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SPOT THE RISK

A tool to support positive conversations between parents, families and practitioners



Health
Innovation
South West



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Adult bed

Place a baby on their back as sleeping a baby on their front increases the SIDS risk by up to 6 times due to decreased arousability. Babies sleeping on soft bedding or amongst other items on an adult bed can lead to head covering, causing overheating or risk of suffocation. Information about co-sleeping can be found on www.lullabytrust.org.uk/safer-sleep-advice/co-sleeping.

2

Cot

Never sleep a baby on their front or side. Place them feet to foot so they can't wriggle under bedding. Tuck in loose bedding tightly. Hats prevent heat loss from babies' heads. Avoid overheating by not putting a baby next to radiator or in direct sunlight and remove any hats. A clear cot is safer cot - no toys, pillows, cot bumpers and other items, including pets. Keep anything hanging loose away from the sleep space, such as blind or curtain cords to avoid baby getting tangled. Pillows can increase the risk of SIDS by 2.5 times compared with non-pillow use. Take care with second-hand sleep products. More information is on www.lullabytrust.org.uk/safer-sleep-advice/second-hand-baby-products/

3

Sofa

Sleep babies on a firm, flat surface such as a cot, crib, Moses basket or travel cot. An adult sleeping on a sofa with a baby can increase the risk of SIDS by 50 times. There is also a chance baby could fall on the floor, or the adult overlays or traps the baby against the side/back of the sofa.

Car seat

Babies should not sleep in a car seat for long periods. If they fall asleep take them out as soon as possible and place them on firm, flat surface. Car seats are not suitable to be a permanent sleep space for a baby.

4

Pod/nest

Never put a baby to sleep in anything soft, or with cushioned or raised edges such as a pod or nest, which can increase the chances of SIDS by making it difficult for babies to breathe or cool down.

5

Alcohol / drugs / medication / smoking

Around 30% of sudden infant deaths could be avoided if mothers didn't smoke during pregnancy. Parental smoking after birth is also a risk factor. Some evidence shows that heavier alcohol consumption and drug-taking, either in pregnancy or after birth, appears to be related to an increased risk of SIDS. Parents and carers should never co-sleep with their baby if either smoke, has drunk alcohol or taken drugs (including medications that may cause drowsiness), their baby was born premature and/or with a low birthweight.

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More information can be found about all the factors that may increase the risk of SIDS for individual babies on The Lullaby Trust website.

Advice, publications and resources:

www.lullabytrust.org.uk

Information and advice:

0808 802 6869



SAFER SLEEP ADVICE



SAFER SLEEP ANIMATION