

**Facilitator's pack**

# **West Yorkshire and Harrogate Local Maternity System (LMS) Multi-Agency Safer Sleep Training**

A short course for practitioners involved in supporting parents  
and carers

## INFORMATION FOR FACILITATORS

### The Safer Sleep Training Pack

We are really pleased to introduce the West Yorkshire and Harrogate LMS Safer Sleep Training Pack for multi-agency professionals and practitioners.

The Training pack includes a recorded webinar and Safer Sleep Risk Minimisation Tools along with a slide pack and a suggested session outline to support you to deliver a short face to face/virtual session with staff and teams at place.

The aims of this package are:

- To help ensure practitioners are confident in sharing safer sleep messages
- Families receive personalised messages and
- To reduce the incidence of the unexpected and unexplained deaths of infants

It is important to note that this topic is very sensitive and could be triggering. We have added a warning regarding this to the start of the webinar session, we recommend that you do the same in your invite and at the start of each session you facilitate.

### Who is it for?

This training has been designed to be used with multi-agency professionals and practitioners and it has been thoughtfully developed to ensure it is effective and time efficient.

Suggested target audience includes, but is not limited to:

- 0-19 teams and managers
- Midwives/Obstetric staff
- Social workers/mangers
- Early help leads
- Children's Centre / Family Hub workers
- Early years workers
- Primary care colleges
- Substance misuse, alcohol, and smoking workers/advisors
- Independent reviewing officers
- Police
- Housing
- Domestic abuse teams.

## **How to facilitate the training**

The [webinar](#) should be shared prior to the face to face/virtual session to allow participants to digest the information and to plan any question they may have.

You will also need to share the Safer Sleep Risk Minimisation Tools with participants, so they have these to hand for the Session 1 webinar and Session 2 training.

See our webpage: <https://www.wypartnership.co.uk/safer-sleep>

It is hoped that as a facilitator you will be delivering to members of your own workforce, however this is not necessary it is just important that you tailor your delivery/case studies to the participants on the day. You can adapt slides from the slide pack, and we suggest that you add in a data slide (there is a template slide in the pack) referencing your own place to make the training relevant for your participants. To find out more about the situation locally to share with course participants click on the link to find information, data and evidence and compare your area to statistical neighbours [Child and Maternal Health - PHE](#).

## **Evaluation**

Please ensure all participants complete an evaluation form (see below) and that these are collated so that we can measure the efficacy of the training, any amends required or further training needs.

## **Further support**

If you would like any support or have any questions about facilitating the training, please contact

[kate.heighway@cht.nhs.uk](mailto:kate.heighway@cht.nhs.uk), [janet.smethurst@locala.org.uk](mailto:janet.smethurst@locala.org.uk) or [sally.goodwinmills@leeds.gov.uk](mailto:sally.goodwinmills@leeds.gov.uk)

## Session outlines

The rationale for a recorded webinar is that all participants will receive the same evidence-based background information which is current.

Session 1. Recorded Webinar	Content
Introduction: What do we know? What do we do? How effective is it?	What happens in reality – are people listening to our messages? Who do they listen to? What are they doing?
What is SUDI/SIDS/SUDC National & Local data	Understanding terminology
Understanding human baby sleep biology	Understanding what's normal Why babies sleep as they do
Parental attitudes and expectations of baby sleep	Understanding where expectations and attitudes come from
Introduction to new risk assessment tool	Understanding and using the resource
Safer sleep communication with parents and carers	What do parents and carers already know? Personalised messages
Key messages summary	What will you do in practice now? Anything different?

Following session 1 (the recorded webinar) it is highly recommended that you follow up with an interactive live session, either face to face or on a virtual meeting platform. Key issues for discussion include:

- Ensuring participants understand the need for personalised risk assessments (and not just giving 'blanket advice')
- Communication with families is delivered in a personalised, sensitive and supportive way that ensures parental understanding of safe sleeping issues
- Awareness that co-sleeping can be done safely unless otherwise indicated by risk assessment.

Session 2. Live session	Content
Welcome, introductions, expectations & housekeeping arrangements	<p>Establish group ground rules and get to know each other</p> <p>Brief outline and recap of the webinar session</p> <p>What did participants think of the webinar? What needs to change in their practice?</p>
<p>Scenarios/case studies - group work</p> <p>(Select 2-3 relevant to your audience, this might need to be in different groups for different services)</p>	<p>Opportunities to practice using risk minimisation tool and personalised conversations</p> <p>Explore current issues about risky sleep practices</p> <p>Importance of use of appropriate resources inc. interpreters, awareness of cultural differences</p>
Safer infant sleep resources	<p>La Leche - Safe Sleep 7</p> <p>BASIS</p> <p>UNICEF - Caring for your Baby at Night</p> <p>Lullaby Trust</p>
Summary and key messages	<p>Recap of key messages to reinforce understanding</p> <p>Session evaluation/review form completed</p>
Reflection and close	

### Evaluation Form

Please rate whether the webinar achieved the aim of sharing the following information:	Very well	Well	Somewhat achieved	Did not achieve
What is currently happening about safer sleep				
Understanding terminology and data				
How and why babies sleep as they do, and what's normal				
Using the risk minimisation tools				
The importance of and need for personalised messages				
Please rate whether the live/virtual session achieved the aim of sharing the following information:	Very well	Well	Somewhat achieved	Did not achieve
Current issues regarding risky sleep practices				
Bed sharing/co-sleeping information and resources				
Importance of use of appropriate resources				
Explanation and opportunity to use the risk minimisation tool				
Key messages with regard to safer sleep				

What have you found most useful about the training?

Was there anything you would have liked to have been included, that wasn't?

Any other general comments or questions

**END**

## **Useful links and resources**

[Caring for your baby at night \(unicef.org.uk\)](https://www.unicef.org.uk)

Understanding your baby [Best Beginnings](#)

[ICON - Babies cry you can cope - Advice and Support | ICON \(iconcope.org\)](https://www.iconcope.org)

The [Baby Sleep Information Source \(Basis\)](#) is a collaboration between Durham University Parent-Infant Sleep Lab, La Leche League, NCT, and Unicef UK Baby Friendly Initiative.

The Lullaby Trust, Public Health England, and Basis have created a range of resources for parents and health professionals, with accessible guidance on safer sleep practices.

These are [available to download and buy on The Lullaby Trust website](#).

- Safer Sleep for babies: a Guide for Parents
- Safer Sleep: Saving Babies Lives a Guide for Professionals
- Safer Sleep for Babies quick reference card.

[The Safe Sleep Seven | La Leche League International \(llli.org\)](https://www.lullabytrust.org.uk/safer-sleep)

<https://www.wypartnership.co.uk/safer-sleep>