



# Safe Sleeping for Babies - Reducing the Risk of SIDS

This course is for any person in any work or family setting in contact with a baby, including the voluntary sector, nursery staff, healthcare assistants/professionals, social workers etc. In the UK, at least 300 babies die suddenly and unexpectedly every year. Being able to reduce the risk of any sudden, unexpected and unexplained death of an apparently well infant is a tremendous opportunity for everyone involved in a baby's care.

**Keeping Sleeping Babies Safe**  
Do not let babies get too hot (or too cold)

Do not let babies get too hot (or too cold).  
Keep the head of the baby in your care uncovered when indoors.

- Until about 6 months old, babies can't control their own temperature and they lose excess heat from their heads. Make sure the baby's head cannot be covered by blankets and remove hats.
- When you check a baby, if they are sweating or their tummy feels hot to the touch, take off some of the bedding. Don't worry if their hands or feet feel cool as this is normal, but it is important to ensure babies don't get too cold.
- Babies do not need full rooms of high heating in a early nursery. Keep the room at a temperature between 16-20°C. 18°C (65°F) is just right. A thermometer might be useful.

**CAUTION:**  
• Premature babies may need to wear a hat to maintain body heat, so follow neonatal unit advice before removing a hat in these cases.  
• Never take your baby into bed with you if he/she has a temperature or is unwell.

**MORE**

Another important message is to not let babies get too hot (or too cold). When you are ready, click the image to reveal additional information and then follow prompts as they are provided.

**Key Messages**  
Who can help to reduce SIDS risk?

Parents and family members  
Midwives and Health Visitors  
Volunteers  
Carers  
Children's home workers  
Nursery workers  
Public officials who deal with families  
Everyone!

How do you recognise the risks involved, who do you think might be able to influence the risks of SIDS? When you are ready, click on the baby for some suggestions.

**Keeping Sleeping Babies Safe**  
Dummies can reduce the risk of SIDS

Swilling a baby to sleep lay, and right with a dummy can reduce the risk of SIDS, even if the dummy falls out while the baby is asleep.

- It's possible that using a dummy at the start of any sleep period reduces the risk of SIDS.
- Though, at the moment, The Department of Health does not recommend that all parents use a dummy to reduce the risk of SIDS.
- Stop giving a baby a dummy when between 6 and 12 months old.

Don't give a breastfeeding baby a dummy until breastfeeding is well-established.

**MORE**

Dummies can reduce the risk of SIDS. When you are ready, click the image to see a non-exhaustive review of the research.

## Who is this course for?

This course has been developed to promote and support key safe baby sleeping messages, raising the awareness of parents, family members or other people who come into contact with babies.

## What will you learn?

The learner will know how to keep sleeping babies safe and how to locate and provide supplementary resources.

To self-register for these courses, please go to this link:  
<https://northwaleslscb.virtual-college.co.uk>

