



Safer Sleep Week March 11th-17th 2024

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 life-saving safer sleep messages.

The theme for Safer Sleep week in 2024 is 'the safest place'

During the campaign, the Lullaby Trust will share information to support parents and carers in creating a safe sleep space for their baby that will help to protect their vulnerable airways and reduce the risk of SIDS and accidents.

"Babies' airways are vulnerable, particularly in the first few months of life, and parents and carers must be aware of this and the actions they can take to protect them. The simplest way to do this is by sleeping a baby on their back on a firm, flat surface with no padded or cushioned areas which will help to keep their airways open and reduce the risk of suffocation and SIDS. A cot, Moses basket, bassinet, carry cot, or crib all fulfil these criteria.

Many baby products on the market are unsafe for babies to sleep in, even some which are designed for this purpose. **We want to help parents make informed choices about their baby's sleeping place and understand why some products are unsafe for baby sleep and how to identify and avoid them.** We want parents to be confident about choosing a safer sleep space for their baby. We also want to advise parents in vulnerable or emergency situations what to do if they don't have a cot or Moses basket." (Lullaby Trust)

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

Useful information can be found on the website

[How to reduce the risk of SIDS for your baby - The Lullaby Trust](https://www.lullabytrust.org.uk/How-to-reduce-the-risk-of-SIDS-for-your-baby)

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 11th-17th 2024 and share social media messages with parents, carers and families **#SaferSleepWeek**
- ✓ Share the 'baby sleep' survey with parents and carers and encourage them to complete it (survey open from March 11 until April 30 2024).

<https://consult.nottinghamshire.gov.uk/public-health/babysleepsurvey>

- ✓ 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 recently updated Safer Sleep Risk Assessment Tool and guidance to help you identify and support vulnerable families where there is a greater risk of SIDS. You will find links to useful resources and information included as well as a 'safer sleep plan of care' to be discussed with parents and a checklist for parents who may find themselves co-sleeping, whether they plan to or not. A key emphasis within the tool is the importance of open conversations with parents and families, creating an environment where they can discuss their individual circumstances and any worries/queries without fear of judgment.



Safer Sleep risk
assessment tool 2023



Safer Sleep risk
assessment guidance

- ✓ 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 below). The Lullaby Trust also provides training [Training - The Lullaby Trust](#)

[Nottinghamshire Safeguarding Children Partnership website](#)

[Nottingham City Safeguarding Children Partnership website](#)

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✓ Find out more about the Safer Sleep Steering Group. This is a multi-agency city and 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 to implement safe sleeping advice. Does your service/organisation need to be represented on the group?

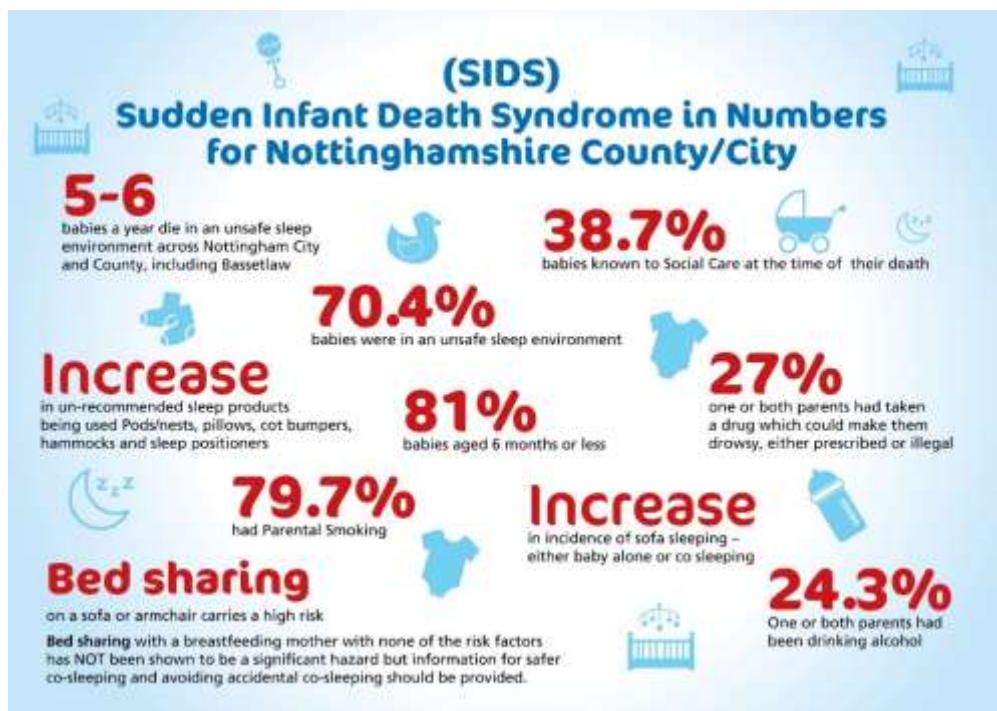
For more details contact:

Nottingham City

Jenn Burton Jennifer.Burton@nottinghamcity.gov.uk and Jesse Keene Jesse.Keene@nottinghamcity.gov.uk

Nottinghamshire County

Kate Whittaker kate.whittaker@nottscc.gov.uk and Haley Thompson haley.thompson@nottscc.gov.uk



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