

SUDI deaths and associated risk factors in BGL babies: 2008-May 31st 2022 n35

%	0-10%	10-20%	20-30%	30-40%	40-50%	50-60%	60-70%	70-80%	90%	100%	
High room temperature* N15 of 19 babies											79%
Poverty/ Overcrowding *n8 of 14											57%
Excess bedding-pillows, duvets etc n17 of 32											53%
Bed sharing with at least 1 other risk factor n16 of 33 babies											48%
Parental smoking											37%
Baby put down to sleep or found on side or prone position **											32%
Low birth weight <2.5kg											26%
Parental alcohol											20%
Language/communication issues/learning disability											17%
Pre-term baby <37wks											17%
Mum 20yrs old or under											14%
Sofa sleeping n3 of 33											9%
Parental use of Cannabis											6%
Bed-sharing with no other risk factors in an exclusively breast-fed baby (n1 of 35). Toddler was also in the bed											3%

- This chart details SUDI deaths in Lewisham from 2008 and includes SUDI deaths in Bexley Greenwich and Lewisham from 1/10/19 when Child Death overview panels went into a tri-borough arrangement.
- Some initial cases described as SUDI are later found to have underlying causes on PM.
- There were 24 boys (69%) and 11 (31%) girls.
- *Room temperature was not being measured by police colleagues in a high number of earlier SUDIs though that has now been rectified. In the 19 SUDI cases where room temperature was measured, **15 (79%)** found a room temperature of above 20 degrees (recommended temperature is 16-20). This is likely to be an under-estimate as when temperatures were not taken, many rooms were described as very hot.
- ** The numbers of babies laid to sleep on their side or prone has increased in the last year.
- 64% of BGL babies (since October 2019, n14 in total) who died from SUDI were White British, 36% from Black, Asian or mixed heritage ethnicity

SAFER SLEEP CAMPAIGN: Prevention of Sudden Infant Death Syndrome/Sudden Unexpected Death in Infancy

14 Babies died with an initial diagnosis of SUDI in Bexley, Greenwich and Lewisham in the last 2 ½ years. These are previously healthy babies-please help prevent the tragic deaths of children by making sure you know the Key Facts: Key facts when discussing safe sleeping with parents

Thank you for all you do in helping to keep babies sleeping safely

Things parents can do to help prevent SUDI/SIDS:

- Always place baby on their back to sleep-if they roll on to tummy, move them back
- Breastfeed your baby if you can as breastfeeding is highly protective
- Keep your home and therefore your baby smoke free in pregnancy and afterwards
- Place your baby to sleep in a separate cot or Moses basket in the same room as you for the first six months.
- Place your baby in [the "feet to foot" position](#) (with their feet at the end of the cot or Moses basket)
- Use a firm, flat waterproof mattress in good condition-remove any plastic covering
- If you are planning to visit friends/relatives or stay away from home, make a plan as to how you will keep the baby's sleep area safe

Things to avoid:

- Avoid letting your baby get too hot. The room temperature should be between **16-20** degrees. If your baby is sweating or their tummy feels hot to the touch, take off some of the bedding or clothing.
- Never sleep on a sofa or armchair with your baby-this is particularly unsafe and significantly increases the risk of a SUDI death
- Don't cover your baby's face or head whilst sleeping
- Don't sleep in the same bed as your baby if either of you have smoked, have been drinking any alcohol, have taken drugs, are extremely tired or if your baby was born prematurely or was of low birth-weight (under 5lbs 8oz)
- Parents/carers smoking increase risks to babies and children-ask Midwife/Health Visitor/GP/online for support to quit
- Remove all pillows, duvets, cot bumpers and soft toys from the cot and sleeping area

Check understanding!!!

We have had a significant number of deaths in cases where either the mother speaks and understands limited English or where she is dyslexic or described as having a, 'mild learning disability'. It is important to use an interpreter when discussing safe sleep and if the mother does have mental processing issues, ask her to show you and explain back to you how to sleep her baby safely.

There are good resources for parents, including visual aids and information in 16 different languages on the following website www.lullabytrust.org.uk

DEMONSTRATE NOT JUST ARTICULATE - Get all mothers/parents/carers to show you how they sleep their baby at night-time.