Welcome to the Safe Sleep Edition of the Merseyside CDOP Newsletter to coincide with the Lullaby Trust National Safe Sleep Week – 14th to 20th March 2016!

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’ was 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!!

Sudden Infant Death (SIDS) is responsible for the deaths of approximately 290 babies per year in the UK. This is a substantial decrease from the number of babies who died of SIDS (Sudden Infant Death) before the ‘Back to Sleep/Feet to Foot’ Campaigns were introduced in 1991 BUT the numbers still remain far too high. The death of one baby is too many so please help to reduce these numbers further by complying with the safe sleep messages being emphasised in the current Merseyside Safe Sleep Campaign.

The six steps to Safer Sleep are:

- Keep baby away from smoke, before and after birth – cigarette or e-cigarette
- Put baby in a cot, crib or moses basket to sleep – NEVER fall asleep with them on a sofa or chair
- Never fall asleep with baby, particularly after drinking or taking drugs/medication
- Put baby to sleep on their back with their feet to the foot of the cot
- Keep baby’s head and face uncovered and make sure they don’t get too hot
- Breastfeed your baby – support is available if you need it.
Please note: the previous newsletter contained an error:
The sentence “NICE (National Institute for Health and Care Excellence) have recently updated their guidance and now suggest the timescale should be twelve months” relates to co-sleeping and NOT sleeping in the same room.

Irene Wright, Merseyside CDOP Manager (irene.wright@liverpool.gov.uk; 0151 233 1151)