

The Lullaby Trust  
Care of Next Infant  
**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 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, allowing them to enjoy this special time.

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.

**CONI is funded by The Lullaby Trust working with health professionals from your local hospital and public health services.**

## Who can receive CONI support?

The availability of CONI varies around England and Wales. Where the programme is being offered, it is available to families whose baby has died suddenly and unexpectedly. It can also be available to families whose baby experienced an apparent life threatening event and are anxious about caring for their baby.

## What is available on CONI?

CONI families can have as much or as little support as they need. With help from your local CONI co-ordinator 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 co-ordinator will help you use the monitor.



- **Basic life support**

You will be offered training in 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**

A 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 your baby 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 daily 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 every day 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 your GP 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 sound an 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 and that 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. As your baby gets older, you should start using the monitor less to eventually become used to baby sleeping without it.

## Baby Check App

The free App helps you decide whether your baby needs to see a doctor. It contains 19 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 one year old.

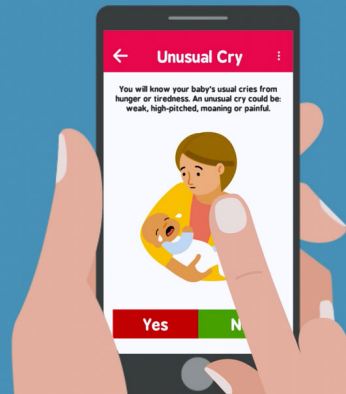
Going through a complete check on your baby with your health visitor/health professional will help ensure that you use Baby Check properly, before using it on your own.



Download on the  
**Mac App Store**



GET IT ON  
**Google Play**



## 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 too. 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 your GP 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 tummy or neck to find if he/she is hot or cold. The tummy 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 throw off blankets 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?

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

## What does the paediatrician do?

They can carry out special tests if you, your GP 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 you can help other parents

When your baby is 6-7 months old, you will be asked to fill in a feedback questionnaire by your CONI co-ordinator or health visitor/health professional. We are very grateful for your answers and they help us improve CONI and the support we give to other parents.

## How can my doctor help?

Contact your doctor (GP) 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.

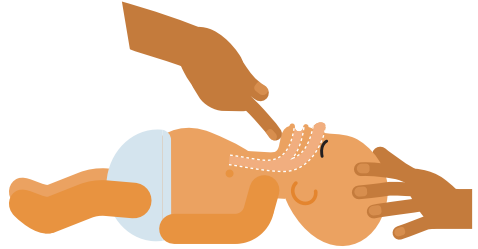


## Basic Life Support (BLS)

You will be offered basic life support (BLS) training. This means you have been shown what to do if your baby stops breathing. If you are worried about this, ask your health visitor or health professional for help. You may want close family members or babysitters to have information too. **In case your baby stops breathing:**



**1** Call 999 and ask for an ambulance



**2** Open baby's airway



**3** Give 5 puffs of breath over baby's nose and mouth



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

**5** Check baby's breathing. If no movement or improvement in colour, continue to deliver 2 puffs of breath over nose and mouth followed by 30 more pumps to the chest. Repeat these steps until an ambulance arrives.

If movement is seen or colour improves, continue to deliver breaths until baby breathes alone.

The 999 call operator will be able to talk you through these steps while you are performing them.

## About The Lullaby Trust

The Lullaby Trust provides expert advice on safer sleep for babies, supports bereaved families and raises awareness about sudden infant death.

The Lullaby Trust also runs an information line for parents and professionals (0808 802 6869) and a dedicated line for bereaved families (0808 802 6868). Both are free to call from landlines and mobiles.

You can also send us messages through our [Facebook](#) page (@LullabyTrust) or ask to join our private [Facebook bereavement support group](#).

Advice including, factsheets and the latest research can be found at: [www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)

## Phone The Lullaby Trust's Bereavement Helpline for further support

**0808 802 6868**

Open Mon to Fri: 10am – 5pm  
Weekends and public holidays:  
6pm – 10pm

Calls to our helpline are free from all landlines and most mobile phone networks. During weekends and holidays our helpline is covered by Befrienders. All Befrienders have themselves experienced child bereavement.

You can also email [support@lullabytrust.org.uk](mailto:support@lullabytrust.org.uk)

The Lullaby Trust  
[www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)  
T: 020 7802 3200

Registered charity no: 262191

