



Spotlight on Sudden Infant Death Syndrome



Questions to ask yourself

Are your staff following safer sleep guidance?

Are staff aware of what steps can be taken to reduce the risk of SIDS?

Case Study: By Amanda Ruggeri 25th October 2022

It was three days before the twins' second birthday. When their mother, Carmel Harrington, put them to bed, she expected to be woken multiple times overnight by Charlotte. Her brother, Damien – a sweet, engaging toddler with a mop of brown curls and a passion for his toy motorbike – always slept more soundly.

Instead, Harrington rose the next morning feeling refreshed. But when she went into the twins' room, she encountered a parent's worst nightmare: Damien had died during the night.

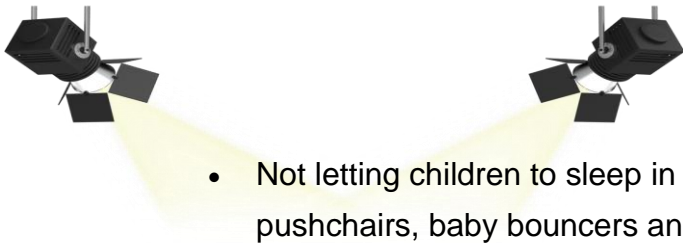
For a parent, there are few scenarios more horrifying. And, despite 30 years of public health efforts, it is still one that becomes reality for **thousands of families around the world** every year.

Source [The search for what causes SIDS - BBC Future](#) 25th October 2022

Conclusion:

Sadly, around four babies a week die from Sudden infant death syndrome (SIDS). We know that a greater awareness of safer sleep leads to a decrease in the number of babies dying, and therefore it's important to be aware of the steps you can take to lower the risk while sleeping such as:

- Sleep position
- Room temperature
- Suitable cots, clear of toys, pillows, and bumpers
- Appropriate mattresses and bedding



- Not letting children to sleep in inappropriate places such as car seats, pushchairs, baby bouncers and sofas
- Other hazards such as smoking around children and in areas where they are likely to sleep.
- Monitoring sleeping children

<https://www.youtube.com/>

Other terms used by professionals

Professionals may sometime say:

Sudden unexpected death in infancy (SUDI)

Sudden unexpected death in Childhood (SUDC)

Sudden infant death

The EYFS States

Sleeping arrangements 3.69

Sleeping children must be frequently checked to ensure that they are safe. Being safe includes ensuring that cots and bedding are in good condition and suited to the age of the child, and that babies are placed down to sleep safely in line with the latest government safety guidance: Sudden infant death syndrome (SIDS) - NHS (www.nhs.uk).

Practitioners may also find it helpful to read NHS advice on safety of sleeping babies: [Reduce the risk of sudden infant death syndrome \(SIDS\) - NHS](#) (SIDS) - NHS (www.nhs.uk)

Safety and suitability of premises, environment and equipment Accident or injury 3.63

Registered providers must notify Ofsted, or the CMA with which a provider of CoDP is registered, of any serious accident, illness, or injury to, or death of, any child while in their care, and of the action taken. This must be done as soon as is reasonably practicable, but in any event, within 14 days of the incident occurring. A registered provider who, without reasonable excuse, does not meet this requirement commits an offence. Providers must notify local child protection agencies of any serious accident or injury to, or the death of, any child while in their care, and must act on any advice from those agencies.



Resources

The lullaby Trust

[Home | The Lullaby Trust](#)

- Exploring babies sleep patterns. How long should a baby sleep for their age?
- Busting baby sleep myths. Are the myths backed by evidence, and products that promise to help babies sleep for longer?
- Helping parents with sleep deprivation.

<https://www.youtube.com/watch?v=v34m0DgIglM>

<https://www.lullabytrust.org.uk/professionals-hub/professionals-resources/>

NHS

[Sudden infant death syndrome \(SIDS\) - NHS](#)

Sudden Unexplained death in Childhood (SUDC) Charity

[HOME - SUDC UK](#)

<https://sudc.org.uk/professionals/>

<https://sudc.org.uk/faqs/>

<https://sudc.org.uk/facts-statistics/>

National Child Mortality Database (NCMD)

Sudden and unexplained death in Infancy National Child

<https://www.ncmd.info/publications/sudden-unexpected-death-infant-child/>

BASIS

[BASIS – Baby Sleep Information Source](#)

BBC News

[Stockport nursery worker guilty of baby's manslaughter - BBC News](#)