

Where might my baby sleep?

Service evaluation - key facts for implementation and advice

Ideally each woman attending for their 34 week appointment will have the entire leaflet explained in detail, with particular detail concentrated on the bed-sharing information / safe bed-sharing guidance. However, when time is short, as a minimum, please:

- Talk women through leaflet pointing out what each page is about (cot sleep, sofa sleep etc)
- Note that bed-sharing is **common**, has **benefits** especially to breastfeeding mums & babies, and also often happens **unintentionally**.
- Show how the self-screening checklist works - e.g. referring to 1st question regarding smoking.
- Show where the guidance relating to how to make bed-sharing safer is.
- Make the point that circumstances can change from day-to-day; mums need to know to reconsider their risk factors as needed.
- Say we intend mums to take leaflet away with them and use it as a tool to refer to both before and after their baby is born.
- **Remember to put the sticker on Mum's notes; this shows she has been talked through and given the leaflet and is essential to enable us to evaluate its effectiveness postnatally.**

Background information regarding the relationship between bed-sharing and breastfeeding, and on the relationship between risk factors for SIDS and bed-sharing has been provided in the article ***Breastfeeding and bed-sharing - Information for HCPs.***

For quick reference, below are some key facts:

- It is normal and expected for breastfed babies to wake in the night to feed.
- Bed-sharing is a common strategy for coping with night waking and is extremely common.
- 50% of all UK babies - and 70% of breastfed babies - have slept with a parent by 3 months of age.
- Breastfeeding mothers sleep with their babies in an instinctively protective way.
- Current data show no increased risk of SIDS or SUDI for breastfed babies bed-sharing with parents who do not smoke and have not consumed drugs or alcohol.
- Factors which are known to **increase** the risk of death while sharing sleep are:
 - Smoking, or having smoked in pregnancy
 - Consumption of alcohol or drugs
 - Co-sleeping on a sofa or armchair
- Factors which **may** make bed-sharing less safe are:
 - Baby small-at-birth (<37weeks and/or <2500g)
 - Mother who has never breastfed
 - Consumption of some medications affecting consciousness
 - Excessive tiredness - <4hrs sleep in the last 24hrs

Our aim is to provide mothers with information regarding the benefits of bed-sharing for breastfeeding mothers, and the tools to be able to assess their individual risk