



SUDI Prevention Champions

Seasonal Newsletter

**Welcome to our seasonal News letter.
We will be covering the following**

Smoking and SUDI

Safe Sleep in Summer

Early Years Safe Sleep
Updated Guidance

Eyes on the baby training update

Product safety report



Smoking & SUDI – Key Points for Practice

- Smoking remains one of the strongest modifiable risk factors for SUDI
- Over one third of SUDI deaths could be prevented if smoking in pregnancy was eliminated
- Maternal smoking increases SIDS risk by up to 4 times, with higher risk in heavier smokers (>20 per day)
- Second-hand smoke exposure continues to elevate risk after birth
- Smoking also amplifies risk when combined with factors such as bedsharing or prematurity

Local context:

Northumbria Healthcare Maternity has one of the lowest Smoking at time of delivery rates nationally (2.7% in 2025/26) maintaining this and extending support beyond pregnancy is key.

What to do:


Treat smoking as a core element of SUDI risk assessment
Deliver clear, evidence-based advice
Refer – don't just advise

Referral:

Northumberland Stop Smoking Service

 01670 813 135

 stopsmokingservice@northumberland.gov.uk

 Self and professional referrals accepted



Safe Sleep in Summer

One of the most important parts of baby summer safety is keeping your baby cool in hot weather. Babies that get too hot have a greater risk of sudden infant death syndrome (SIDS), so it's essential to keep them cool enough.

Keeping your baby's room between 16 – 20°C can be harder in summer or if you go away somewhere warm, but these tips should help.

- **Use lighter bedding and clothing**, with fewer layers.
- **Open the bedroom door and a window**, if it's safe to do so, to allow the air to flow.
- **Check baby sleep bag guidance for which tog to use** for each season.
- **Use a fan** to cool the room, but don't aim it directly towards the baby.
- **Keep curtains closed in the daytime** so the room doesn't heat up as much.
- **Use a thermometer** to check the room is the right temperature – as it's hard to guess.

We recommend keeping the room your baby sleeps in at a fairly cool temperature of 16 – 20°C. Buying a room thermometer can help you check the temperature of your baby's room.



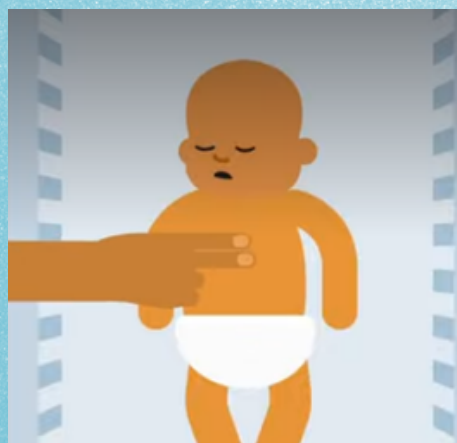
Baby summer safety when out and about



- Don't cover prams, buggies and travel systems with blankets, cloths or any cover that stops the air flowing. They risk the baby getting too hot, and mean you can't see if they're having difficulties or monitor their temperature as easily.



- Our top tip – use a clip-on sunshade or parasol. This will keep your baby shaded while allowing air to circulate, and give you a clear view of your baby.



- Keep babies out of direct sunlight as much as possible.
- Check your baby regularly to see if they're getting too hot by feeling their chest or the back of their neck.

How do i tell if my baby is too hot?

Feel your baby's chest or the back of their neck. If they feel clammy or sweaty, these are signs they're getting too hot, so remove a layer of clothes and adjust the room temperature if possible, using the tips above.

When the weather is hot, it's important to make sure that your baby has plenty of fluids.

If you're solely breastfeeding your baby, they don't need any extra water until they start eating solid food. But during hot weather, they may want to breastfeed more than usual. Once they start eating solid foods, they will need extra water.

If you formula feed your baby, as well as their usual milk feeds, you can give your baby a little cooled boiled water. If they wake at night, they'll probably want milk. If they have had their usual milk feeds, try cooled boiled water as well.

Remember

Even though it can be more challenging to keep your baby safe and comfortable in summer or while you're on holiday, these tips will help you. By using lighter clothing and a clip on sun shade while you're out and about, and going for light bedding, open windows, and a room thermometer at home, you'll help keep the air circulating and the temperature down. These simple steps will help you enjoy a safer and happy summer with your baby.



Early Years Safe Sleep Guidance

There is new DfE statutory guidance for Early Years settings.
Key expectations for safe sleep in settings.

The Lullaby Trust advise against sleeping babies in a seated or inclined position such as in:



These are not suitable sleep surfaces for babies as they are not firm and flat and can increase the risk of SIDS. This is because if a baby's chin is close to, or on their chest, this position can restrict their airways. If a baby or child falls asleep in a sitting device they should be moved to a flat surface. Don't place sitting devices on high or soft surfaces.

In nursery or childcare settings, sleeping babies must be closely supervised. A staff member must remain in the room with babies under six months. Older babies should be supervised either by staff in the sleep room or through frequent checks. Sleeping children must always be within staff sight and hearing. Inspect cots, bedding, and mattresses before each sleep session and ensure all are in good condition.

News:

Government and Ofsted commit to stronger safer sleep protections in early years settings

In what is a huge milestone for the Campaign for Gigi, we have welcomed significant commitments from the Government and Ofsted to strengthen safer sleep protections for babies and young children in early years settings.

The commitments follow tireless campaigning by Katie and John Meehan after their daughter, Gigi, was killed in a childcare setting in 2022. The Campaign for Gigi has been supported by The Lullaby Trust, and Tom Morrison MP. This week, Department for Education (DfE) and Ofsted have announced a series of measures designed to improve safer sleep practice across the early years sector.

Ofsted has committed to assessing safer sleeping arrangements during every inspection of every early years setting in England from September 2026. Updated guidance within its Early Years Inspection Toolkit sets out clearer expectations around safer sleep, particularly for babies and children under two years old.



Eyes on the baby training- Update

The Learning Together platform has recently had a refresh and this means that new format course pages are now in place to host learning courses and eLearning modules.

There are new links to access the 3 strands of Eyes on the Baby Training and these are provided below:-

Strand 1 - Course: [Eyes on the Baby Multi-Agency Training Strand 1 \(Digital\)](#).

Strand 2 - Course: [Eyes on the Baby Multi-Agency Training Strand 2 \(Digital\)](#).

Strand 3 - Course: [Eyes on the Baby Multi-Agency Training Strand 3 \(Digital\)](#).

Staff should complete the Strand appropriate to their role and the interactions that they have with the parents and carers of babies and infants.



Baby Pillow with Patting Function

County of origin: Unknown

Counterfeit: No

Risk level: Not provided

Risk type: Suffocation



Risk description: The product has been identified as presenting a risk of suffocation when used in a sleep space for babies. Pillows and soft toys are advised not to be placed in the sleep space for babies under the age of one year as their presence increases the risk of overheating and airway obstruction, which have been associated with sudden infant death syndrome (SIDS).

OPSS has recently published a Product Safety Alert for Baby Sleep Pillows, which highlights the risk they may pose to babies: [Product Safety Alert \(PA8\)](#).

Further information on safe sleeping for babies can be found on the NHS website at the following link: <https://www.nhs.uk/start-for-life/baby/baby-basics/newborn-and-baby-sleeping-advice-for-parents/safe-sleep-advice-for-babies/>

The product does not meet the requirements of the General Product Safety Regulations 2005.

Online market place: Amazon - the listing has been removed by the online market place.

Corrective measure: We recommend owners stop using this product immediately. Contact the distributor you purchased from.

Notifier: Local authority trading standards

Finding support



If you are worried about or struggling to pay your bills do seek help, the following may be able to help:

Debt advice | Free debt advice | National Debtline

<https://nationaldebtline.org/>

<https://www.stepchange.org/>