



Partnership Briefing

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PAN CHESHIRE Infant Safe Sleep Week

13-17th December 2021

please help spread the word about safe infant sleep

Monday

The ABCs of Safer Sleep



Always follow the ABC's of safe sleep

[Safer sleep for babies \(text free\) - YouTube](#)

Tuesday



#cheshire safesleep week During the cold winter months families may also be worried about keeping their baby warm enough, but it's important that babies are a comfortable temperature-not too hot or too cold · A room temperature of 16-20 degrees C is advised

[What bedding does my baby need? - YouTube](#)

Wednesday

Wednesday



#cheshire safesleep week Visiting over Christmas ? Think where is your baby going to sleep. Car seats keep babies safe while travelling, they are not a sleeping place. Young babies are at risk of breathing difficulties if upright in car seats for a long period of time.

Friday

#cheshire safesleep week Being a new dad is an amazing experience But it's also exhausting. It's something no-one can prepare you for. And at the end of a long day, there's nothing more satisfying than to collapse on the sofa. And that's where we need to stop you! More than 130 babies die in the UK every year as a result of unsafe sleeping.

[LiftTheBaby.org.uk - YouTube](#)

#cheshire safesleep week We know this may still be a worrying time for everyone and that you may have particular concerns if you are pregnant or have a baby. We have put together the following advice on coronavirus (COVID-19) and caring for your baby that is currently available

[Caring for your baby during coronavirus \(COVID-19\) - YouTube](#)

**You are invited to join Lunch and Learn
on Wednesday 15th December 12:30-13:30**

Please click the link below to the final report July 2020
[A review of sudden unexpected death infancy \(SUDI\) in families where the children are considered at risk of significant harm](#)

To book a place on Microsoft Teams please e-mail;
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SCAN ME