

# Child Health and Safety Newsletter - Safer Sleep Week

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



The next Safer Sleep Week will take place from the 12<sup>th</sup> to 18<sup>th</sup> March 2018.

Every year events are held up and down the country to promote the Safer Sleep message for babies.

Greater awareness of safer sleep leads to a decrease in the numbers of babies dying. Sadly around 4 babies a week still die from Sudden Infant Death Syndrome (SIDS) and if all parents and carers were aware of safer sleep advice many lives could be saved.

## 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



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



**X** 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



**X** Avoid letting your baby get too hot  
**X** 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](#), it is possible to significantly lower the chance of this tragedy occurring.

*Come and see us!*

Panel member from the CDOP for Staffordshire and Stoke-on-Trent will be at Queens Hospital in Burton on:

**Wednesday 14<sup>th</sup> March 2018 – Outside the restaurant at Queens Hospital**  
**or Thursday 15<sup>th</sup> March 2018 – at the antenatal clinic, Queens Hospital**

Promoting safer sleep advice



[www.safeguardingchildren.stoke.gov.uk](http://www.safeguardingchildren.stoke.gov.uk)



For more information about Safer Sleep Week contact

