



PSHE Education
STOKE-ON-TRENT & STAFFORDSHIRE

Safer Sleep & SIDS



**KS4
Education
Pack**








Introduction

In Staffordshire and Stoke-on-Trent, we have continued to see babies die where there are avoidable risks in the sleep environment that may have had an impact. We know that families are given information about safer sleep for their baby, but we need to create further awareness.

Greater awareness of safer sleep leads to a decrease in the numbers of babies dying. Sadly, in the UK, around 4 babies a week still die from Sudden Infant Death Syndrome (SIDS) and if all parents and carers were aware of safer sleep advice many lives could be saved. Around 700,000 babies are born every year in the UK and we need to continue to promote the safer sleep message.

Session Outline

<p>Aim</p>	<p>Increase awareness of safer sleep to result in the decrease in the numbers of babies dying from SIDS.</p>
 <p>Intended Learning Outcomes</p>	<p>By the end of the session participants will be able to:</p> <ol style="list-style-type: none"> 1. Define Sudden Infant Death Syndrome (SIDS) 2. Describe what is meant by safer sleep 3. Recognise how to reduce risks of sudden infant death syndrome (SIDS) 4. List strategies for safer sleep
 <p>Key Messages</p>	<ul style="list-style-type: none"> • Safer Sleep Week is The Lullaby Trust's national awareness campaign and aims to reach as many families as possible with life-saving safer sleep advice. • Parents/Carers can take the following steps to reduce the risk of SIDS: <ul style="list-style-type: none"> ◦ Always place your baby on their back to sleep ◦ Keep your baby smoke free during pregnancy and after birth ◦ Breastfeed your baby ◦ Place your baby to sleep in a separate cot or moses basket in the same room as you for the first 6 months ◦ Use a firm, flat, waterproof mattress in good condition

Key Words	Sudden Infant Death Syndrome (SIDS)
 Considerations	<ul style="list-style-type: none"> • Create a safe learning environment through the creation of ground rules • Consider your group, individuals may be personally affected by this topic or find the subject matter distressing
 Total Session time	45 minutes
 Additional	Some participants may have been personally affected by this issue

Suitable for
KS4
(14–16 years)

Activity 1: Baseline Assessment and Knowledge Check

Resources: Flipchart paper (1
sheet per group), pens,
PowerPoint

Suggested time: 10 minutes

Method:

1. Outline the session learning objectives, slide 2
2. In groups, ask participants to create a mind map with "safer sleep" in the centre
3. Ask participants to write their thoughts on what is meant by safer sleep on the flipchart paper
4. Ask each group to feedback their ideas
5. Discuss any similarities/differences between the groups responses
6. Show Slide 3
7. Ask participants if they understand what SIDS stands for
8. Show Slide 4 Explain SIDS is Sudden Infant Death Syndrome (previously referred to as cot death)
9. Explain that in the UK, around 200 babies die suddenly and unexpectedly every year. This statistic may sound alarming, but SIDS is rare and the risk of babies dying from it is low. Greater awareness of safer sleep leads to a decrease in the number of babies dying. Around 700,000 babies are born every year in the UK.
10. Ask participants how this information might affect them as young people; babysitting, having younger siblings/family members or being future parents



Activity 2: Myth Buster Quiz

Resources: PowerPoint

Suggested time: 10 minutes

Method:

1. Show Slide 5 and introduce the safer sleep quiz where participants will be asked some statements, they need to decide whether they think they're true or false
2. Work through Slides 6–17 (6 questions, answers are on separate slides)
 - Q: It is safe for babies to sleep on their front during naps A: F, Sleeping your baby on their back for every sleep, day and night, is one of the most protective actions you can take to ensure your baby is sleeping as safely as possible.
 - Q: Soft objects such as blankets, pillows and soft toys can be safely placed in a cot to keep a baby comfortable and protect them from injury A: F, The safest place for a baby to sleep is in their own clear, flat, separate sleep space, such as a cot or Moses basket.
 - Q: Babies should sleep in a separate room from birth A: F, Babies should always be in the same room as their parent or main carer for the first six months for sleep, day and night.
 - Q: It is not safe to sleep in the same bed as a baby if you have drunk alcohol A: T, Don't sleep in the same bed as your baby if you smoke, have drunk alcohol, have taken drugs or medication or are extremely tired.
 - Q: Bottle feeding a baby decreases the risk of SIDS more than breast feeding A: F, The Lullaby Trust advise that breastfeeding lowers the risk of SIDS. Breastfeeding for at least 2 months halves the risk of SIDS but the longer you can continue the more protection it will give your baby.
 - Q: Sudden Infant Death Syndrome (SIDS) affects 20% of babies aged 0–6 months A: F, Around 700,000 babies are born every year in the UK and the NHS report that 200 babies die each year from SIDS. This means SIDS is rare, 0.03%.



Activity 3: Lullaby Trust Safer Sleep Video

Resources: PowerPoint,
<https://youtu.be/NO2vbtjNk2c>
Suggested time: 5 minutes

Method:

1. Play the video in Slide 18 (<https://youtu.be/NO2vbtjNk2c>) – 2:02
2. Explain that the video suggests a number of DO's & DON'T's for safer sleep for babies
3. Ask participants to recall the advice, you may want to provide prompts

DO

- Always place your baby on their back to sleep
- Keep your baby smoke free during pregnancy and after birth
- Breastfeed your baby
- Place your baby to sleep in a separate cot or Moses basket in the same room as you for the first 6 months
- Use a firm, flat, waterproof mattress in good condition

DON'T

- Sleep on a sofa or in an armchair with your baby
- Sleep in the same bed as your baby if you smoke, have drunk alcohol, have taken drugs or medication or are extremely tired, or if your baby was born prematurely or of low birth weight
- Let your baby get too hot
- Cover your baby's face or head whilst sleeping or use loose bedding
- Use pillows, cot bumpers or have soft toys in the cot
- Sleep your baby on a soft surface such as a pod or nest



Activity 4:

Create a campaign

Resources: Lullaby Trust poster, paper, coloured pens (optional: laptops to support research)

Suggested time: 20 minutes

Method:

1. Re-iterate that in Staffordshire and Stoke-on-Trent, health care services have reported that we have continued to see babies die where there are avoidable risks in the sleep environment that may have had an impact.
2. Show the Lullaby Trust posters. Explain that we know that families are given information about safe sleep for their baby, but there is a need to create further awareness.
3. Show Slide 19. Ask participants to design a campaign which raises awareness of SIDS and the Safer sleep message (10-15 minutes). This could be a poster, leaflet, social media post, video. You may want to give participants a target audience:
 - Siblings of a baby under 6 months
 - Young people who are babysitting
 - Expectant parents
4. Ask participants to share their designs, you can compare these against the ILO's and complete an informal assessment:
 - Have they defined Sudden Infant Death Syndrome (SIDS)?
 - Are they able to describe safer sleep?
 - Have they included strategies for safer sleep?



Activity 5: Signposting & Plenary

Resources: Lullaby Trust Safer Sleep leaflet [page 11](#) (1 per participant)

Suggested time: 10 minutes

Method:

1. Recap that the purpose of the session has been to increase awareness of safer sleep for babies.
Participants may have younger siblings and family members, babysit or become parents themselves so this information is important to raise awareness and reduce SIDS.
2. Show Slide 20 containing signposting information to The Lullaby Trust and BASIS.
3. Give each participant a printed copy of the Safer sleep for babies campaign leaflet and encourage them to be advocates for the Safer Sleep message to their work.

Supporting materials

Powerpoint slides can be accessed [here](#).

[Materials from The Lullaby Trust can be downloaded here](#) as well as the printable on Page 11 or by visiting [The Lullaby Trust website](#)

[Click here to access an information sheet for professionals about Safer Sleep Week 2023.](#)

Safer sleep for babies

Safer Sleep Week is The Lullaby Trust's national awareness campaign and aims to reach as many families as possible with life-saving safer sleep advice.



Safer Sleeping March 2023

Here are steps parents and carers can take to reduce the risk of SIDS

Things you can do...

- ✓ Always place your baby on their back to sleep
- ✓ Keep your baby smoke free during pregnancy and after birth
- ✓ Breastfeed your baby
- ✓ Place your baby to sleep in a separate cot or Moses basket in the same room as you for the first 6 months
- ✓ Use a firm, flat, waterproof mattress in good condition



Things to avoid...

- ✗ Never sleep on a sofa or in an armchair with your baby
- ✗ Don't sleep in the same bed as your baby if you smoke, have drunk alcohol, have taken drugs or medication or are extremely tired, or if your baby was born prematurely or of low birth weight
- ✗ Avoid letting your baby get too hot
- ✗ Don't cover your baby's face or head whilst sleeping or use loose bedding
- ✗ Remove all pillows, cot bumpers and soft toys from the cot
- ✗ Don't sleep your baby on a soft surface such as a pod or nest



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