

Safer Sleep message over the festive period

Message for staff.

Safer Sleeping for babies over the festive period.

Sadly, on average 6 babies die every year in Nottingham and Nottinghamshire where unsafe sleep arrangements are thought to be the case. Local data in relation to Sudden Infant Death Syndrome (SIDS) and unsafe sleep, collated since 2009, shows that 39% of babies were known to social care at the time of their death.

Routines often change over the festive season. People may visit friends and relatives, have more to drink and go to bed at different times. It may be more difficult for parents and caregivers to find safe sleeping spaces for babies.

As we approach the festive season, we would like to remind all professionals – including social workers, Early Help, housing providers, domestic abuse services, mental health workers, alcohol and substance use services and any other professionals working with families – to reinforce the messages about safer sleeping that midwives and health visitors give to parents, as part of their work with families. This applies to babies up to 15 months of age, but particularly in the first 6 months when babies are more at risk of SIDS.

Please familiarise yourself with the guides and information below and share them with families. You can follow the Lullaby Trust on [Facebook](#) [Instagram](#) or Twitter.

[Safer-sleep-for-emergency-situations.pdf \(lullabytrust.org.uk\)](#)

[Safer Sleep winter resource V7 \(lullabytrust.org.uk\)](#)

[Co-sleeping with your baby: advice from The Lullaby Trust - The Lullaby Trust](#)

Message for public.

Your baby's sleeping arrangements over the festive season.

Video below to be posted and the text and links underneath it.

[Co-sleeping with your baby: advice from The Lullaby Trust - The Lullaby Trust](#)

Routines often change over the festive season. You may visit friends and relatives, have more to drink and go to bed at a different time. It may be more difficult to find a safe sleeping space for your baby.

Have a look at these guides and have a fun and safe Christmas.

[Safer-sleep-for-emergency-situations.pdf \(lullabytrust.org.uk\)](#)

[Safer Sleep winter resource V7 \(lullabytrust.org.uk\)](#)

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