

# Reducing the risk of sudden infant death

## A checklist for professionals

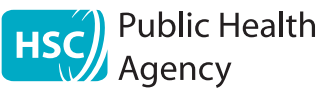
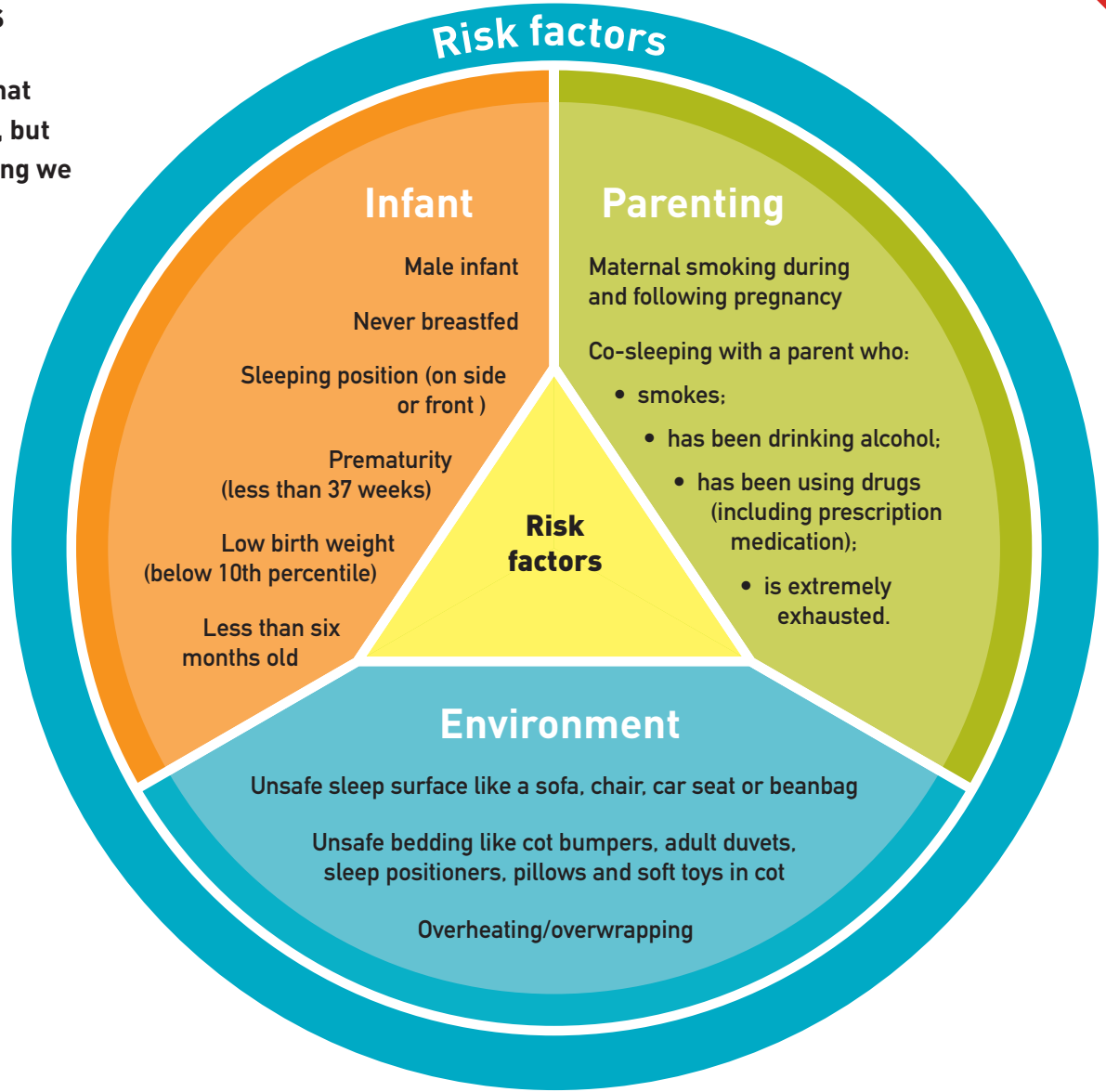
### A tool for midwives, family nurses and health visitors

The death of a baby or child is perhaps the most devastating event that can happen to a family. Thankfully unexpected child deaths are rare, but unfortunately they do happen and it is important that we do everything we can to prevent avoidable deaths where possible.

A survey commissioned by the Public Health Agency (PHA) in 2018 shows that many adults in Northern Ireland are unaware of the main risk factors associated with sudden infant death and as such do not fully understand the measures that can be put in place to reduce risks.

This checklist should be used by midwives, family nurses and health visitors during the antenatal and postnatal period to identify infants who may be exposed to risks associated with sudden infant death. It should prompt further evidence based conversations with parents/carers so they are well informed and supported to reduce any identified risks where possible.

This tool may also be used by GPs, social workers and others working in early years settings who have opportunities to assess the sleeping environments of infants and reinforce safer sleeping messages.



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