

Reducing the risk of sudden infant death

A tool for midwives, family nurses and health visitors

The death of a baby or child is perhaps the most devastating event that can happen to a family. Thankfully unexpected child deaths are rare, but unfortunately they do happen and it is important that we do everything we can to prevent avoidable deaths where possible.

Safer sleep advice is not consistently followed or understood by parents/carers.

This risk assessment tool has been developed using the evidence base regarding sudden infant death and associated risk factors. It is intended that midwives, family nurses, health visitors and neonatal nurses use the tool to identify any concern regarding risks or sleeping practices. This should create opportunities to:

- have honest conversations with parents/carers based on their individual circumstances;
- discuss evidence-based measures to promote safer sleeping practices and reduce risks;
- observe baby's sleep environment as part of the risk assessment.

This tool may also be used by GPs, social workers and others working in other settings who have opportunities to assess the sleeping environments of infants and reinforce safer sleeping messages.

Risk Assessment Tool

