



## UNSAFE SLEEPING PRACTICES AWAY FROM HOME

As the holiday season approaches, along with everything else parents/carers have to remember, it is important that safe sleeping practices they hopefully follow at home, should be remembered if their baby is sleeping in a different bed/environment; even if it is only for one night, whilst visiting friends/relatives.



One case identified by another London borough involved a three month old who slept at home in the prone position and was thriving. Visiting a relative over night the child died; initially it was thought this was a SUDI but cause of death was suffocation through smothering. Baby was sleeping in a makeshift bed, in their usual prone position, but with a very soft ruffled up duvet underneath.

For further information please follow the link below:

<https://littlelullaby.org.uk/safer-sleep-advice-holiday/>

For more general advice on how to keep your baby safe during hot weather, please follow the link below:

<https://www.nhs.uk/chq/Pages/1955.aspx?CategoryID=62>

### **DROWNING - respect water!!**



**Babies can drown in as little as 25mm of water**

**X NEVER** leave a baby or young child in water unsupervised, not even for a minute.

**NEVER** leave a baby or child alone in a bath seat.

**✓ CONSTANTLY** supervise and stay with children in swimming pools.

**EMPTY** paddling pools and store them away when not in use.

If you have a pond always **SUPERVISE** closely, fence it or fill it in.

Be careful when children visit gardens or parks that have ponds or lakes.

**Car Seat Safety** - when travelling with your baby, take them out of their car seat when the journey is over.....even if they are asleep. Positional asphyxia can occur when a baby slouches down or forward in their car seat and their airway closes. Newborns and young infants don't have the neck strength to lift their heads and breathe.

**Enjoy a happy, safe summer**