

Safeguarding

Safer Sleeping and



Sudden Unexpected Death in Infancy

Sudden unexpected death of a baby is when there is no apparent cause of death, this is called sudden unexpected death in infancy (SUDI). This includes sudden infant death syndrome (SIDS) and fatal sleep accidents. A baby can die of SUDI at any time of the day or night, but most die quietly in their sleep.

Task

It is important that as practitioners we feel confident and well informed when offering advice and support to parents and carers of new-born babies. Being equipped to offer guidance and recognising when signposting to supporting agencies is needed, is an indicator of strong practice.

SUDI is a difficult subject matter for all, that needs to be managed sensitively.

There is a wealth of information out there however here is selection of some of key messages LSCPB share.

Watch the clip, [Safer sleep for babies](https://youtu.be/NO2vbtjNk2c) <https://youtu.be/NO2vbtjNk2c>

Further reading

[LSCPb | Safer Sleeping \(lcitylscb.org\)](https://lscpb.org.uk/safer-sleeping)- Risk assessment tool for safer sleep

[The Lullaby Trust - Safer sleep for babies, Support for families](https://www.lullabytrust.org.uk/Safer-Sleep-for-babies/)

[Co-Sleeping and SIDS: A Guide for Health Professionals \(Irsb.org.uk\)](https://www.irsb.org.uk/co-sleeping-and-sids-a-guide-for-health-professionals/)

[Caring for your Baby at Night \(Irsb.org.uk\)](https://www.irsb.org.uk/caring-for-your-baby-at-night/)

[Guidance for the Protection of Adults during practices and procedures \(Irsb.org.uk\)](https://www.irsb.org.uk/guidance-for-the-protection-of-adults-during-practices-and-procedures/)

[Safer-sleep-saving-lives-a-guide-for-professionals-web.pdf \(lullabytrust.org.uk\)](https://www.lullabytrust.org.uk/Safer-sleep-saving-lives-a-guide-for-professionals-web.pdf)

Explore the resources available with your team – keeping in mind how individuals will find the research task - and think about ways in which you could sensitively share this information with parents in a supportive way.