

## Safer Sleeping – Guidance and Resources

Sadly, around 6 babies die each year in Nottingham and Nottinghamshire where unsafe sleep arrangements are a factor.

Safer sleep advice is given out to all new parents in pregnancy and the first few days and weeks of a baby's life by universal health services, but to prevent further deaths it is imperative that everyone working with families continues to share information about safe sleep advice.

To address this, the following resources are available on the [Nottingham City Safeguarding Children Partnership](#) webpage:

- The [Safer sleep risk assessment tool \[PDF\]](#) explains what safer sleep is and helps identify risk factors for unsafe sleeping. It also provides information to help you support families and includes links to resources that you can download for parents. To support this there is [Safer sleep risk assessment guidance \[PDF\]](#) and a [pre-recorded webinar](#) on safer sleeping which talks you through this risk assessment tool

Furthermore, there is a [safer sleep poster](#) that can be displayed and shared digitally and also a new animation on [safer co-sleeping by Lullaby Trust on YouTube](#)

Please do take the time to familiarise yourself with this information and share it with the families you support.



Zoom in (Ctrl+Plus)

# Safer Sleep for babies

Sadly, around 6 babies die every year in Nottingham and Nottinghamshire where unsafe sleep arrangements are a factor.

To prevent further deaths we need everyone working with families in Nottinghamshire to help ensure safe sleep advice is followed.

### Information for parents and caregivers

Follow the ABCs of Safer Sleep

**Always** sleep babies on their **back**...  
in a **clear** cot or sleep space

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

### Risk assessment tool for practitioners

A local tool has been developed to support practitioners working with families with babies aged 12 months and under.

Find the tool at [nscp.nottinghamshire.gov.uk/resources/for-professionals-and-volunteers/#saferleeping](http://nscp.nottinghamshire.gov.uk/resources/for-professionals-and-volunteers/#saferleeping)

**Safer Sleep is everyone's business**

Nottinghamshire County Council

Nottinghamshire Safeguarding Children Partnership

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