

SAFER SLEEP WEEK 11—17TH MARCH 2019

Somerset Public Health service are promoting **Safer Sleep Week**. You can help share this safety message with all families in Somerset.

- The aim is to **share the safety messages** with all families in Somerset. Please share this email with your networks and encourage others to participate also.
- 'Safer Sleep Week', organised by the Lullaby Trust, aims to ensure parents and carers know the importance of **safer sleep** and know how to **reduce the chance of Sudden Infant Death Syndrome (SIDS)**. The Lullaby Trust provides emotional support for bereaved families, promotes expert advice on safer baby sleep and raises awareness of sudden infant death.

Safer Sleep Week aims to reach as many parents as possible with safer sleep advice.

www.lullabytrust.org.uk/about-us/what-we-do/our-safer-sleep-week-campaign

How to participate

- sharing the Lullaby Trust posts on Facebook and Twitter and using the hashtag #saferleepweek helps to share the information
- You can also share the free online Safer Sleep resources:
www.lullabytrust.org.uk/safer-sleep-advice and
www.lullabytrust.org.uk/safer-sleep-advice/sleeping-position
- Making use of your waiting area/reception screens:
www.youtube.com/watch?v=NO2vbtjNk2c



The key messages

There are many practical steps parents and carers can take to help prevent tragedy and ensure their babies get a safer sleep. Please follow the advice for every sleep:

- 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 six months.
- Use a **firm, flat, waterproof mattress** in good condition.
- **Breastfeed** your baby, if you can.
- When you finish travelling by car, **take your baby out of their car seat**, even if they are asleep. Then put them into a cot or Moses basket.

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 are extremely tired.
- Avoid letting your sleeping baby **get too hot**.
- Don't **cover your baby's face or head** while sleeping.