## Child Death Prevention Newsletter - Sleep / Play Mats

This newsletter is designed to raise awareness of the work of the Child Death Overview Panel for Stoke-on-Trent and Staffordshire

## **Baby Sleep/Play Mats are available at all Children Centres throughout the county**

Children's Centre staff continue to support and promote safer sleep practices by offering parents and carers with a young child a sleep/play mat or cot at every visit.

Baby car seats are designed to keep babies safe and secure for the car journey ONLY and should not be used as an alternative place for babies to sleep/nap and sit.

Take me out of my car seat when the journey is over, even if I'm sleeping





Positional asphyxia can occur when a baby is sat in a restricted position. Newborns and young infants don't have the neck strength to lift their heads and breathe.

The Royal Society for the Prevention of Accidents (ROSPA) advise that in the first few months of life journeys should be kept short, ideally no longer than 30 minutes.

All mats should be on a firm flat surface and supervision is required at all times.

## Safer sleep for babies

Things you can do



on their back to sleep



Breastfeed your baby



Keep your baby smoke free during pregnancy and after birth



Use a firm, flat, waterproof mattress in good condition



Place your baby to sleep in a separat cot or Moses basket in the same room as you for the first 6 months



## Things to avoid



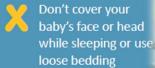
Never sleep on a sofa or in an armchair with your baby



Don't sleep in the same bed as your baby if you smoke, drink or take drugs or if your baby was born prematurely or was of low birth weight



Avoid letting your baby get too hot



You should follow the advice for all naps, not just for night time sleep

There is no advice that guarantees the prevention of Sudden Infant Death Syndrome (SIDS or SUDC) but parents and carers should be informed that, by following the safer sleep advice, it is possible to significantly lower the chance of this tragedy occurring. Safer sleep advice should be followed until your child reaches their first birthday.



For further information go to www.lullabytrust.org.uk

