

Supporting families to sleep safely in a home with mould or damp

What is the challenge for families?

The health dangers associated with mould or damp are now well understood and families are much more aware of this than ever before. Worry about the impact of mould and damp can lead families to change their sleeping arrangements in an attempt to protect their children from mould or damp. However, these changes can make it hard to follow safer sleep guidelines. This is usually because either there is limited space, or families can't move the cot to another location within their home.

What can I do?

Housing teams play a vital role in identifying damp or mould risks early, helping to protect babies and young children.

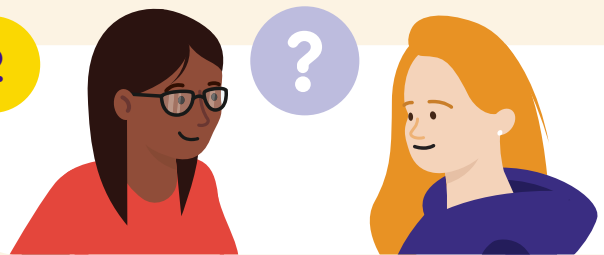
Follow these simple steps when a family contacts you about mould or damp in their home:

1



Ask if the family have young children or look after young children (under the age of two years).

2



If the answer is yes, ask the family **if they have changed their children's sleeping arrangements** as a result of the mould or damp.

3



Find out what the current sleeping arrangements are, **highlighting safer sleeping advice** to the family: [Safer sleep overview | The Lullaby Trust](#)

4



Support them to get a safer sleeping space if they do not have their own clear, separate sleeping space such as a cot, travel cot or Moses basket. Ensure they are directed to The Lullaby Trust's emergency advice: [Safer sleep away from home in emergency situations | The Lullaby Trust](#)

A baby sleeping place can usually be sourced quickly. Social services departments will have links, or go directly to baby banks, Homestart or charity shops. Reiterate the importance of the baby having their own sleeping place and find someone who can help the family sleep safer.

Thank you for giving families a safer start to life.

