

## Messages from Lancashire parents who have had the tragedy of losing their baby.

"I was a breast feeding mum and was never made aware of the risks of co-sleeping. It took one time laying down with my son on a sofa when I was really tired. I fell asleep and woke to find my son gone".

"Please don't take your baby to bed with you, especially when you have had a drink, because when you wake up in the morning, just like my Lily, they could be dead".

## For further support and advice contact:

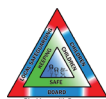
Your Health Visitor  
Community Midwife  
Your G.P.

The Foundation for the Study of Infant Deaths (FSID)  
General enquiries: **0207 802 3200**  
Helpline: **0808 802 6868**  
[www.fsid.org.uk](http://www.fsid.org.uk)

Your local SureStart Children's Centre

For information about your nearest Children's Centre contact the Family Information Service on **0800 195 0137** or visit [www.lancashire.gov.uk/childcare](http://www.lancashire.gov.uk/childcare)

For more information about this campaign and to download further copies of this leaflet, visit [www.givemeroomtobreathe.co.uk](http://www.givemeroomtobreathe.co.uk)



"The Lancashire Safeguarding Children Board (LSCB) is made up of a wide range of agencies including Lancashire County Council, Lancashire Constabulary and your local district councils and PCTs"

Information contained in this leaflet is based on research undertaken by The Foundation for the Study of Infant Deaths (FSID)

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## Where does **your** baby sleep?

Safer sleeping guidance for Lancashire babies

## Give me Room to Breathe



## Lancashire has one of the highest rates of unexpected infant deaths in the country.

There are some easy steps that you can take to reduce the risk of your baby dying unexpectedly.

### Where does your baby sleep?

- ✓ The safest place for your baby to sleep is in a cot.

The cot should be in your room for the first six months and after that, baby can be in its own room.

To prevent wriggling down under covers, babies should sleep on their backs with their feet to the foot of the cot.

Bed-clothes should be firmly tucked in and no higher than their shoulders.

### Why is it unsafe to fall asleep with your baby?

Falling asleep with your baby if you are tired or under the influence of alcohol, drugs or medication significantly increases the risk of your baby dying.

#### Accidents can happen:

- You might roll over in your sleep and suffocate your baby.
- Your baby could get caught between the wall and your bed.
- Your baby could roll on to the floor and be injured.

If you sleep with your baby the risk of your baby dying unexpectedly is increased if you or your partner:

- are very tired;
- have recently drunk alcohol;
- have taken medication or drugs that make you sleep more heavily;
- are smokers (no matter where or when you smoke and even if you never smoke in bed).

#### Or

- If your baby was premature (born before 37 weeks);
- was low birth weight (less than 2½ kg or 5½ lb).

### Other steps you can take to keep your baby safe

#### Keep smoke away

- ✗ Don't let anyone smoke in the same room as your baby.

Babies exposed to cigarette smoke are at an increased risk of dying unexpectedly.

#### Too hot, too cold

- ✗ Don't let your baby get too hot (or too cold).

There is an increased risk of babies dying if they get too hot.

Use sheets and lightweight blankets but not duvets, quilts, baby nests, wedges, bedding rolls or pillows.

If your baby is sweating or their tummy feels hot to touch, take off some of the bedding or clothing, even if the baby is asleep. Don't worry if baby's hands or feet feel cool, this is normal.

Keep the room at a temperature that is comfortable for you, about 18°C (65°F) is ideal. The generally accepted normal body temperature for a healthy person is 37°C.

Breathe