The Yorkshire and Humber Neonatal Operational Delivery Network

Safe Sleeping Crib sheet for Parents/Carers

Parent/Carer has received, read, and understood a copy of the information provided by the unit

- https://www.lullabytrust.org.uk/safer-sleep-advice/
- https://youtu.be/NO2vbtjNk2c
- https://www.lullabytrust.org.uk/wp-content/uploads/The-Lullaby-Trust-Safer-Sleep-Advice-For-Premature-Babies.pdf
- Home - ICON Cope

Babies who are born prematurely (before 37 weeks) or of low birth weight (under 2.5kgs) are particularly vulnerable and it is important that all the safe sleep advice is followed. Premature babies are sometimes slept on their front in hospital for special medical reasons. When they are getting ready to go home these babies should always sleep on their back to reduce the risk of sudden infant death.

Aim

- provide advice on simple steps for how you can sleep your baby to reduce the risk of sudden infant death syndrome (SIDS) which is commonly known as cot death.
- provide advice on how to respond to and soothe a baby when they cry.

Staff

- **Parents have received information regarding safe sleeping**