

# 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.

The risk assessment tool includes brief information on how to use it with parents and caregivers. Below are a few more hints and tips.

- ✚ Be clear what your organisation's expectations are in using, completing and storing the risk assessment.
- ✚ Ensure you have enough time for a full discussion with parents/caregivers. You will need time to explore the elements with the family and check out their understanding. Having open conversations and creating an environment where families can discuss their individual situation, worries and queries without fear of judgment is crucial.
- ✚ It's really important that dads and partners are included in the conversation whenever possible.
- ✚ Make use of the Lullaby Trust resources – both for practitioners and parents. Consider printing these out or sending links to 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 and are translated into 25 different languages.

[Professionals resources | The Lullaby Trust](#)

[Video resources | The Lullaby Trust](#)

- ✚ Keep a paper copy of the tool handy. 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 risk factors, routines and sleeping arrangements. Other things to ask and consider:

- ✚ Are parents/caregivers actually following the safer sleep advice that they have been given or are aware of?
- ✚ If not, explore what might be preventing the family from following the advice. What can you do to help? Who else may be able to help.
- ✚ Remember, **every sleep needs to be a safe sleep** – whether the baby is sleeping at night or during the day, at home or away from home.
- ✚ Challenge is important: If you observe unsafe sleep situations in a family, share them with the parents/caregivers to enable honest and respectful conversations.

### Support

- ✚ You can access training and find out more information about safer sleep on the [Nottingham](#) or [Nottinghamshire](#) Safeguarding Children Partnership websites. The Lullaby Trust also provides training [Training - The Lullaby Trust](#)

