

Child Death Prevention Newsletter - Baby Sleeping Products

This newsletter is designed to raise awareness and share the learning from the Child Death Overview Panel for Staffordshire and Stoke-on-Trent

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41%

of parents have bought or are planning to buy a baby sleep nest or pod despite them not conforming with safer sleep advice

The Lullaby Trust issues warning about some popular baby sleeping products sold in high street stores

More than 1 in 3 parents have, or intend to buy baby sleep nests and pods which go against safer sleep guidelines



The Lullaby Trust has warned that some popular sleeping products for babies do not conform to safer sleep guidelines. Items such as cushioned sleeping pods, nests, baby hammocks, cot bumpers, pillows, duvets and anything that wedges or straps a baby in place can pose a risk to babies under 12 months. Evidence shows that sleeping a baby on anything but a firm, flat surface, or using soft, heavy bedding, can increase the risk of sudden infant death syndrome (SIDS). They can lead to overheating or potentially obstruct a baby's airway if they roll or their face becomes covered by loose bedding.

Confusion around product safety was highlighted by a recent survey of new and expectant parents commissioned by The Lullaby Trust.

The Lullaby Trust gives parents some key pieces of advice when choosing sleeping products:

- Check whether items comply with British Standards and follow safer sleep guidelines
- Avoid soft heavy bedding such as pillows and duvets
- Check that anything you buy for your baby to sleep on is firm, waterproof and entirely flat with no raised or cushioned areas.

For safer sleep you don't need to buy lots of products or spend more on expensive items.



There are just a few essentials you need:



Cot/Moses basket and mattress

It is important that the mattress is firm, entirely flat, and waterproof, with no soft or cushioned areas, particularly around baby's head.

Soft mattresses are known to increase the risk of SIDS. They make it harder for babies to lose body heat, which can cause them to become too hot.

The surface of the mattress should be firm enough that when your baby is placed on it, their head does not sink in more than a few millimetres.

Three key questions you could ask are:

1. Is it firm? 2. Is it flat? 3. Does it have a waterproof cover?

If you choose a second hand mattress make sure it has been stored somewhere clean, dry and smoke-free.

*Keep it simple,
Keep it safe.*

For more information on choosing baby sleep products or to download the product guide visit :

<https://www.lullabytrust.org.uk/wp-content/uploads/The-Lullaby-Trust-Product-Guide.pdf>

