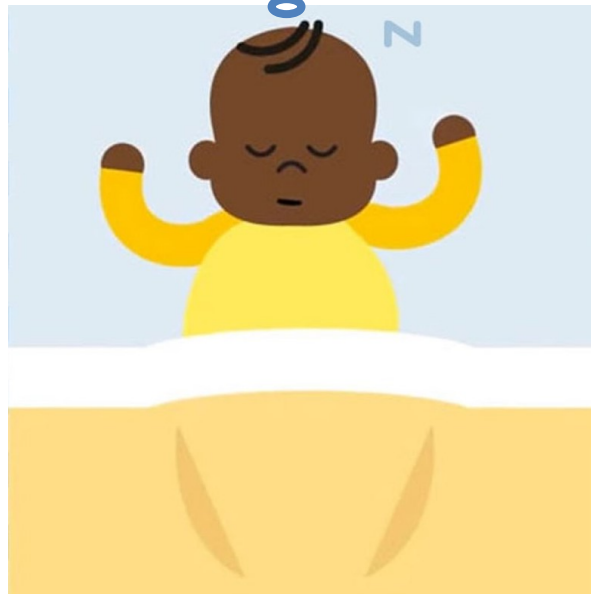




KEEPING ME SAFE  
WHILST I'M SLEEPING



# TIPS FOR GRANDPARENTS

## What is Sudden Infant Death Syndrome (SIDS)?

SIDS is the sudden and unexpected death of a baby where no cause is found.

Although it is not yet known how to completely prevent SIDS, steps can be taken by a Baby's caregivers to significantly lower the risk.

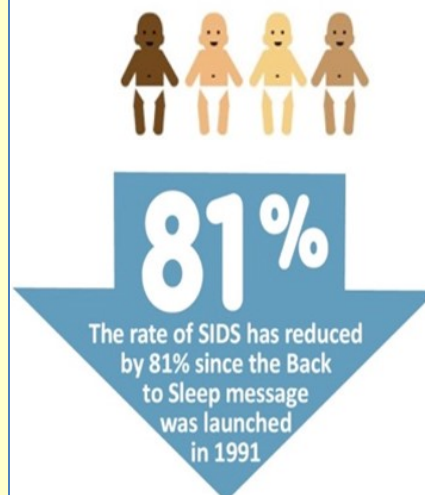
Advice should be followed for all sleep periods, not just at night.



A lot of things have changed since your own children were young.

As a Grandparent you play an important role in reducing your Grandchild's risk of SIDS.

Think about where your Grandchild is going to sleep in your home. They will need their own cot or Moses basket with a firm, flat mattress.



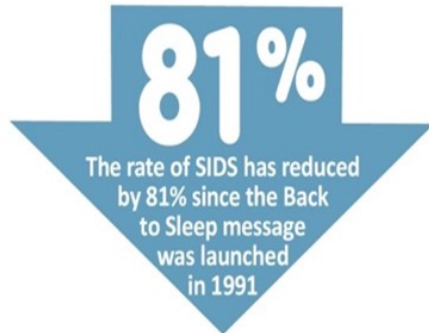
### **Things you can do to lower your Grandchild's risk of SIDS**

- ✓ Always place your Grandchild on their back.
- ✓ Be smoke free around your baby during pregnancy and after birth.
- ✓ Support parents to breastfeed your Grandchild.
- ✓ Place your Grandchild in a cot or Moses basket to sleep in the same room as you (any time of the day/night).
- ✓ Use a firm, flat, waterproof mattress in good condition.

### **Things to avoid to lower your Grandchild's risk of SIDS**

- ✗ Never sleep on the sofa or an armchair with your Grandchild.
- ✗ Don't bed share with your Grandchild.
- ✗ Do not put soft objects, toys, cot bumpers or loose bedding under your Grandchild, over your Grandchild or anywhere in their sleep area.
- ✗ Avoid letting your Grandchild get too hot.

✓ **Always place your Grandchild on their back to sleep**



Always place your Grandchild on their back to sleep for any sleep period, day or night.

If your Grandchild rolls onto their tummy, you should turn them back again, until they are able to roll from back to front and back again.

Sleeping your Grandchild on their front greatly increases the risk of SIDS.

There is no need for any sleep positioners, rolled up blankets or any other equipment to keep your Grandchild in position; this increases the risk of SIDS.

✓ **Be smoke free around your Grandchild**



Keep your Grandchild away from smoke. And keep places such as your home and car smoke free.

For support in helping you become smoke free visit: [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree) or call [0800 022 4332](tel:08000224332)

✓ **Support Parents to breastfeed your Grandchild**



Any amount of breastfeeding can help protect your Grandchild against SIDS. Research has shown that partial or exclusive breastfeeding has been associated with lower SIDS rates.

Support parents to breastfeed your Grandchild:

- \* Emotional Support: Listen and be supportive. Boost their confidence in breastfeeding.
- \* Practical Support: Do the food shopping, prepare meals, help with the housework, care for your other Grandchildren.

✓ **Place your Grandchild in a cot or moses basket with a firm/flat/waterproof mattress**



Use a firm, flat & waterproof mattress that is in good condition and fits your cot or moses basket.

If you are caring for your Grandchild over night the safest place for them to sleep is in a cot or moses basket in the same room as you.

Place your baby in “feet to foot” position so they can’t wriggle under blankets.

Use blankets that are firmly tucked in no higher than your Grandchild’s shoulders or use a sleeping bag.

✘ **Never sleep on a sofa or in an armchair with your Grandchild**



Sleeping on a sofa with a baby can increase the chance of SIDS by up to 50 times

Always place your Grandchild on their back to sleep for any sleep period, day or night in a cot or Moses basket in the same room as you.

✘ **Don't bed share with your Grandchild**

Sharing a bed with your Grandchild can increase the risk of SIDS, particularly if you drink alcohol, smoke or are extremely tired. Be careful when feeding your Grandchild that you are not in a position that you could fall asleep together in bed or sofa or armchair.

✘ **Avoid your Grandchild getting too hot**

The chance of SIDS is higher when babies get too hot.

Check that your Grandchild is not overheating. Feel their tummy, their hands and feet will usually be cooler. If your Grandchild is too hot remove a layer of clothing. Babies do not need to wear a hat indoors.

To order a room thermometer visit <https://www.lullabytrust.org.uk/product/room-thermometers/>



The ideal room temperature is 16c-20c (60.8f—68f).

# FAQ

Q

**When my children were babies, I put them on their stomachs to sleep, was I wrong?**

No, you were following advice based on evidence available at the time. However, since 1991, research has found that sleeping babies on their stomachs increases the risk of SIDS.

The number of babies dying from SIDS is now much lower than it was because families are following the new advice.

A

Q

**Won't my Grandchild choke if placed on their back to sleep?**

No, research shows that babies have a reflex that allows them to swallow/cough up fluids. Babies are far safer sleeping on their backs.

Q

**Does SIDS have any symptoms?**

There is currently no evidence to suggest that babies who have died from SIDS displayed symptoms beforehand.

A

# The 's of Safe Sleep



## Alone

*Not with other people, pillows, blankets, or stuffed animals.*



## on my Back

*Not on the stomach or side.*



## in my Crib

*Not on an adult bed, sofa, cushion, or other soft surface.*

### Still unsure?

- ◆ Speak to your Grandchild's parents—they may have additional information or resources.
- ◆ Speak to Your Grandchild's Midwife or Health Visitor.
- ◆ Get in touch with the **Lullaby Trust**:
  - \* The Lullaby Trust raises awareness of SIDS, provides expert advice on safer sleep for babies and offers emotional support for bereaved families.
  - \* Call: 0808 802 6869
  - \* Visit: [www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)
  - \* Email: [info@lullabytrust.org.uk](mailto:info@lullabytrust.org.uk)

