

Participant'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

Please read these notes before you attend the course.

INFORMATION FOR COURSE PARTICIPANTS

(Please read before the course begins)

The course

We are really pleased to introduce this short course which aims to ensure you are able to support pregnant people, new parents and families with evidence based personalised safer sleep practices.

We hope that you enjoy the course and take away some new information and confidence to support parents and carers to safely care for their babies with regard to safer sleep.

The course is run in 2 sessions, firstly a pre-recorded webinar followed by a live session run either face to face (covid restrictions allowing) or virtually over MS Teams. Each element of the course builds on the previous session, so it is very important for your overall learning experience that you attend the entire course.

It is helpful for you to write a short reflection on your experience as this will enable you to take time to identify new approaches to the way you practice.

Pre-course information

Definitions of sudden infant deaths

Sudden Unexpected Death of an Infant (SUDI): Sudden and unexpected death of an infant under 1 year old

Sudden Infant Death Syndrome (SIDS): Sudden death of an infant under 1 year old where the death remains unexplained after PM

Sudden Unexplained Death of a Child (SUDC): Sudden unexplained death of a child over 12 months where cause of death remains unexplained after all investigations

Key Statistics Yorkshire & The Humber, The Lullaby Trust (February 2021)

196 babies and young children still die every year of SIDS or SUDC in the UK. Since parents and carers have been following the risk reduction advice first promoted in the early 1990s, the number of infants dying has fallen significantly.

The latest results from the Office for National Statistics (ONS) showed that in 2018 SIDS rates in England and Wales increased by 7%

SIDS rates in Yorkshire and the Humber have increased from 0.29 in 2017 to 0.40 in 2018

Rates of SIDS deaths in Yorkshire and the Humber are now among the highest in the country, considerably higher than the average rate in England and Wales of 0.30

To find out more about the situation locally click on the link to find information, data and evidence and compare your area to statistical neighbours [Child and Maternal Health - PHE](#)

Lullaby Trust infographic 2021



Session outline

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?

Session 2. Live session	Content
<p>Welcome, introductions, expectations & housekeeping arrangements</p>	<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>
<p>Safer infant sleep resources</p>	<p>La Leche - Safe Sleep 7</p> <p>BASIS</p> <p>Unicef - Caring for your Baby at Night</p> <p>Lullaby Trust</p>
<p>Summary and key messages</p>	<p>Recap of key messages to reinforce understanding</p> <p>Session evaluation/review form completed</p>
<p>Reflection and close</p>	

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.la-leche-league.org/safer-sleep)

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

Course notes

