

For information:

NHS Board Chief Executives
Directors of Public Health
Executive Medical Directors
Executive Nurse Directors
Clinical Directors
Heads of Midwifery

7 June 2022

SCOTTISH GOVERNMENT AND NHS SCOTLAND SAFER SLEEP RESOURCES

Dear Colleague

Please find enclosed the new Scottish Government and NHS Scotland Safer Sleep for Babies resources developed in partnership with the Lullaby Trust, UNICEF Baby Friendly Initiative and BASIS the Baby Sleep Information Source based at Durham University.

The resources include a guide for parents and carers, a guide for professionals and a quick reference card and are additionally endorsed by the third sector organisations Held in Our Hearts, Twins Trust and Bliss Scotland.

Accessible braille, audio and easy read versions of the guide for parents and carers and the quick reference card will be available shortly, together with versions translated into the 12 most commonly used languages in Scotland. The audio, easy read and translated versions will be published online as linked supporting documents to the main resources and the braille version will be a physical document which will be issued to Health Boards when requested.

Health Boards will receive an automatic annual distribution of the printed versions of the leaflets, however, should Boards run out of the resources before the annual distribution is issued they will be able to contact the Scottish Government who will arrange for additional copies to be sent.

The resources have been added to BadgerNet and ParentClub and complimentary training to sit alongside the new resources has been commissioned. The training will be delivered by the Lullaby Trust and BASIS and is free to NHS Scotland staff. This training will be available very soon and further information on how staff can sign up and take part in the training will issue shortly.

Boards should begin using the new resources immediately and any copies of the old Scottish Government "Reduce the Risk" leaflet should be destroyed. It should be noted that the new resources are the official Scottish Government/NHS Scotland endorsed resources and NHS

staff should not be using any other safer sleep messaging. If NHS staff require further information and advice on safe sleep then further resources can be found at [The Lullaby Trust - Safer Sleep Advice](#) and [BASIS – Baby Sleep Information Source](#).

If you require any further information please don't hesitate to get in touch using the below contact details:

Louise McCue, Senior Policy Manager, Maternal and Infant Health Team, Scottish Government, email louise.mccue@gov.scot.

Thank you for your continued work to support safer sleep for babies across Scotland.

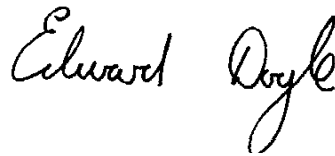
Yours faithfully



Mairi Macpherson
Deputy Director
Improving Health
and Wellbeing



Justine Craig
Chief Midwifery Officer



Dr Edward Doyle
Senior Medical Advisor
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