

A lot of things may have changed since your own children were young, we know more now about safety, including recommendations for infant sleep.

In supporting the parents of your new grandchild evidence now shows that;

Swaddling can over heat babies. Sleeping bags for babies over 4 weeks are recommended OR using thin cellular blankets.

Room Temperatures Ideal temperature is between 16-20°C. Your grandchild's Health Visitor should be able to provide you with a room thermometer.

Responsive/Paced Feeding It is encouraged that most babies are now fed when hungry, demand fed. Be led by your grandchild's needs. Avoid extra scoops or adding rice/rusks to bottles. If your grandchild is low birth weight or not gaining weight your son or daughter can seek advice from the midwife or health visitor.

Dummies/soothers If the parents choose, soothers can be used to settle your grandchild as part of their routine. Never be tempted to dip the soother in any food or drink products. Do not introduce a soother yourself.

Discuss with your son or daughter if you are unsure.



Further Information

For further information & six easy to follow steps which you can follow any time you put your baby down to sleep, visit www.lancashire.gov.uk and search 'safer sleep for baby'

Some of the information in this leaflet is based on research undertaken by The Lullaby Trust www.lullabytrust.org.uk

Originally produced by the Lancashire, Blackburn with Darwen and Blackpool Local Safeguarding Children Boards.



Safer Sleep for your grandchild



Bed sharing and co-sleeping can increase the risk of your grandchild dying of Sudden Infant Death (SIDS).

More than two babies per week still die as a result of sharing a bed with one or more adult.

You should ideally never share a bed with your grandchild but it is particularly unsafe if:

- anyone in your household smokes (even if you do not smoke in the bedroom)
- either you or your partner has drunk alcohol or taken drugs (including any medication that may make you drowsy)
- baby was low birth weight or premature: in these cases, bed sharing is strongly linked to an increased risk of SIDS
- you are overtired, as this may increase the risk of SIDS and possibly accidents as well.
- Never fall asleep with your grandchild on a sofa or armchair, as this increases the risk of SIDS by 50%.

Since the Back to Sleep campaign was launched over 25 years ago, the number of SIDS has been reduced by 65%.

If you do choose to bed share, please seek advice from your grandchild's health visitor.



Everyone knows how much grandparents love their grandchildren! As a grandparent you play an important role in reducing your grandchild's risk of Sudden Infant Death Syndrome (SIDS) and other causes of sleep-related deaths. That is why it is important that grandparents learn all they can about keeping their grandchildren safe.

If your grandchild is sleeping over, you should consider the following advice. If you smoke in your home, and especially the bedroom, your grandchild is at an additional risk. Smoking 20 per day increases the risk by 8 times for your grandchild.

Room temperature is really important so your grandchild doesn't overheat. Most homes have central heating, so babies don't need extra layers. 16-20oC is ideal.

Think about where your grandchild is going to sleep in your home. They will need their own cot, moses basket or pram with a firm flat mattress. They should sleep on their back. For every sleep, babies should share a room with their adult carer until at least 6 months old.

- A. Alone - let your grandchild sleep alone in a cot, do not share a bed or sofa**
- B. Back - place your grandchild on their back, not on their side or tummy**
- C. Cot - think where your grandchild will be safe to sleep when staying with you**



As a grandparent you can support your grandchild in the six steps to safer sleep:

1. Keep your grandchild's head and face uncovered and make sure they don't get too hot.
2. Never fall asleep with your grandchild after drinking, taking drugs or some prescription medication.
3. Put your grandchild to sleep in a cot, crib or moses basket - never fall asleep with them on a sofa or chair.
4. Put your grandchild to sleep on their back with their feet to the foot of the cot.
5. Keep your grandchild away from smoke, before and after their birth.
6. Support your grandchild's parents if they want their baby to breast feed - further support is available if they need it.

Read how to support your grandchild's parents with the 6 steps to safer sleep

