

Safer Sleep

★ for your grandchild

As a grandparent you can support your grandchild in the six steps to safer sleep:

1. Keep your grandchild's head and face uncovered and make sure they don't get too hot.
2. Never fall asleep with your grandchild after drinking, taking drugs or some prescription medication.
3. Put your grandchild to sleep in a cot, crib or Moses basket - never fall asleep with them on a sofa or chair.
4. Put your grandchild to sleep on their back with their feet to the foot of the cot.
5. Keep your grandchild away from smoke, before and after their birth.
6. Support your grandchild's parents if they want their baby to breast feed - further support is available if they need it.

Read how to support your grandchild's parents with the 6 steps to safer sleep

We know more now about safety, including recommendations for infant sleep.

In supporting the parents of your new grandchild evidence now shows that;

Swaddling can over heat babies. Sleeping bags for babies over 4 weeks are recommended OR using thin cellular blankets.

Room Temperatures Ideal temperature is between 16-20°C. Your grandchild's Health Visitor should be able to provide you with a room thermometer.

Responsive/Paced Feeding It is encouraged that most babies are now fed when hungry, demand fed. Be led by your grandchild's needs. Avoid extra scoops or adding rice/rusks to bottles. If your grandchild is low birth weight or not gaining weight your son or daughter can seek advice from the midwife or health visitor.

Dummies/soothers If the parents choose, soothers can be used to settle your grandchild as part of their routine. Never be tempted to dip the soother in any food or drink products. Do not introduce a soother yourself.

Discuss with your son or daughter if you are unsure.

For further information visit:

www.lancashire.gov.uk and search 'safer sleep for baby'

www.lullabytrust.org.uk and watch their video for all your grandchild needs for a safer nights sleep: <https://youtube.com/watch?v=PMn2KKrKzV0>

