

# Safer Sleeping

## A guide for practitioners using the risk assessment tool

The safer sleep risk assessment tool is a comprehensive document which includes lots of information about why ensuring safer sleep for babies is a local and national priority.

It provides useful local data to help you, and the families you share it with, better understand and assess the risks to individual infants.

Within the risk assessment there is a brief *how to guide* explaining how to use the tool with parents and carers. Below are a few more hints and tips to aid your successful use of the tool.

- ✚ Be clear what your organisations expectations are in using / completing / and storing the risk assessment.
- ✚ Ensure you have enough time for a full discussion with the parents/carers. You will need time to explore the elements with the family and check out their understanding.
- ✚ Don't forget to include fathers/ male carers.
- ✚ Make use of the Lullaby Trust resources – both for professionals and Parents. Consider printing these out or sending links to the parents in advance of the discussion or following your discussion with them. They are all easy to access on mobile phones. They include short video clips as well, and information in 23 different languages.
- ✚ [Safer-sleep-for-babies-a-guide-for-parents-web.pdf \(lullabytrust.org.uk\)](http://lullabytrust.org.uk)
- ✚ Whilst planning helps there is no harm in being an opportunist – keep a paper copy of the tool handy in your work bag/case. If you observe a situation of unsafe sleep practice you will be able to address it immediately, using the tool and identifying risks at the earliest opportunity.

The tool will prompt conversation about the various risk factors, routines and sleeping arrangements. Other things to ask and consider:

- ✚ Are they actually following the safe sleep advice that they have been given or are aware off?
- ✚ Explore what might be preventing the family from following the advice, this could be a range of things. What can you do to help? Consider what support may be needed to address these, who else may be able to help.
- ✚ Ask where the baby woke up. Remember, **every sleep needs to be a safe sleep** – whether baby is sleeping at night or during the day, at home or away from home.
- ✚ Challenge is important: If you have observations of unsafe sleep situations in a family share them with the parents/carers to enable honest and respectful conversations.

### Support

- ✚ Ensure you have completed the relevant safer sleep training, provided by the Safeguarding Children Partnerships in Nottingham and Nottinghamshire. [E- learning - Learning Pool \(nottinghamshire.gov.uk\)](#) [Safer Sleep - Nottingham City Council](#)

