



## Quick guide to ...

### Safer Sleeping

Safer Sleep for Baby is based around six simple steps, designed to be easy to follow and cover the main risk factors. We want the **entire Children and Young People's workforce to speak in a unified voice to reinforce our messages to parents and carers**. You can see the six steps on our website [Safer Sleep for Baby](#).



We also want to recognise to parents that every family has different circumstances and people may have more specific questions. We want to highlight that there are people in Cumbria who can help, whether this is a health professional, Children's Centre, social worker or support group and also to signpost people to [The Lullaby Trust helpline](#)

### Safe sleeping materials for parents and professional

There are a number safe sleeping posters that are print and web friendly along with a safer sleep booklet. Please display these posters in offices and areas that are accessed by the public and print and share them with the families you work with to help raise awareness. They can be accessed [here](#).

### Safer Sleeping Guidance for Practitioners



A multi-agency Safer Sleeping Guidance has been developed for practitioners. This can be accessed on our procedures manual [here](#).

### Safer Sleeping

## Professional Role

- Target parents during pregnancy with safe sleep messages
- Also target grandparents, babysitters and others with caring responsibility for baby
- Health professionals follow up regularly following birth and in early weeks of baby's life
- All professionals ensure consistent safe sleep messages are conveyed, and understood. Do not assume another professional has provided information
- Be mindful of individuals absorbing, responding and acting upon messages according to their learning style
- Ensure messages are consistent
- Utilise every opportunity to provide safe sleep advice



*Professional role*

## Key Messages

- The safest place for a baby is to sleep on their back in a cot or Moses basket and in the same room as parents or carers for the first six months including and sleep period, day or night
- Sleeping with a baby on a sofa puts the baby at greatest risk.
- Infants should never share a bed with anyone who is a smoker, has consumed alcohol or has taken drugs (legal or illegal).
- The incidence of SIDS is higher in the following groups:
  - *parents in low socio-economic groups*
  - *parents who abuse alcohol or drugs*
  - *parents who smoke*
  - *young mothers*

## Questions for professionals to consider

1. How can we in this team use this information to safeguard infants?
2. Where do we see infants? Or their parents?
3. Do we routinely ask about and view sleeping arrangements, and other carers?
4. Do we include fathers in discussions about safe sleeping?
5. Do we routinely ask about alcohol, drugs and medication?
6. Do we routinely give and discuss information about safer sleep?
7. Do we check where the baby is sleeping and the temperature control of this area?
8. Do we always document the advice given?



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**Remember – keeping children safe is everyone's responsibility, make every contact count and share safer sleeping messages with the families you work with**