



BLACK COUNTRY CHILD DEATH OVERVIEW PANEL (CDOP)

7 Minute Briefing – Safe Sleeping Practices for Babies

(www.lullabytrust.org.uk)

01 Background

The Black Country CDOP Annual Report 2019-2020 highlights that out of the 24 unexpected deaths that were reported, 10 had elements of unsafe sleeping practices identified.

<https://www.dudleyccg.nhs.uk/ccgfunctions/safeguarding>

07 Additional resources

www.lullabytrust.org.uk

www.BasisOnline.org.uk

www.unicef.org.uk/babyfriendly

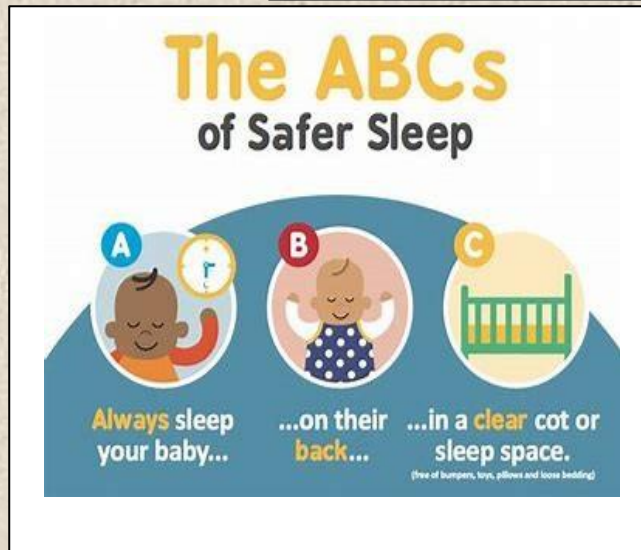
Birmingham Safeguarding Children Partnership have developed 2 videos about safe sleeping – ‘Who’s in charge’ and they can be accessed here:

<https://vimeo.com/502656479>

<https://vimeo.com/502658053>

02 Contributing Risks – unsafe sleeping practices, coupled with the following increases risk:

- Co-sleeping (in a bed or sofa)
- Maternal smoking
- Smoking in the home
- Dirty/poor home conditions/overcrowding
- Alcohol/substance misuse
- Bumpers/pillows in the cot
- Parents taking medication which makes them sleepy
- Baby had a low birth weight
- Deprivation/insecure housing.



03 Key Messages

- Put babies on their **BACK** for every sleep, foot to foot of cot
- On a **CLEAR, FLAT SLEEP SURFACE**
- Keep them **SMOKE FREE** day and night

Although sudden infant death syndrome (SIDS) is rare, the Lullaby Trust reports that over 200 babies die every year.

06 Check understanding

Families may be more familiar with different terminology that they have heard, such as ‘cot death’.

It is important that you talk about all situations with parents so that they can make informed decisions considering all risk factors that may be present.

Check and check again that parents understand the safe sleep message at EVERY visit.



05 Conversations

Safer sleep must be discussed with all families irrespective of circumstances.

It is crucial that these discussions take place even if at times they are challenging.

Check understanding that:

Families know they should *never* sleep on a sofa or armchair with their baby.

And think about possibly building in support with planning solutions for times when they might do so accidentally (e.g. Moses basket next to the sofa, partner takes baby to cot)

04 Bed Sharing

Families should not fall asleep in bed with their baby when:

- They have recently drunk alcohol
- They or their partner smokes
- They have taken drugs that may make them sleepy or affect their awareness
- Their baby was born prematurely or weighed under 2.5kg or 5½ lbs when they were born