

Safer Sleep for Babies

Aimed at:

All professionals and support workers, working with parents before and after the birth of their baby and foster parents caring for infants

To include:

- An understanding of infant death and the increased risk to babies of younger parents – teenage parents are at considerably greater risk of Sudden Infant Death Syndrome (cot death)
- Updates of the latest advice in safe infant care practices
- Examples of the tools available to communicate infant care messages to parents
- Free information pack for participants to take away from the seminar

Outcomes:

- To give professionals the basis to be able to pass key messages on to parents, through knowledge and new resources
- To empower all parents to have confidence, independence and self-esteem
- A reduction in risks to infant health and wellbeing