

## Child Death Review Team Comms

*The Child Death Review Team Newsletter is circulated to all partners within Birmingham and Solihull to highlight campaigns and share learning from local child death reviews.*

### Safe-sleep

Birmingham and Solihull CDRT would like to remind all practitioners of the importance of safe-sleep advice. It is important that safe sleep advice is also given to father's and the wider family members if you see them, it is important that this advice is shared with anyone who will care for the baby.

Following safer sleep advice can significantly reduce the chances of Sudden Infant Death Syndrome (SIDS) occurring.

Baby's airway are very delicate and it's possible for it to become blocked, narrowed and or folded, making it difficult for them to breathe.

Certain products and sleeping positions can cover your baby's face, **block** their airways, or cause them to become **folded** or **narrowed**. These include:

- Loose bedding
- Soft-sided pods
- Pillows
- Sleeping on their tummy
- Becoming wedged against an adult
- Sleeping in a sitting position
- Sleeping in a sling.

### Baby's airway | The Lullaby Trust



Social media and celebrity influencers are trying to sell products not promote them for safer sleep so it is important that the correct safe sleep advice is given to families regarding products.

### Baby product information | The Lullaby Trust

Some families will choose to share a bed with their baby. It is important to discuss this with families to discuss the risks of co sleeping.

### **Co-sleeping with your baby is very dangerous if:**

- You or anyone in the bed has recently drunk any alcohol
- You or anyone in the bed smokes or the baby was exposed to smoking in pregnancy
- You or anyone in the bed has taken any drugs or medication that make you feel sleepy
- Your baby was born prematurely (before 37 weeks of pregnancy) or weighed under 2.5kg or 5.5 pounds when they were born.

[Co-sleeping | The Lullaby Trust](#)

[How to co-sleep more safely](#)

### **Learning from Deaths**

Following the review of a baby's death, the CDR Team raised an alert with the National Child Mortality Database (NCMD) as the family had changed their sleeping arrangements due to the presence of mould and damp. This has resulted in the NCMD and the Lullaby Trust working together to publish guidance for professionals on what to do if families report mould and damp with children residing in the family home.

It has been published on the Lullaby Trust's website here – <https://www.lullabytrust.org.uk/professionals-hub/promoting-safer-baby-care/damp-mould-and-safer-sleep/> and there is a one page guide that can be downloaded here - <https://www.lullabytrust.org.uk/resource/sleeping-safely-in-a-home-with-damp-or-mould/> for all professionals to use.