

Promoting safer sleep, in families with infants who are at greater risk of SUDI

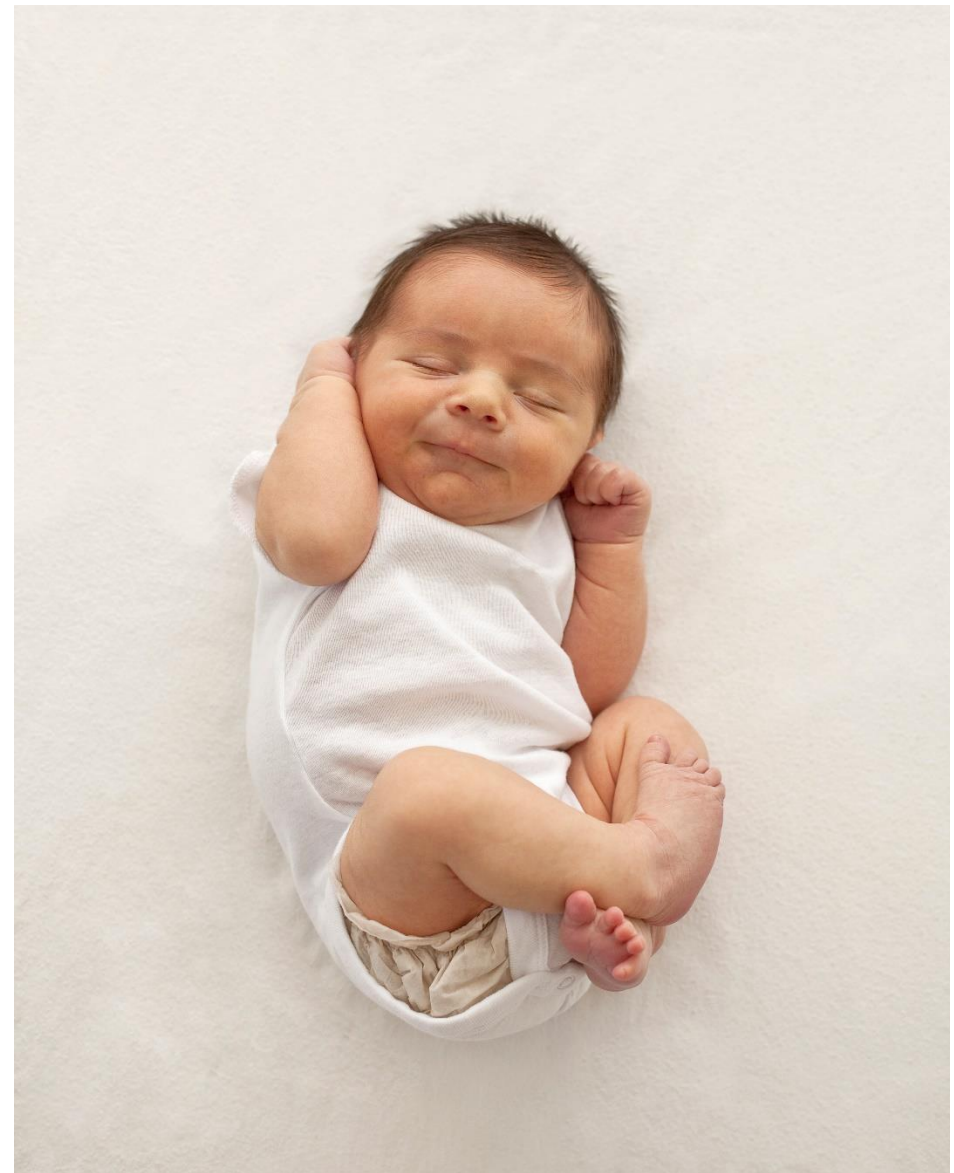
---

Dr Anna Pease

SAFEGUARDING UNBORN BABIES AND UNDER

1s: VIRTUAL SUMMIT

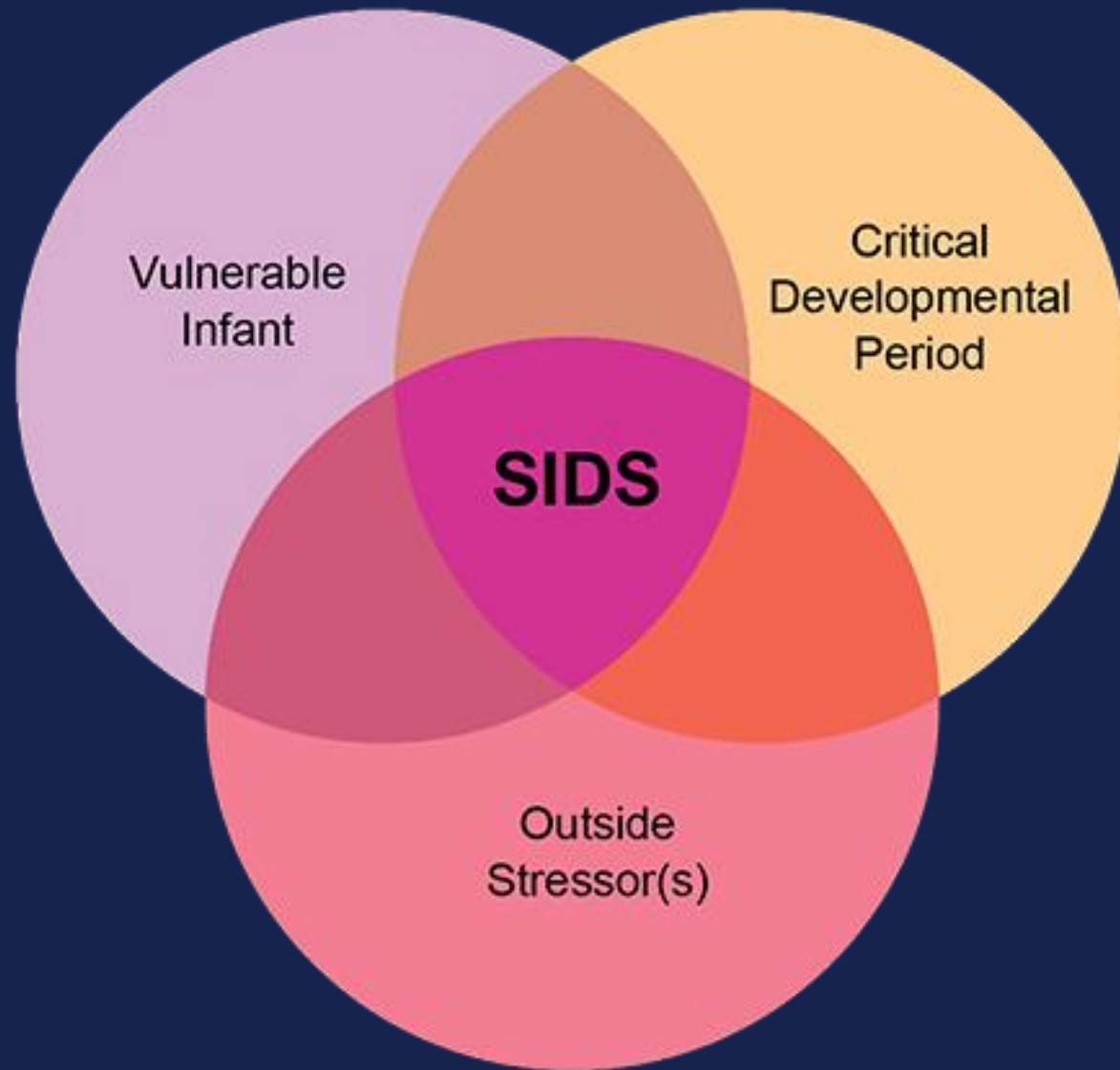
MONDAY MARCH 4<sup>TH</sup> 2024



# Overview

Learning outcomes:

- 1. Understand** both risk and protective factors in the sleep environment for infants, and how we define 'increased risk'
- 2. Explore** facilitators and barriers to following safer sleep advice for families with infants at increased risk
- 3. Recognise** key principles of conversations that make them effective in supporting families, especially with safety during times of disruption
- 4. Extend** professional curiosity towards new conversation skills in practice with families to support safer sleep



# Current evidence for SIDS risk reduction

## Things you can do

- ▶ Always place your baby on their back to sleep
- ▶ Keep your baby smoke free during pregnancy and after birth
- ▶ Place your baby to sleep in a separate cot or Moses basket in the same room as you for the first 6 months
- ▶ Breastfeed your baby if you can
- ▶ Use a firm, flat, waterproof mattress in good condition

## 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 are extremely tired, if your baby was born prematurely or was of low birth-weight
- ▶ Avoid letting your baby get too hot
- ▶ Don't cover your baby's face or head while sleeping or use loose bedding



# Infants at increased risk

- Babies born to younger mothers
- Male sex
- Babies born low birth weight or prem
- Spent time on a neonatal unit
- Smoking (during pregnancy, current, partner)
- Lack of partner support
- Higher parity
- Higher deprivation

“Situational risks and out-of-routine circumstances act together to increase the risk of SUDI and may mean that families find it difficult or impossible to engage with standard safer sleep messages.”

**Out of routine:  
A review of sudden  
unexpected death  
in infancy (SUDI)  
in families where  
the children are  
considered at risk of  
significant harm**

---

Final report

July 2020

# Why don't parents follow the advice?

Knowledge as  
different from  
action

External  
advice  
must be  
credible

Comfort,  
convenience  
and disruption to  
the routine

Plausibility  
and  
mechanisms  
of protection

Meanings of  
safety and  
risk  
mitigation

Parents'  
own  
expertise,  
experience  
and instincts

# Fear management model

	<b>High Self-Efficacy</b> Believes safer sleep advice and has high confidence to practice it	<b>Low Self-Efficacy</b> Doubts the effectiveness of the advice and low confidence to follow it
<b>High threat (fear)</b> Belief that the threat is immediate, and they are at risk	<b>Danger Control</b> People follow safer sleep advice to avoid SIDS Strategy: national campaigns and population level advice	<b>Fear Control</b> People are too afraid to act, use alternative strategies to feel better Strategy: Educate about solutions, use planning
<b>Low threat (fear)</b> Belief that the threat is unlikely, and that they are not at risk	<b>Lesser Danger Control</b> People know the advice but lack motivation to do much Strategy: Educate about risk	<b>No Response</b> People don't feel at risk and don't know what to do about it anyway Strategy: Educate about risk <b>AND</b> solutions, use planning



## Good conversations:

**Trusted**

Honest

Open

**Two-way**

An approach to safer sleep planning  
By the Baby Sleep Planner parent  
advisory group

**Honest** information  
about risk  
“This would put  
your baby in  
danger”

Provide a **rationale**  
“Because babies  
can fall, get  
trapped or  
wedged on a  
sofa”

Provide **practical  
steps**  
“Here are some  
ideas for how to  
increase safety”

**Ask** about a plan  
“What do you think  
would work for  
you?”

**Library** of ideas  
from real families  
who have  
maintained infant  
safety during  
disrupted routines

**Sharing** this plan  
with wider  
family/friends

# The 5 As

- Levels of need
- Depends on role and resources

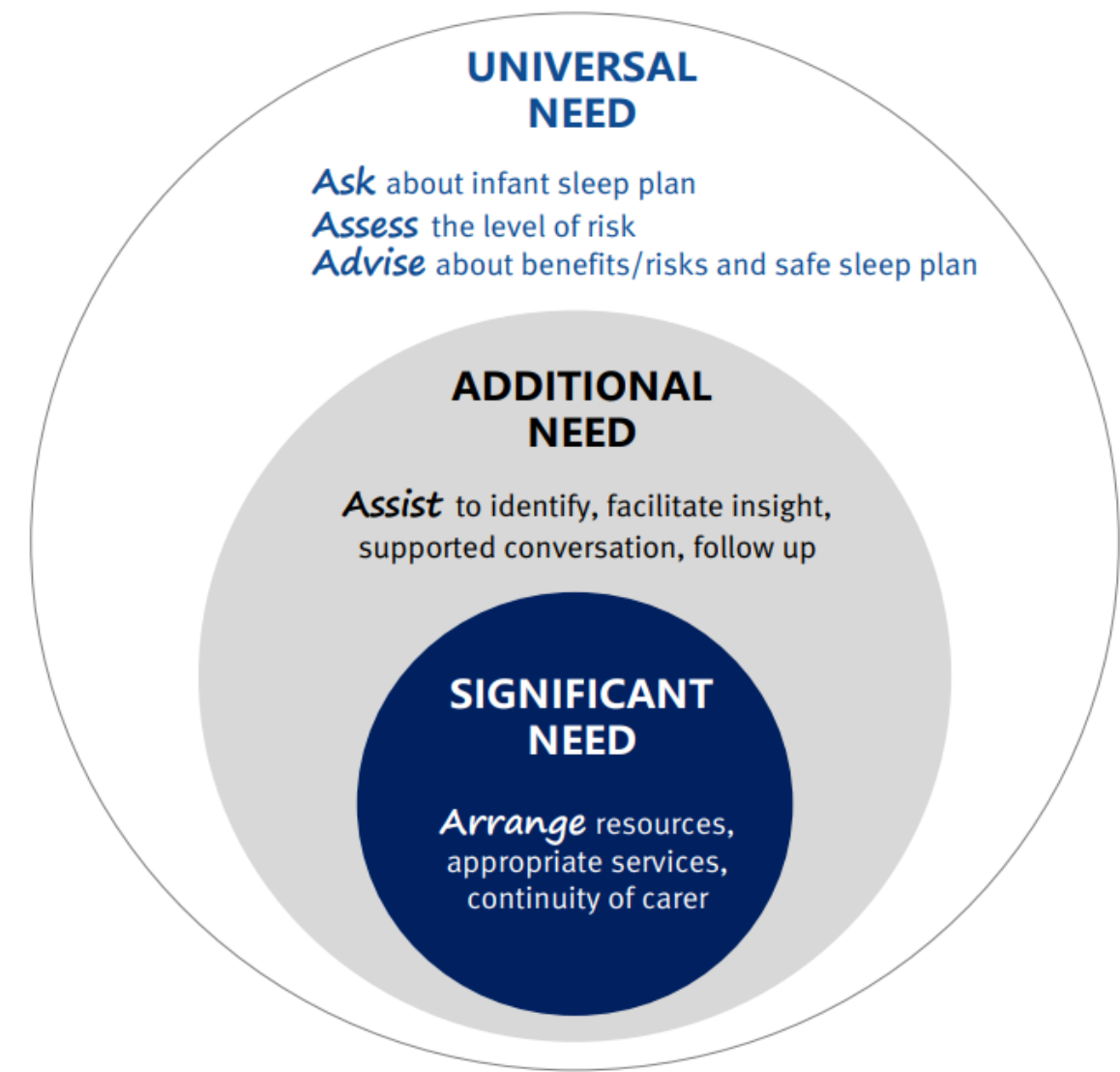


Figure 4. Risk minimisation response model

Adapted from the 5As model<sup>52,53</sup>

# Baby SLEEP PROJECT

**Safer Sleep Milestones for Babies**

I am ready to sleep...

- ...without my hat and extra layers
- ...on my back
- ...with my bed level
- ...in a clear bed
- ...with my feet at the bottom of my bed



**Baby SLEEP PROJECT**

## SLEEP PLAN FOR HENRY

On busy nights we will keep our baby safe by making sure they always sleep:

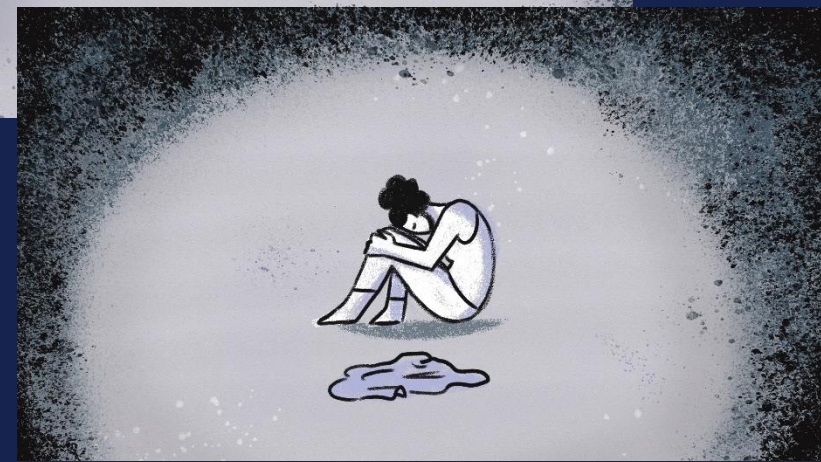
- on their back
- with their face clear
- close to a sober carer
- in their own safe space.

For our baby, we will:

- Always put baby down for sleep **ON THEIR BACK**
- Always **SHARE A ROOM**, day and night
- Keep baby's sleep **SPACE COMPLETELY CLEAR** for their whole sleep
- Make sure the adult looking after baby **IS SOBER**



Please **SHARE THIS PLAN** with your wider friends and family so they can keep baby safe, too.



# Baby SLEEP PLANNER



Tell me about my  
**BABY'S RISKS**

- Mother's age
- Sex of the baby
- Birthweight
- Time spent in a neonatal unit
- Number of babies in the family
- Smoking during pregnancy
- Partner support
- Partner smoking (if applicable)

- Lower risk
- Slightly higher risk
- Higher risk



Help me to make a  
**SLEEP PLAN**

- Will you be in the same room as your sleeping baby?
- Where will the baby sleep?
- What position will you put the baby in for sleep?
- What else will be in the same space as the baby?
- What will be covering the baby?

- Things going well
- Things to think about
- Things to change



**SLEEP PLAN FOR MY BABY**

On busy nights we will keep our baby safe by making sure they always sleep:

- on their back
- with their face clear
- close to a sober carer
- in their own safe space.

For our baby, we will:

Always put baby down for sleep

**ON THEIR BACK**



Make sure baby

**SLEEPS ON A FLAT, FIRM SURFACE**



Always

**SHARE A ROOM,**



Keep baby's bed completely

**CLEAR**



Please **SHARE THIS PLAN** with your wider friends and family so they can keep baby safe, too.

Make and download a plan to share with friends and family



**BY YOUNG PARENTS, FOR YOUNG PARENTS**

<https://littlelullaby.org.uk/>

# THE LULLABY TRUST RESOURCES



[www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)

[www.babysleepresearch.co.uk](http://www.babysleepresearch.co.uk)

Thank you



Anna Pease



Jenny Ingram



Peter Blair



Family Advisory Group



Peter Fleming



Becky Lambert



Karen Patrick



Alice-Amber Keegan



Nicholas Turner



Catherine Ellis



Christie Cabral



Debbie Watson



Joanna Garstang

[babysleep@bristol.ac.uk](mailto:babysleep@bristol.ac.uk)