

Temple Meadow Newsletter

Friday 18th November 2022



Dear Parents/Carers,

It has been a busy week with children out at out football festivals, our Reception children visiting the local library, anti-bullying week, Children in Need and much more.



Parent Protective Behaviour and RSHE sessions

Thank you to the Parents that joined us for our two Parent Protective Behaviour and RSHE sessions. Miss Dale, Deputy Headteacher and DSL (Designated Safeguarding Lead), did an excellent job delivering on both our Relationship and Sex Education policy

approach as well as our Protective Behaviour curriculum. She had some really well chosen video clips to share and feedback from Parents/Carers was very positive.

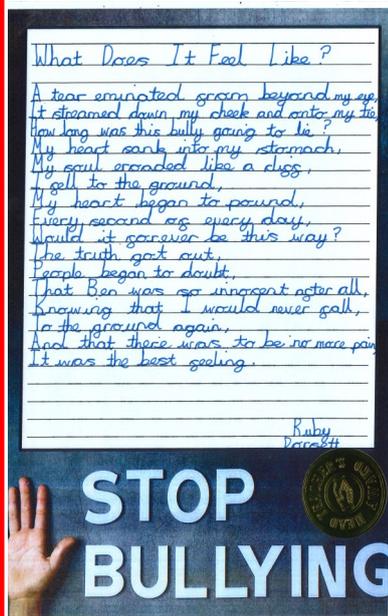
Unfortunately, workshops such as these in our parent community are not very well attended. We appreciate with the content of these ones you are unable to bring your child. We did however have our Chair of Governors, Ben Riley at both workshops and Geraldine Butler one of our linked Governors for Relationships and Sex Education also attended; it was really nice to have this commitment from Governors and an opportunity for them to meet Parents.

Please see the below compliment from a Parent who attended the session:

I came to the RSHE session last night which I found really interesting, Miss Dale presented the session so well and made it easy to follow and understand. It was such a shame that more parents weren't there.

Anti-Bullying Week

This week is National Anti-Bullying week and as this week children have been writing and performing poems on the theme of Anti-Bullying. Ruby in Year 6 was so inspired that she went home and wrote her own poem, which really impressed staff.



You can hear Ruby read the poem by heading to the Year 6 Class Page on our School Website.

Temple Meadow Kids Club Ofsted

I do hope you have all had the opportunity to read the TMKC Ofsted Report which you can find on our website located at 'About Us' then 'Temple Meadow Kids Club'.

It is such a lovely account of this valuable school provision and I know the TMKC team are rightfully proud.



Food Bank Vouchers

A reminder that we do have Food Bank Vouchers available to issue in school. Please speak to our Pastoral Team if this is something you would benefit from.

Excellent Writing from Pupils

Please see on page 3 some excellent writing from Destiny in Year 3 and Hashir in Year 6.



Children In Need

Pupils arrived in school today wearing something yellow or with something spotty on for Children In Need. We asked for a small donation of 50p per child, with all money raised going to Children in Need. In our next newsletter, we will reveal the amount raised today.



Best regards, Ms Walsh – Headteacher



Other News

Safeguarding Champions

We would like to introduce our Safeguarding Champions, who work closely with Mrs Blount. These are the children who were successful with their applications and are now fully trained and active throughout the school day. Their role includes:

- Being kind and helping others
- Being caring and trustworthy
- Recognising if a child is in need and talking to them about it and to see if they are ok
- Reporting concerns to the safeguarding team
- Treating everyone fairly
- Keeping information confidential, only sharing concerns with the safeguarding team.

Our Head Boys and Head Girls have also received the training and support the Safeguarding Champion team.



Football Festival



On Wednesday 9th November 2022, a team of Year 5 and 6 girls went to St Michael's High School to take part in a Football Festival morning. They had the opportunity to take part in some warm-up activities led by St Michael's young leaders and then took part in seven mini tournaments against other local Primary Schools. Their team spirit was admirable and the children were praised for their sportsmanship and perseverance. This made us really proud!

Reception Visits to Cradley Heath Library

This week, Reception pupils have been on their very first trip. They visited Cradley Heath library and they were so well behaved and they enjoyed hearing different stories at the library. The children also learnt what a library is used for and how to borrow books as well as enjoying sharing books with their friends.



W.T: retell a story to include
Suspense and mood.

One sunny morning Bertie stood
looking out to the waterhole over
the immense compound. The
compound was a big wall that
surrounded the whole house.

The house is quite immense.
Something else about the
house it is tall.

One morning Bertie was woken
by a extremely loud sound of
around neighing. He jumped out of
his bed and looked out of the
window. A herd of several was
running away from the waterhole
being chased by a couple of lions
three or four. Standing close still
was painting and gazed on the
waterhole. It was only now
Bertie saw the lion cub.

But this one was white it all it
was covered in brown goo mud
with his back to the waterhole
and he was wavering and things
racks a pathetic pain at the hyenas
who were beginning to circle. The lion
cub had nowhere to run toward the
hyenas were sliding ever closer.

Bertie was downstairs in a dash
leaping across the veranda and into
the front across the compound shouting
at the top of his voice.

He threw open the gate and charged
the immense hill towards the waterhole
yelling and screaming and waving his arms
like a wild thing started at this sudden
invasion the hyenas turned tails a run
away but not very far. once within
Bertie hurled a broadsword
rucks and began to throttle and
they ran as again not far. Then he
was at the waterhole with the
baby lion cub. Then Bertie began
to cheat at the hyenas to go away
but they didn't. They stood and
watched uncertain for a while. Then
they began to circle closer closer.
That was when the shot rang out
bang. The hyenas bolted into the
hill grass. And they were gone. When
Bertie turned round he saw his
mother in her nightgown pile in
hard, running towards him down
the hill.



Tuesday 1st November 2022

W.T: use subordinate clauses when
writing a narrative from an alternative
point of view.

Question after a question, I packed
the last few items. With a sigh of
exhaustion, I suddenly felt conscience inside my
stomach. I repeated in what would
Bruno say to this? Then, foot steps approach
me as I stare like a statue.

Creak!

The door slowly opened...

Rapidly my heart pounded, as Master
Bruno entered. Immediately, he moved
towards me into instantly asking why was
I packing. I replied with hesitation to
talk about it with his mother. He scanned
for the exit and sped sprinted over
to mother. I had tried to listen
what the conversation was about but
I was unable to understand. I heard Master
Bruno opened the hinged door with
frustration. I could notice the anger in
his eyes as his face looked pale. Mother
followed while a coat of tears covered
her eyes. Finally, I left feeling apprehensive
as I headed to the kitchen. I was still
stunned and thought of what could be

happening.

After a week, we finally had made it to
the new house. Master father had exclaim-
ed that we were going to live here
now. As I heard the news, I felt upset
as my family was in Germany and I
was living here now. From the outside
the house was covered in a deluge
of green moss and had it's paint layer
peeling off. I search searched for Bruno as
I saw his jaw dropping every second.

We went inside the ancient house as
I noticed the ragged floor as abruptly
Bruno screamed, only three floors!
I sighed with relief because I did not have
much to clean ears were slowly coming
from his ruby eyes. I was unsure if
I was had liked this house or not.

School Lunch Menu

Check with your school for full details

NEW FOR 2022/23

FILLED JACKET POTATO AND SANDWICH MEAL OPTIONS AVAILABLE DAILY



Dates:

Week 1 MEAT FREE MONDAY

Fish Fingers, Mash Potatoes, Peas & Carrots

Vegetable Lasagne, Garlic Bread, Peas & Carrots or Assorted Salads

Jacket Potato with Cheese Assorted Salads

Chocolate Pinwheels
Strawberry Mousse
Fresh Fruit Slices

BBQ Chicken Wrap, Sauté Potatoes, Peas & Carrots or Salads

Jacket Potato, Tuna

Cheese & Beans, Assorted Salads

Toffee Cake & Custard
Fruit Jelly
Fresh Fruit Platter

Brunch Lunch (Sausage, Bacon, Beans, Omelette, Hash Brown)

Veggie Brunch (Veggie Sausage, Beans, Omelette, Hash Brown)

Jacket Potato with Cheese and Beans Assorted Salads

Warm Pancakes & Strawberry Sauce
Muller Yoghurt
Melon Slices

Chicken Meatballs in Tomato Sauce, Pasta & Assorted Salad

Margarita Pizza, Seasoned Wedges, Sweetcorn & Salad

Jacket Potato with Tuna Mayo Assorted Salads

Sprinkle Tray Bake & Custard
Cheese & Biscuits with Apple
Fresh Fruit Salad

Harry Ramsden's Junior Pollock, Chips, Peas, Assorted Salad

Quorn Nuggets, Chips, Peas, Assorted Salad

Jacket Potato with Cheese and Beans Assorted Salads

Iced Shortbread Biscuit
Frozen Strawberry Yoghurt
Fresh Fruit Salad

06/06/22, 27/06/22, 18/07/22, 05/09/22, 26/09/22, 17/10/22, 14/11/22, 05/12/22, 09/01/23, 30/01/23, 27/02/23, 20/03/23

Week 2 MEAT FREE MONDAY

Veggie Burger, Diced Herby Potatoes, Green Beans, Salad

Quorn & Sweet Potato Curry, Naan Bread, Rice, Salad

Jacket Potato with Cheese and Beans Assorted Salads

Apple & Banana Cake & Custard
Cheese & Biscuits with Apple
Fresh Fruit Slices

Beef Grill in a Bun, Cajun Wedges & Baked Beans, Salad

Roasted Vegetable Bake, Crusty Bread, Assorted Salads

Jacket Potato with Beans Assorted Salads

Oat & Raisin Cookie & Glass of Milk
Arctic Roll
Fresh Fruit Platter

Sweet Chilli Chicken Breast, Rice, Veg Medley & Coleslaw

Fishless Finger, Sauté Potatoes, Veg Medley & Coleslaw

Jacket Potato with Cheese and Beans Assorted Salads

Chocolate & Orange Mud Pie
Muller Yoghurt
Melon Slices

Beef Bolognaise, Spaghetti & Garlic Bread

Loaded Pizza, Pasta, Sweetcorn & Salad

Jacket Potato with Cheese Assorted Salads

Lemon Drizzle Cake & Custard
Fruit Jelly
Fresh Fruit Salad

Fish Fingers, Chips & Baked Beans

Cheese & Red Pepper Flan, Chips, Baked Beans, Salad

Jacket Potato with Cheese and Beans Assorted Salads

Chocolate Crunch & Custard
Frozen Toffee Yoghurt
Fresh Fruit Salad

13/06/22, 04/07/22, 12/09/22, 03/10/22, 31/10/22, 21/11/22, 12/12/22, 16/01/23, 06/02/23, 06/03/23, 27/03/23

Week 3 MEAT FREE MONDAY

Baked Enchiladas, Peas & Sweetcorn Salad

Quorn Southern Style Burger, Herby Potatoes, Peas & Sweetcorn, Salad

Jacket Potato with Cheese Assorted Salads

Banana Muffins
Muller Yoghurt
Fresh Fruit Salad

Pork Sausage, Yorkshire Pud & Gravy, Veg Medley & Cauliflower

Cheese & Potato Pie, Veg Medley & Cauliflower

Jacket Potato with Cheese and Beans Assorted Salads

Melting Moments & Glass of Milk
Cheese & Biscuits with Apple
Fresh Fruit Slices

Roast Chicken & Gravy, Roast & Boiled Potatoes, Broccoli & Carrots

Vegan Meatballs, Gravy, Roast & Boiled Potatoes, Broccoli & Carrots

Jacket Potato with Beans Assorted Salads

Carrot Cake & Custard
Fruit Jelly
Melon Slices

Mexican Beef Chilli, Rice, Sweetcorn & Salad

Loaded Pizza, Sauté Potatoes, Baked Beans & Salad

Jacket Potato with Tuna Mayo Assorted Salads

Oaty Apple Crumble & Custard
Vanilla Ice Cream Tub
Fresh Fruit Platter

Harry Ramsden's Junior Pollock, Chips, Peas, Assorted Salad

Veggie Sausage, Chips, Peas, Assorted Salad

Jacket Potato with Cheese and Beans Assorted Salads

Cornflake Tart & Custard
Chocolate Whip
Fresh Fruit Salad

20/06/22, 11/07/22, 19/09/22, 10/10/22, 07/11/22, 28/11/22, 02/01/23, 23/01/23, 13/02/23, 13/03/23

SERVED DAILY: BREAD BASKET, FRUITY WATER, ASSORTED SALAD, SEASONAL VEGETABLES SERVED AT THE COUNTER.

Dishes may change without prior notice. This is a generic menu and may differ to the menu bespoke to your school, check your school's website for full details.

N New **V** Vegetarian **VG** Vegan **B** Boosted by hidden fruit and vegetables

We have more **FRESHLY COOKED FOOD** on our menu's than ever before!

Old Hill Christmas Event



Nativity Trail

**The Ark Farm Living Nativity
Father Christmas switching
on the Old Hill Star**

**Entertainment,
Refreshments & Stalls**

At Holy Trinity Church

Saturday 26th November
Fun from 3:30pm until 6:30pm.
Santa will arrive around 4:30pm.



Halesowen Road, Old Hill, B64 6JA 01384 411592 holytrinity.org.uk holytrinity.tv

CHRISTMAS CARD COMPETITION

Design an original Christmas card on the theme of "Hope is born" to be used by Holy Trinity Church. A prize for each age category (0-11; 12-16; 17+). Closing date midnight Monday 7th November. Submit to cardcomp@holytrinity.org.uk with your name, age and address. Winning entries revealed on 26th November.

STALLHOLDERS WANTED

We are glad to have support from our local community, and we're hosting stall holders. If you are interested in being part of our event, contact Narinder on 07989 472 560 to book.

'Hope is born'

www.holytrinity.org.uk
holytrinity.tv

Tipton and Rowley Children's Centre Timetable

Oct to Dec 2022

Please call the centre to book sessions in **green**

Rowley Children's Centre

Mon	Tue	Wed	Thur	Fri
Big Explorers 18-36mths 10-11:30am	Language group 18-26mths 10-11am	Sensory for Babies Birth to walking 10-11am		Let's Get Cooking 24-26mths 10-11:30am
Stay & Play Birth to 5yrs 1-2:30pm		Stay & Play Birth to 5yrs 1-2:30pm	Music Magic 12-36mths 1:30-2:15pm	Stay & Play Birth to 5yrs 1-2:30pm

Flying Start Children's Centre

Mon	Tue	Wed	Thur	Fri
	Stay & Play Birth to 5yrs 10-11:30am		Baby Group Birth to walking 10-11am	

Happy Faces Children's Centre

Mon	Tue	Wed	Thur	Fri
		Baby Massage 8weeks-6mths 10:00-10:45am 11:15-12:00pm	Stay & Play Birth to 5yrs 10-11:30am	HartBeeps: Happy House 18mth-preschool 10:15-11am Baby Beeps 6-9mths 11:20-12:05pm
	Little Explorers 12-18mths 1-2:30pm			HartBeeps: Baby Bells 6-9mths 12:25-1:10pm

Cradley Heath Community Centre

Reddal Hill Road, Cradley Heath, B64 5JG

Why not join us at our soft play session?

Sessions are: Wednesday mornings 10 –11am



- Rowley Children Centre, Dudley Road Rowley Regis, B65 8JY
- Happy Faces Children's Centre Windsor Road, Rowley Regis, B65 9HU
- Flying Start Children's Centre, Clifton Street, Cradley Heath

Please call the centre to book sessions in **green**

Tipton Children's Centre

Mon	Tue	Wed	Thur	Fri
Little Explorers 12-18mths 10-11:30am			Sensory for Babies Birth to walking 10-11am	Baby Massage 8weeks-9mths 9:30-10:15am First Words Together 12-18mths 11-12pm
Big Explorers 18-36mths 12:45-2:15pm		Stay & Play Birth to 5yrs 1:30-2:30pm		Stay & Play Birth to 5yrs 1-2:30pm

Great Bridge Children's Centre

Mon	Tue	Wed	Thur	Fri
	HartBeeps: Happy House 18mth-preschool 10:15-11am Baby Beeps 6-9mths 11:20-12:05pm	Stay & Play Birth to 5yrs 10-11:30am	Music Magic 12-36mths 10-10:45am	
	HartBeeps: Baby Bells 6-9mths 12:25-1:10pm			

Rowley And Tipton Children's Centre



Father's Group

Fathers and Male Carers Sessions

Not bookable, just come along!

5th November – Greets Green Children's Centre

3rd December – Tipton Children's Centre

Please telephone for more information 0121 559 9916 /0121 522 5150



Visit <https://bookwhen.com/book4changes> to book a place on the Hartbeeps Music sessions @ Great Bridge and Happy Faces Children's Centres.



- Tipton Children's Centre, 24 Ridgeway Road, Tipton, DY4 0TB
- Great Bridge Children's Centre, Sheepwash Lane, Tipton, DY4 7JF

SIPS MUSIC & ARTS

Are you (your child) learning to play an instrument?

Or are you a parent/carer who previously played an instrument and would like to play again?

COME

AND JOIN A

COMMUNITY BAND!

BRASS PERCUSSION Woodwind STRINGS Keyboard GUITAR VOICE

SIPS Music and Arts

are pleased to invite you to join a Community Band rehearsing weekly at a Sandwell Library near you on Wednesdays 17:00-18:00.

Community Bands rehearse at;
Great Barr, West Bromwich,
Wednesbury, Thimblemill and
Blackheath Libraries.



For more details;
scan the QR code,
email us at: music.arts@sips.co.uk
or call us on 0121 296 3000





CHRISTMAS FAYRE!

SATURDAY 19TH NOVEMBER

1.00PM - 5.00PM



FUN FOR ALL THE FAMILY

FREE ENTRY

PLEASE BRING CASH FOR THE ACTIVITIES & REFRESHMENTS

**STALLS • COMPETITIONS • CRAFTS
ACTIVITIES • PHOTO BOOTH
REFRESHMENTS**



**LIFECENTRAL
CHURCH**



Lifecentral Church • Little Cornbow • Halesowen • West Midlands • B63 3AJ



WARM WELCOME

Local churches providing warm, welcoming spaces

Despite the Government's energy announcement, millions of households will still be in fuel poverty this winter. We know that people with disabilities, elderly people, children, people from ethnic minorities, and low-income households will be amongst the most affected groups.

Warm Welcome is a place to receive a hot meal and refreshments free of charge as well as a space to connect with others.

See overleaf for a list of churches in the Dudley and Birmingham areas that are offering warm welcome spaces this Winter.





WARM WELCOME

St Peter's Church, Lapal, B62 0JJ

Tuesday: 2.00pm - 4.00pm

Tel: 0121 550 1158 Email:
parishoffice@halasteam.org.uk

Lifecentral Church, B63 3AJ

Wednesday: 11.00am - 2.00pm

Thursday: 11.00am - 2.00pm

Tel: 0121 501 3542

Email: info@lifecentralchurch.org.uk

Hasbury Christian Fellowship, B63 4SW

Friday: 10.00am - 3.30pm

Tel: 0121 550 8269

Email: info@hasbury.org

Carters Lane Baptist Church, B62 0BX

Friday: 10.30am - 12.00pm

Tel: 07780 921236

Warm Welcome will be open at all the above locations from 14th November.

Festive Fun and Winter Wonder at Sandwell Museums

Oak House Museum, B70 8HJ

0121 553 0759

Christmas Crafts: Tuesday 6 December 2022, 11-3pm. Make some festive crafts in our magical barn and make pomanders. The house will be decorated for Christmas and the tea room will be open. All welcome. Crafts 50p+. Free entry, no booking required.

Christmas at Oak House: Wednesday 7 December 2022, 11-3pm and Sunday 11 December 2022, 11am-2pm Enjoy Oak House dressed for the festive season and refreshments in our tea room. All ages welcome. Free entry, no booking required.

Father Christmas at Oak House: Wednesday 7 December and Sunday 11 December 2022, 11-2pm. See Santa in his magical grotto and get a festive goody bag. Visit the house dressed for the festive season and enjoy our Christmas trail. £4.00 per child over 12 months. Booking essential to see Santa, follow the link above:

Salvation Army Carol Concert: Tuesday 13 and Weds 14 December 2022. Open from 6pm - concert starts at 7.00pm. Get in the Christmas spirit with carols with the Salvation Army. A warm drink and a mince pie are included in the ticket price. You can also visit the house dressed for Christmas. All ages welcome. £6.00 or £5.00 concessions per ticket. Booking Essential at the link above:

Candlelight Evening at Oak House: Tuesday 13 December 2022 and Wednesday 14 December, 6-9pm. Visit Oak House beautifully decorated for the festive season, enjoy live Tudor music and weather permitting the servants will be making nails outside. Pre-booking essential see link above. £2.50 per person. Book online following the link above:

Wednesbury Museum and Art Gallery, WS10 7DF—0121 556 0683

Letters to Santa – Saturday 19 November 11-1pm. Come and write your letter to Santa and post it in our magical post box. Free. No need to book

Festive Family performance – The Great Christmas Robbery: Saturday 3 December 11am – 12pm & 1.30pm – 2.30pm. The Evil Queen has once again decided to mess things up for everyone and this time she has Christmas in her sights. Performed by Hobgoblin theatre company. Suitable for 3+. £5. Booking essential via link below.

Christmas Crafts: Saturday 3 December 12pm – 1.30pm Come and make Reindeer Food, Santa sacks and Christmas Mugs ready for the big day. £1.3 depending on item. No booking required

Games at the Gallery: Wednesday 7 December 11am – 2pm. Come and join us for a game of cards, scrabble, dominoes and much more. Take a look around our beautiful building decorated for the festive season. Festive refreshments available
No booking required

BRAND NEW for Xmas 2022
Performances at 11.00am-12.00pm and 1.30-2.30pm
Saturday 3 December
60 minutes of festive fairy tale fun
£5 per person (babes in arms free)
Book online by 20 Nov and get 10% discount with code ROBBERY10
Wednesbury Museum and Art Gallery, Holyhead Road, WS10 7DF
Book tickets at www.ticketsource.co.uk/sandwell-museums-and-arts

Bromwich Hall Museum, West Bromwich Manor House. B71 2EA

0121 588 2985

Christmas Card Afternoon: 24 November 2022, 12pm – 4pm. Join us for an afternoon of Christmas card making. We will have a selection of envelopes, card, paper and decorations but feel free to bring anything of your own. A relaxed afternoon in our cosy hall with tea and chatter. Hot drink included. £2.50 booking required see link below to book.

Get ready for Santa: 26 November. 11am-3pm. Make a start to the festive season by creating some reindeer food and writing a letter to Santa, don't forget to put your letter in our special post box! **Reindeer food £1** No need to book (Aimed at under 12)

A Tudor Christmas: Friday 2 December, 7pm- 9pm. Jump back in time for Tudor merry-making at Bromwich Hall. Join in with dances and feasting, learn more about Christmas traditions, and soak up the festive atmosphere of our lovely building with Gloriana historical interpretation group. £4. Booking required via link below. (Aimed at 16+)

Santa's grotto: Saturday 3 December 11am-3pm. Visit Santa in his grotto and enjoy our festive trail. £4 ticket with goody bag. £1 per accompanying adult. Booking essential follow the link below.

Create a Teddy bears workshop: Tuesday 6 December, 4pm-6pm. Get cosy and create your own cuddly friend with us. £13.50 includes 1 accompanying adult free of charge. Booking required via link below

Christmas Craft: Sunday 11 December, 11am-3pm Make a Christmas present or decoration and explore our Christmas trail. Crafts cost £1-3 No need to book, just drop in. (Variety of activities for all ages to enjoy)

Festive tunes with Ian Casey: Thursday 15 December 7pm. Join us for our ever-popular evening of festive tunes through the decades with singer Ian Casey. An evening of Christmas singing to get your foot tapping. Ticket includes a hot drink and festive pie. £6. Book via link below

To book tickets visit <https://www.ticketsource.co.uk/sandwell-museums-and-arts>
To find out more visit www.sandwell.gov.uk/joininmuseums or follow us on Facebook or Twitter @sandwellmuseums



Sandwell Museums and Arts Service

Safer Sleeping Information

Safer sleep for babies

The information in this booklet about safer sleep has saved many babies' lives. It is all backed by research that has shown how to reduce the chance of babies dying suddenly with no explanation (known as sudden infant death syndrome, SIDS, or cot death). To reduce the chance of SIDS, families should follow this key advice for baby sleep. It is important that all parents and anyone involved in the care of a baby are aware of this advice.

Put them on their BACK for every sleep

In a CLEAR, FLAT SLEEP SPACE

Keep them SMOKE-FREE day and night

Always place your baby on their back for sleep

- Put your baby down on their back – not their front or side – for every sleep
- No special equipment or products are needed to keep them on their back
- Once they start to roll from front to back by themselves, you can leave them to find their own position for sleep
- Tummy time while awake can help to strengthen the muscles they need for rolling.

Reason: many more babies have died suddenly when placed to sleep on their front or side, rather than on their back. Since the Back to Sleep campaign in 1991, the rate of SIDS has dropped by 80%.

Give your baby a clear, safe sleep space, in the same room as you

For most babies, a clear sleep space will mean a cot or a Moses basket which are designed to keep babies safe.

Whatever space you choose, follow these guidelines:

- A firm, flat mattress with no raised or cushioned areas
- No pillows, quilts, duvets or bumpers
- No pods, nests or sleep positioners
- Make sure your baby's head is kept uncovered so they don't get too hot. Try to keep the room temperature between 16 and 20 degrees so your baby does not get too hot or cold and make sure bedding is appropriate for the time of year
- Place baby at the bottom of the cot so that they cannot wriggle under covers – this is called 'feet to foot'

Ensure that the sleep space, is kept clear of all items and there is nothing within reach of the space e.g., blind cords, nappy sacks or soft toys

Babies should always be in the same room as you for the first six months for sleep, day and night. This doesn't mean you can't leave the room to make a cup of tea or go to the toilet, but for most of the time when they are sleeping they are safest if you are close by

Babies should not be allowed to sleep in bouncy chairs and babies should not be left sleeping in the car seat when not travelling in the car. Car seats are not to be used as sleep spaces in the house.

Reason: soft or raised surfaces, pillows or quilts can increase the chance of SIDS by making it difficult for babies to breathe or cool down. The chance of SIDS is lower when babies sleep in a room with an adult than when they sleep alone.



Never sleep with your baby on a sofa or armchair

Sofas and armchairs are dangerous places to fall asleep with your baby – move somewhere safer if you might fall asleep.

Reason: the risk of SIDS is 50 times higher for babies when they sleep on a sofa or armchair with an adult. They are also at risk of accidental death as they can easily slip into a position where they are trapped and can't breathe.

Bedsharing more safely

Whether you choose to bed-share or it is unplanned, there are some key risks you should avoid.

It is dangerous to share a bed with your baby if:

- you or anyone in the bed has recently drunk any alcohol
- you or anyone in the bed smokes
- you or anyone in the bed has taken any drugs that make you feel sleepy
- your baby was born prematurely (before 37 weeks of pregnancy) or weighed under 2.5kg or 5½ lbs when they were born.

In these scenarios, it is always best to put baby in their own safe sleep space, such as a cot or Moses basket. Keeping the cot or Moses basket next to the bed might make it easier to do this.

Reason: studies have found that bedsharing with your baby after drinking alcohol or using drugs has a very high risk of SIDS. Sleeping close to a smoker also greatly increases the chance of SIDS. Premature and very small babies have a greater chance of SIDS when they share a bed with an adult.

Things to remember if bedsharing



Please use these links for further information on the following:

When babies start to roll
lullabytrust.org.uk/sleepingposition

Premature babies
lullabytrust.org.uk/premature

Baby boxes
lullabytrust.org.uk/wp-content/uploads/baby-box-info-leaflet.pdf

Slings
rospa.com/home-safety/advice/product/baby-slings