

The Lullaby Trust Care of Next Infant CONI

the
lullaby
trust

coni



Welcome to the Care of Next Infant programme (CONI)

Families who have experienced the sudden and unexpected death of a baby or young child are often very anxious when they have another baby.



The Lullaby Trust's Care of Next Infant (CONI) programme provides emotional and practical support to bereaved families during pregnancy and throughout the early months of their new baby's life. This can give families peace of mind.

Working with midwives, doctors (GPs), health visitors, health professionals and paediatricians (children's doctors), CONI can help you gain confidence in looking after your baby.

Who can receive CONI support?

The availability of CONI varies around England, Wales and Northern Ireland. Your local council decides whether to adopt CONI or not. Some local providers of health visiting services will extend CONI to support families who are anxious about caring for their baby for other reasons. Such as their baby experiencing an apparent life-threatening event, or brief resolved unexpected event.

What is available on CONI?

CONI families can have as much or as little support as they need. With help from your local CONI coordinator you can choose from:

- **Increased contact**

Your health visitor or health professional will contact you more often so you can talk freely about any worries you have and seek advice.



- **Movement monitor**

You can borrow a monitor which picks up movements as your baby breathes. An alarm will ring if movements stop for longer than 20 seconds. Your CONI coordinator will help you use the monitor.



Continued on the next page

- **Basic life support**

You will be offered instruction about what to do if your baby stops breathing.

- **Symptom diary**

Record your baby's health in a symptom diary, which you can talk about with your health visitor or health professional.

- **Baby Check app**

Our smartphone app that helps you decide if your baby needs medical help.

- **Weight chart**

A detailed weight chart to monitor your baby's growth and help you to see changes that may mean they should be seen by a doctor.

- **Room thermometer**

A handy room thermometer to help you keep the room where your baby sleeps at a safe temperature, plus tips on bedding and clothing.

- **CONI healthcare passport**

A sheet that goes inside your baby's Red Book so that if you are worried that your baby is unwell, you can be seen quickly by the right person.



Why have extra support from the health visiting team?

Health visitors are experienced in baby and child health. Talking to them more often allows you to discuss the problems that sometimes occur with all babies.

They will also talk to you about safer sleep and how you can reduce the risk of sudden infant death syndrome (SIDS).

It can also be very helpful to talk about any worries with someone who will listen to you with understanding and is able to offer help and advice.

What are symptom diaries?

Symptom diaries are a check for you to carry out with your baby. You may feel nervous about caring for your new baby, but the diary will help you to learn about your baby so that your confidence grows. Fill in the diary and jot down any questions for your health visitor or health professional. Show your diary to them when they visit or when you visit the doctor.

What is a movement monitor?

A monitor that responds to the movement your baby makes as they breathe. The monitor will sound an alarm if your baby stops making breathing movements for longer than 20 seconds. Babies often have short pauses between breaths but 20 seconds is unusually long. If your baby stops breathing or this is happening more than usual, it can be a sign of illness and your baby should be checked by a doctor or paediatrician.



There is no evidence that movement monitors prevent sudden infant death. However, many parents find the monitor helps them feel more relaxed when their baby is asleep because they know the monitor will alarm if their baby stops breathing.

Using a monitor

There are different types of monitor. You will be shown how to use your monitor safely so you fully understand how it works. Use the monitor when your baby is asleep in the Moses basket, cot or crib. The alarm may pick up movements other than your baby's breathing



when used in a moving pram, push chair or car seat. It can also pick up vibrations, including walking around the baby's sleep space on certain flooring, or sharing a sleep space with another person or animal. As your baby gets older, you should start using the monitor less to eventually become used to baby sleeping without it.

Baby Check app

Our free app helps you decide whether your baby needs to see a doctor. It contains simple checks which test for symptoms or signs of illness. Each check has a score and the total score indicates how unwell the baby is likely to be. It can be used with babies until they are six months old.

Your health visitor or health professional will help you understand and use the Baby Check app, before you use it on your own.



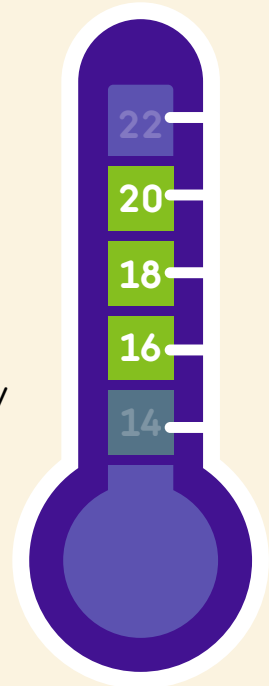
Why does weighing my baby help?

We recommend that your baby is weighed at least once a week by your health visiting team or by yourself, preferably at home. The weight is marked on a special chart and in your baby's Red Book. This will show how your baby is growing. If your baby's growth slows down or they lose weight, this may be a sign they are unwell and need to be seen by a doctor or paediatrician.

How warm should the room be for my baby?

Keep the room between 16 - 20°C.
Remember:

- Always keep your baby's head uncovered indoors and make sure all of baby's head is free of bedclothes. Feel your baby's chest or neck to find if they are hot or cold. Their chest and neck should feel warm, but not hot or sweaty.
- If your baby is too hot, remove blankets and clothing to cool the baby down (young babies cannot push blankets away if they are too hot).
- Don't use duvets, quilts or pillows.
- Using a blanket folded in half is the same as putting two blankets on.



Keep your baby away from cigarette smoke

- Anyone smoking cigarettes around your baby will put them at a higher risk of SIDS and make them more likely to suffer chest infections and asthma.
- Keep your house smoke-free.
- Anyone who wishes to smoke should go outside.
- Do not take your baby into smoky places.
- If you smoke, sharing a bed with your baby greatly increases the risk of SIDS.



In what position should my baby sleep?

Always sleep your baby on their back in a clear cot or sleep space. The mattress should be firm, flat and waterproof.

As your baby gets older and learns to roll over easily, they will sleep in the position that suits them best.



What do paediatricians do?

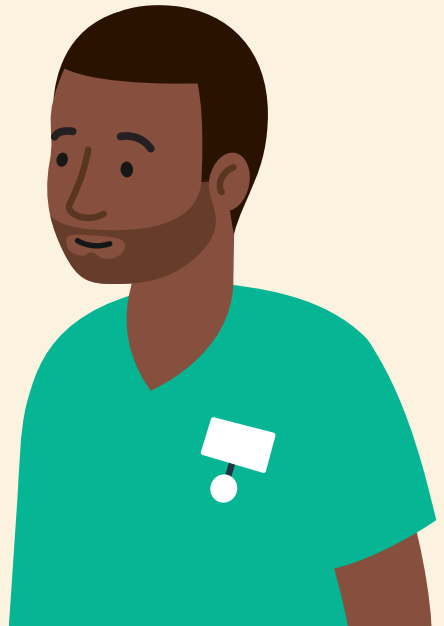
They can carry out special checks if you, your doctor or health visiting team are worried about your baby's weight or breathing or for any other reason. You may also be able to take your baby to see the paediatrician for reassuring check-ups.

How can I help other parents and carers?

When your baby is 6-7 months old, you will be asked to fill in a feedback questionnaire. We are very grateful for your answers. Your feedback helps us improve CONI and the support we give to other families.

How can my doctor help?

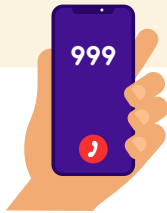
Contact your doctor if you think your baby may be unwell. They are best able to check your baby and prescribe treatment if needed and/or refer the baby to the paediatrician. Do not feel you are 'bothering' your doctor; they are there to help you. Do remember to show your baby's symptom diary, growth chart and Red Book to your doctor.



Basic Life Support (BLS)

You may be offered basic life support (BLS) instruction. You'll be shown, either in person or online, what to do if your baby stops breathing. If you're worried, ask your health visitor or health professional for help. You may want others around your baby to know this too. If your baby stops breathing:

1



Call 999 and ask for an ambulance

2



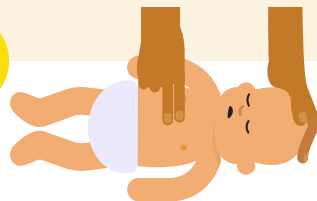
Open baby's airway

3



Give five puffs of breath over baby's nose and mouth

4



Using two fingers, give 30 pumps to the centre of baby's chest

Check baby's breathing. If no movement or improvement in colour, continue delivering two puffs of breath over nose and mouth, then 30 pumps to the chest. Repeat until ambulance arrives. If you see movement or colour improve, continue delivering breaths until baby breathes alone. The 999 operator will explain the steps whilst you perform them.

About The Lullaby Trust

Our charity exists to keep babies safe and grieving families supported. We do this by:

- Empowering parents, carers and professionals with trusted advice on baby safety including safer sleep and infection prevention.
- Funding research into sudden and unexpected death of babies and young children, to save lives.
- Offering anyone affected by the sudden or unexpected death of a baby or young child a supportive space to grieve, with bereavement support.

Join our private Facebook group,
The Lullaby Trust: CONI Parents: [facebook.com/groups/1297135427650332/](https://www.facebook.com/groups/1297135427650332/)

With you in grief

We offer confidential support to families following the sudden and unexpected death of their baby or young child. Our bereavement support helpline: **0808 802 6868** opens weekdays from 10:00am – 2:00pm, and weekends and public holidays from 6:00pm - 10:00pm
Or email: support@lullabytrust.org.uk



**For every baby.
For every family.
Forever.**

More baby safety information can be found at: [lullabytrust.org.uk](https://www.lullabytrust.org.uk)
T: 020 7802 3200