

Child Death Prevention

Newsletter - *Sleep / Play Mats*

This newsletter is designed to raise awareness of the work of the Child Death Overview Panel for Stoke-on-Trent and Staffordshire

Baby Sleep/Play Mats are available at all Children Centres throughout the county

Children's Centre staff continue to support and promote safer sleep practices by offering parents and carers with a young child a sleep/play mat or cot at every visit.

Baby car seats are designed to keep babies safe and secure for the car journey ONLY and should not be used as an alternative place for babies to sleep/nap and sit.

Take me out of my car seat when the journey is over, even if I'm sleeping



Positional asphyxia can occur when a baby is sat in a restricted position. Newborns and young infants don't have the neck strength to lift their heads and breathe.

The Royal Society for the Prevention of Accidents (ROSPA) advise that in the first few months of life journeys should be kept short, ideally no longer than 30 minutes.

All mats should be on a firm flat surface and supervision is required at all times.

Safer sleep for babies

Things you can do



✓ Always place your baby on their back to sleep



✓ Keep your baby smoke free during pregnancy and after birth



✓ Place your baby to sleep in a separate cot or Moses basket in the same room as you for the first 6 months



✓ Breastfeed your baby



✓ Use a firm, flat, waterproof mattress in good condition



Things to avoid



✗ Never sleep on a sofa or in an armchair with your baby



✗ Don't sleep in the same bed as your baby if you smoke, drink or take drugs or if your baby was born prematurely or was of low birth weight



✗ Avoid letting your baby get too hot
✗ Don't cover your baby's face or head while sleeping or use loose bedding

You should follow the advice for all naps, not just for night time sleep

There is no advice that guarantees the prevention of Sudden Infant Death Syndrome (SIDS or SUDC) but parents and carers should be informed that, by following the [safer sleep advice](http://www.lullabytrust.org.uk), it is possible to significantly lower the chance of this tragedy occurring. Safer sleep advice should be followed until your child reaches their first birthday.



For further information go to www.lullabytrust.org.uk

