



**Barts Health**  
NHS Trust

# **Sudden Unexpected Death in Infants (SUDI)**

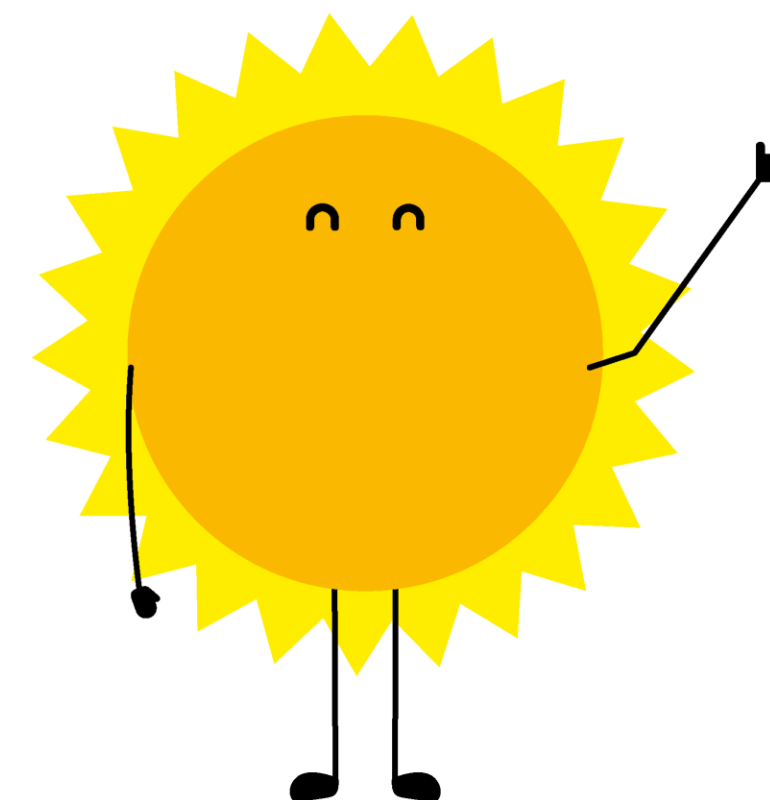
## **North East London**

# Safe sleep messages & resources when working with families

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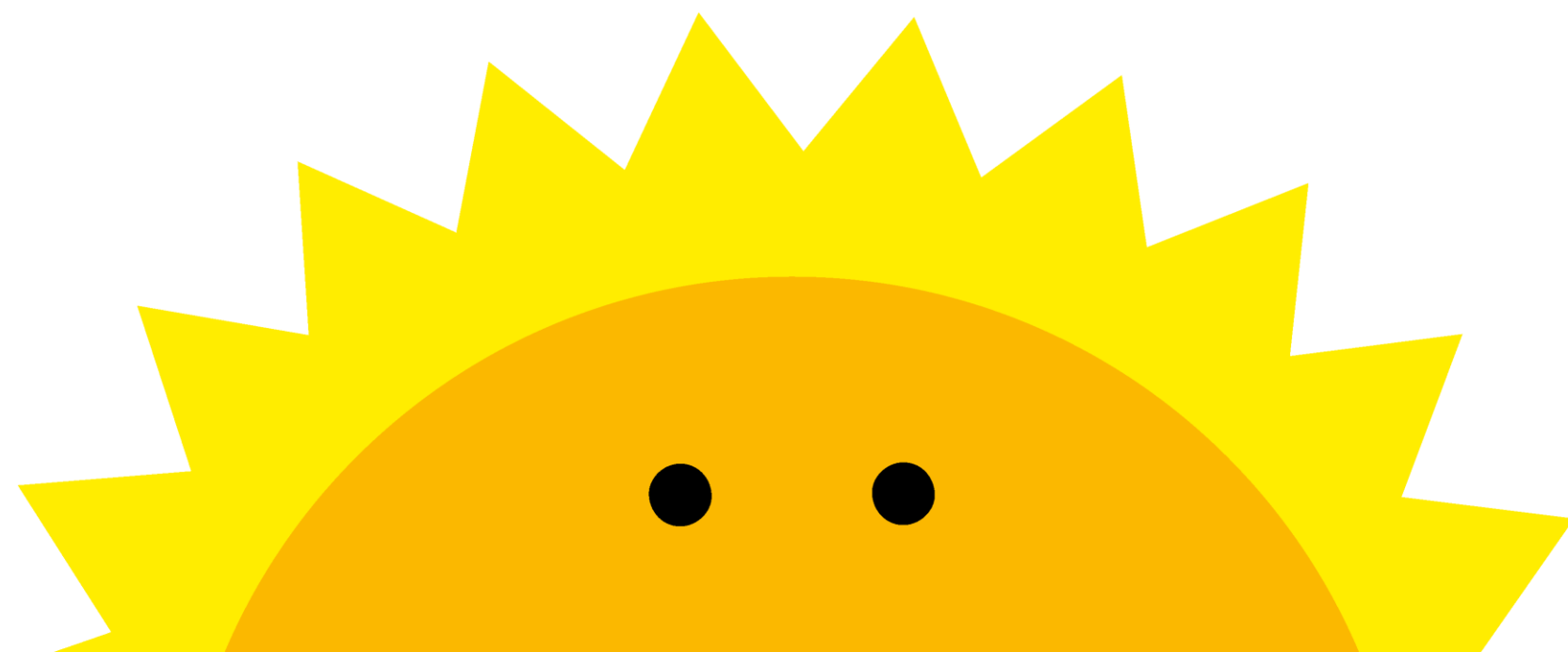


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# The Lullaby Trust

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. Wherever you're planning for your baby to sleep we recommend making your bed a safer place for baby. Our advice on co-sleeping with your baby will tell you how.

<https://www.lullabytrust.org.uk/wp-content/uploads/3-bed-sharing-factsheet-2022-1.pdf>



# NICE guidance on safe sleeping

If parents/carers choose to co sleep then NICE Guidance (2021) advocates that professionals should discuss with parent/carers' safer practices for bed sharing, including:

## Bed sharing

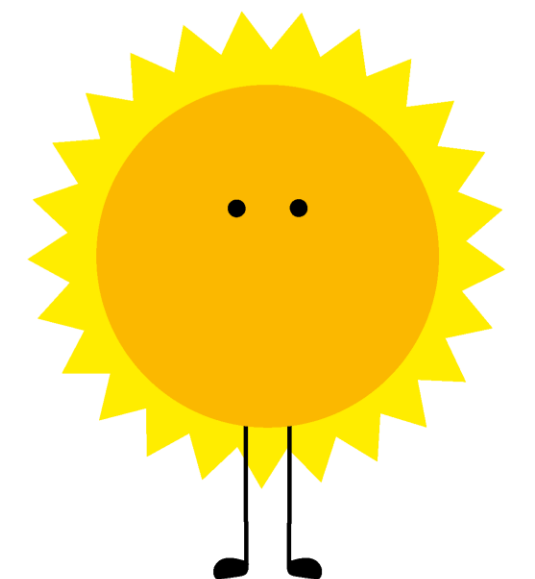
### 1.3.13 Discuss with parents safer practices for bed sharing, including:

- making sure the baby sleeps on a firm, flat mattress, lying face up (rather than face down or on their side)
- not sleeping on a sofa or chair with the baby
- not having pillows or duvets near the baby
- not having other children or pets in the bed when sharing a bed with a baby.

### 1.3.14 Strongly advise parents not to share a bed with their baby if their baby was low birth weight or if either parent:

- has had 2 or more units of alcohol
- smokes
- has taken medicine that causes drowsiness
- has used recreational drugs.

- [Recommendations | Postnatal care | Guidance | NICE](#)

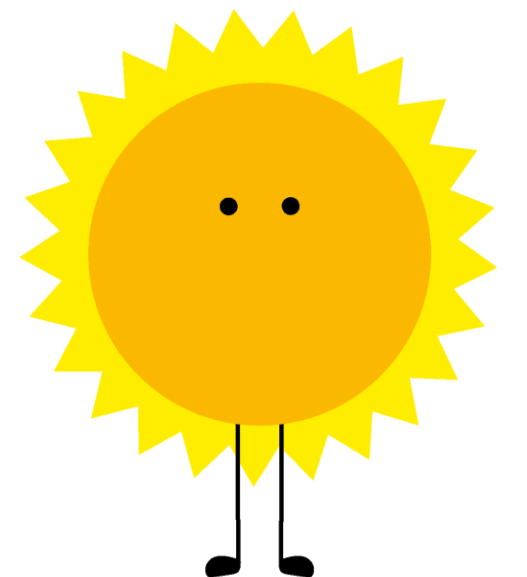


# National Child Mortality Database

This new report 2022 draws on data from the National Child Mortality Database (NCMD) to investigate sudden, unexpected and unexplained deaths in both infants and children and young people, and to draw out learning and recommendations for service providers and policymakers.

*Sudden and Unexpected Deaths in Infancy and Childhood*

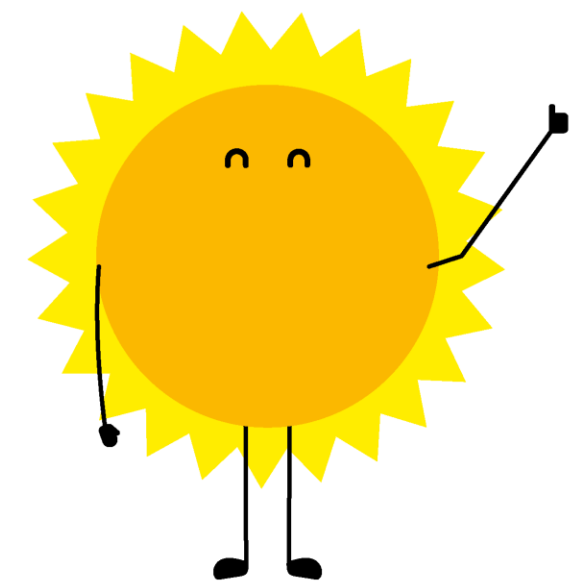
*NCMD (2022)*



## **Who's in charge? Safe sleep campaign Think Plan Share**

“Who's in Charge?” was created back in 2019 by Royal College of Paediatrics and Child Health (RCPCH) Birmingham Health Care.

This was in response to sadly several baby and infant deaths where social factors are present. Some have included alcohol which had been consumed by the responsible adult and is considered to be a contributing factor in terms of a baby being put down to sleep in what is considered an unsafe sleeping place. Across NEL in the past 3 years we are aware that in some cases this too has been a factor.



# Royal College of Paediatrics and Child Health Birmingham videos.

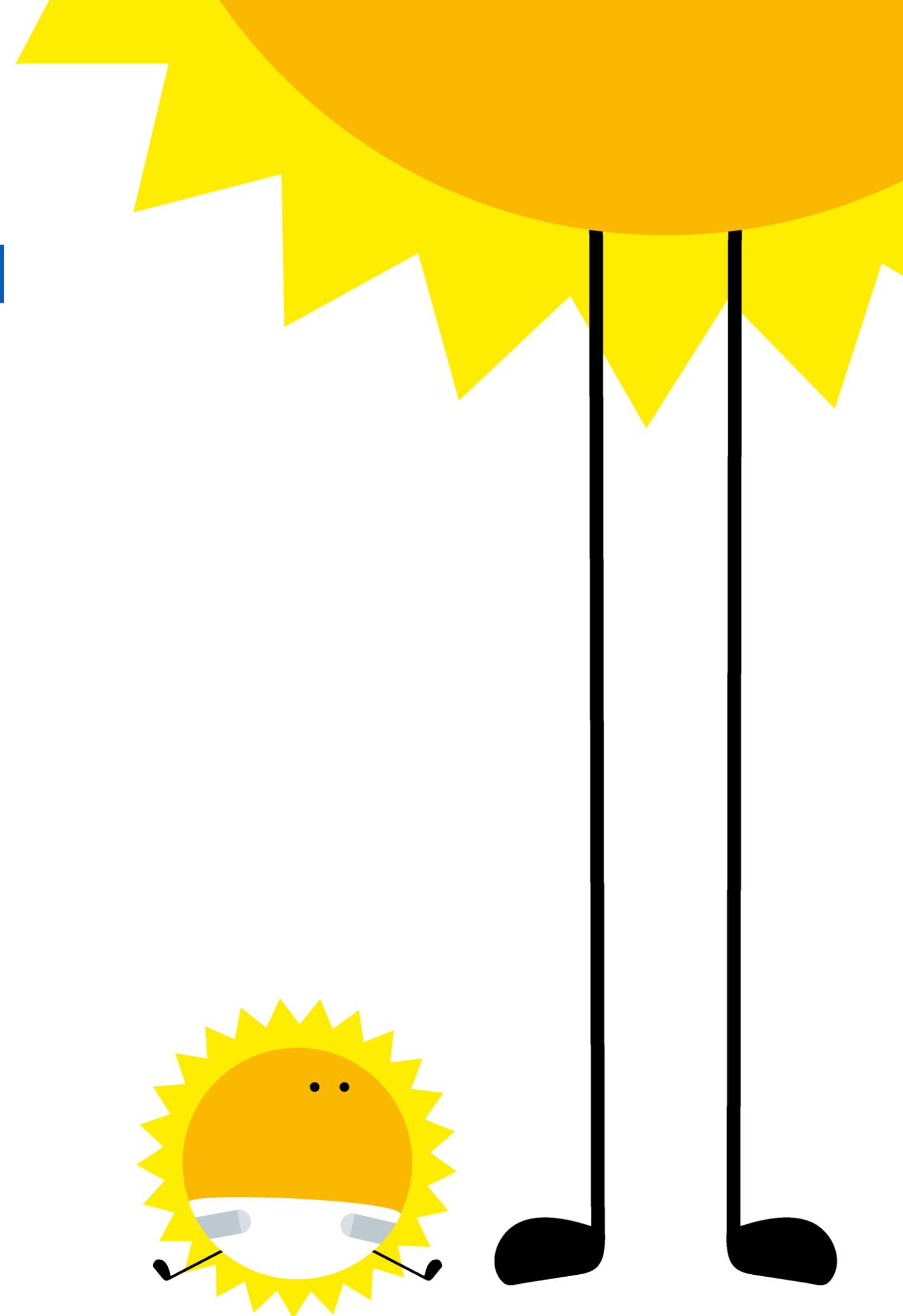
[Who's in Charge? Been out for a drink - YouTube](#)

[Who's in Charge? If you're having a get together – YouTube](#)

[Who's in Charge? Staying in to drink – YouTube](#)

(To open click on link, right click- go to open hyperlink)

*Thank you to Birmingham for allowing us to share their videos.*



# Printable resources for families

## **Breast feeding and SIDS**

[fact-sheet-breastfeeding-2.pdf \(lullabytrust.org.uk\)](#)

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

[Caring for your baby at night leaflet - Baby Friendly Initiative \(unicef.org.uk\)](#)

## **Safe sleep in Winter**

<https://www.lullabytrust.org.uk/wp-content/uploads/Safer-sleep-in-winter-resource.pdf>

## **Safer Sleep for babies: a Guide for Parents and Carers**

<http://lullabytrust.org.uk/wp-content/uploads/Safer-sleep-for-babies-a-guide-for-parents-web.pdf>

## **Safer Sleep Advice for Premature Babies booklet**

<https://www.lullabytrust.org.uk/wp-content/uploads/The-Lullaby-Trust-Safer-Sleep-Advice-For-Premature-Babies.pdf>

# Printable resources for professionals

## A3 Safe sleep poster

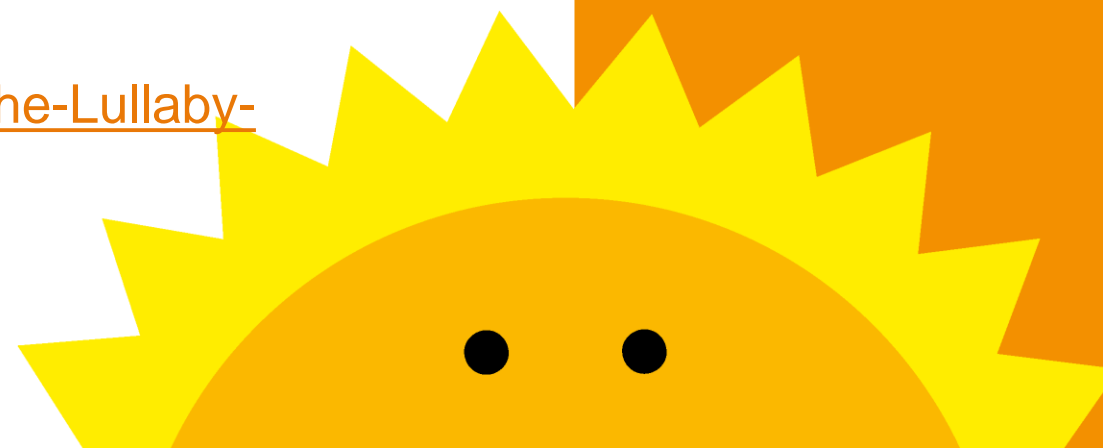
<http://www.lullabytrust.org.uk/wp-content/uploads/abc-a3-poster.pdf>

## **Safer Sleep: Saving Babies Lives a Guide for Professionals**

<https://www.lullabytrust.org.uk/wp-content/uploads/Safer-sleep-saving-lives-a-guide-for-professionals-web.pdf>

## Safer sleep for babies quick reference cards

<https://www.lullabytrust.org.uk/wp-content/uploads/Safer-Sleep-for-babies-quick-reference-card.pdf>



Free training for midwives and  
student midwives

FREE SIDS and Safer  
Sleep Training for Midwives  
- The Lullaby Trust

Video

A guide to safer sleep for  
babies

<https://www.youtube.com/watch?v=NO2vbtjNk2c>





# References

[The Lullaby Trust - Safer sleep for babies, Support for families](#)

[NICE Guidance 2021 Recommendations | Postnatal care | Guidance | NICE](#)

UNICEF/Baby Friendly Initiative [www.unicef.org.uk](http://www.unicef.org.uk)

National Child Mortality Database

[NCMD | The National Child Mortality Database](#)

