Welcome to the Autumn 2015 Edition of the Merseyside CDOP Newsletter!

Through this newsletter we aim to raise awareness amongst frontline professionals, parents/carers and families of some of the risks to children that we have identified through our CDOP work. We therefore ask that you cascade this information as widely as possible to colleagues, friends and contacts.

The Merseyside ‘Safe Sleep Campaign’ will be launched on 14th December 2015

‘The safest place for me to sleep is in my cot!!!!’

On my back!! Feet to foot!! Covers up to my shoulders only, firmly tucked in, and without my head being covered, thanks!!

Research evidence shows that the safest place for a baby to sleep is in their cot, in the parents’ bedroom for the first six months of life. NICE (National Institute for Health and Care Excellence) have recently updated their guidance and now suggest the timescale should be twelve months, previously 6 months.

The number of babies dying, suddenly and unexpectedly, reduced significantly following the introduction of the ‘Back to Sleep’ Campaign in 1991.

However 249 unexplained infant deaths still occurred in England and Wales in 2013, accounting for 9% of all infant deaths.

Prior to 2013 the number of deaths had been falling but this year saw an increase.

8 out of 10 unexplained infant deaths occurred in babies aged between 28 days and 1 year, 55% were boys.

The rate of unexplained infant death was 3 times higher among low birthweight babies (less than 2,500g) (Office of National Statistics 2013).

We don’t know what causes these babies to die suddenly, but we do know that if a parent smokes, drinks alcohol or takes drugs then Sudden Infant Death Syndrome is potentially more likely to occur if they then co-sleep with their infant.
In terms of bedding:
Sheets and blankets should be up to shoulder level only and firmly tucked in.

A high proportion of infants who die are found with their head covered with bedding*.
(Mitchell, Thompson, Becroft et. al, 2008)

If you are using baby sleep bags:
Use correct size for weight of baby
Use correct bag for time of year (seasonal tog ratings available)
Do not add any blankets on top

Temperature:
The room temperature should be between 16 to 20 degrees – to test your baby’s temperature use the back of your hand on the front of their chest or back.

If your baby is unwell s/he needs fewer clothes not more and they should never wear a hat indoors

For further information regarding safe sleeping practices please access the Merseyside Multi-Agency Safe Sleep Guidance on LSCB websites and the Lullaby Trust:
Website: www.lullabytrust.org.uk
Telephone: 020 7802 3200
E-mail: office@lullabytrust.org.uk.

Never sleep on a sofa or armchair with a baby - this can increase the risk by 50 times. In England and Wales, roughly 1 in 6 SIDS deaths involved co-sleeping with an adult on a sofa (Blair, Sidebotham, Evason-Coombes et al 2009).

Babies should only be placed to sleep on surfaces intended for them to sleep – their cot or moses basket.

Falling asleep on other surfaces, buggy, baby bouncer, car seat etc should only be allowed for a short time, certainly no longer than two hours.

If you smoke it is advised that you wait four hours before handling your baby and only after you have washed your hands and changed your clothes – what greater incentive could there be for giving up???

If you swaddle your baby you should do so consistently for each sleep but loosen the wrap once baby is asleep and never leave their head covered.