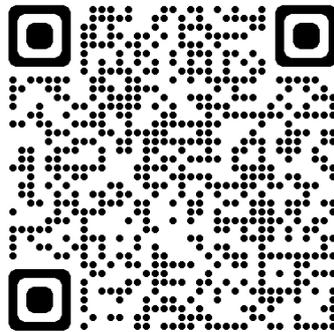
Their easy read card is available in 25 different languages.

<http://www.lullabytrust.org.uk/publications-2015>

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### What can I do as a practitioner to support safer sleep advice

- ✓ Follow the Safer Sleep week campaign from March 13<sup>th</sup>-19<sup>th</sup> 2023 and share social media messages with parents, carers and families **#SaferSleepWeek**
- ✓ Share the 'Your Baby's Sleep' survey with parents and carers and encourage them to complete it (survey open from March 6<sup>th</sup> until April 30<sup>th</sup> 2023). Click on the link or scan the QR code below <https://consult.nottinghamshire.gov.uk/public-health/your-baby-s-sleep>



- ✓ Ensure you are familiar with safer sleep advice and reinforce it with parents, carers and families whenever you have the opportunity, making sure that they understand it. There are resources listed above that can support with this. Make sure Dads and partners understand the advice as well as Mums.
- ✓ Make use of the Safer Sleep Risk Assessment Tool and guidance to help you identify and support vulnerable families where there is a greater risk of SIDS.

The tool and guidance are available on the [Nottinghamshire Safeguarding Children Partnership website](#) and the [Nottingham City Safeguarding Children Partnership website](#)

- ✓ Consider training needs for you and your team. You can access training and find more information about safer sleep on the Nottingham and Nottinghamshire Safeguarding Children Partnership websites (links above). The Lullaby Trust also provides training [Training - The Lullaby Trust](#)
- ✓ Find out more about the Safer Sleep Steering Group. This is a multi-agency county wide group. The group meets quarterly and works collaboratively to ensure that partners who support families in Nottinghamshire and Nottingham City understand and are supported

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to implement safe sleeping advice. Does your service/organisation need to be represented on the group?

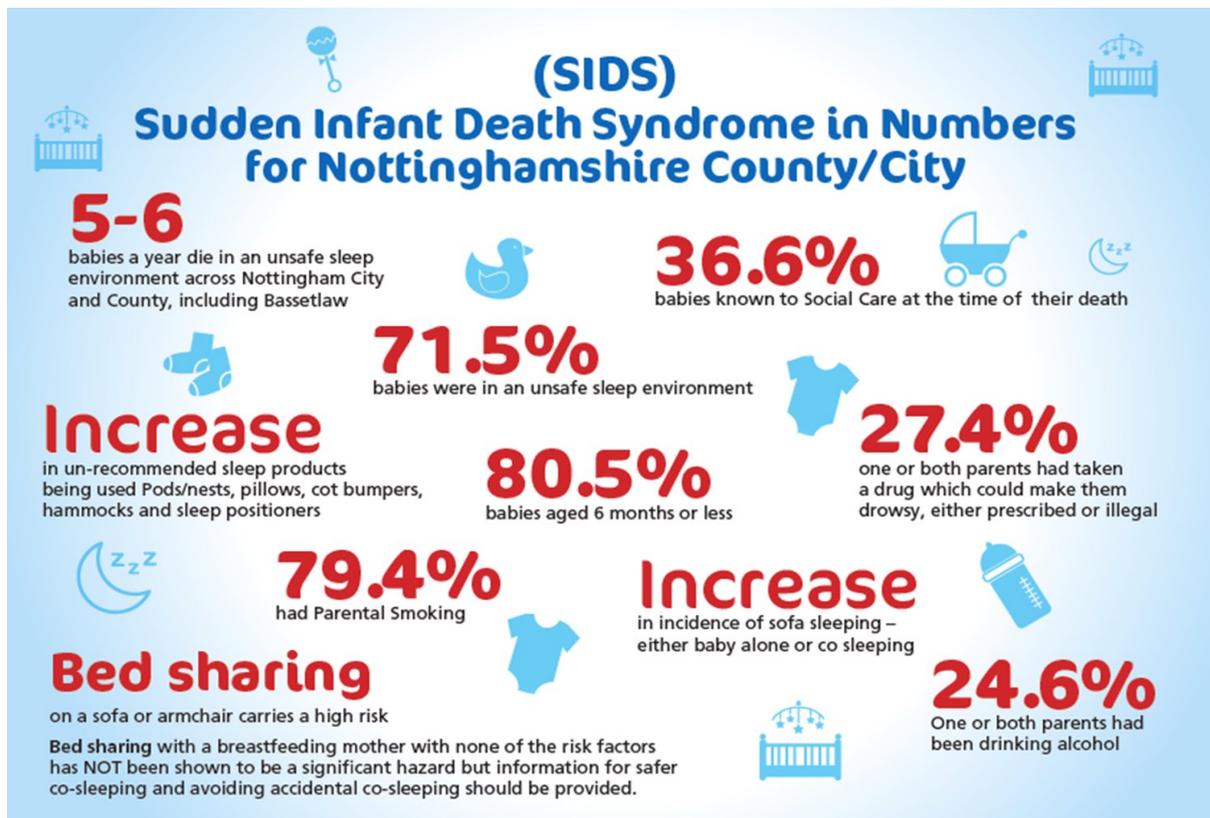
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