

Safer Sleeping - SIDS

In this module, will cover the basic advice for keeping your baby as safe as possible while they are sleeping. This advice is easy to follow and should reduce the risk of Sudden Infant Death Syndrome (SIDS).

What is SIDS?

Some sudden and unexpected deaths can be explained by the post-mortem examination revealing, for example, an unforeseen infection or metabolic disorder.

Deaths that remain unexplained after the post-mortem are usually registered as **sudden infant death syndrome** (SIDS) or **sudden unexplained death in childhood** (SUDC) in a child aged over 12 months. Sometimes other terms such as **SUDI**, **SUDC** or **unascertained** may be used.

While SIDS is rare, it can happen and there are steps parents can take to help reduce risks to their baby.

What causes SIDS?

We do not know what causes SIDS. For many babies it is likely that a combination of factors affect them at a vulnerable stage of their development, which leads them to die suddenly and unexpectedly.

However, we do know you can significantly reduce the chance of SIDS occurring by following safer sleep advice.

Does SIDS have any symptoms?

There is currently no evidence to suggest that any babies who have died from SIDS had any previous symptoms. Over 200 babies a year die from SIDS, despite researchers having identified clear guidance on how to reduce the risk of this happening.

It is important for all parents to follow safe sleep advice at all times.

This includes when sleeping is taking place out of your normal routine; when you are in temporary accommodation, having altered sleeping arrangements such as holidays, staying with friends/family, you, your partner or another child is unwell, or situations where there is planned use of alcohol, substances or cigarettes.

In all of these situations consider how to maintain safe sleep practice.

For more information, visit: www.lullabytrust.org.uk