

Motivational Interviewing in Safer Sleep

Practitioner resource



Kent Safeguarding Children
multi-agency partnership

Stage of Change	MI Phase	Supporting Safer Sleeping	Useful Resources
1. Pre-contemplation	1. Building motivation	<ul style="list-style-type: none"> • Share factual information about safe sleep and SUDI. • Explore current sleep arrangements and benefits and disadvantages of change. 	KSCMP Sudden Infant Death Syndrome factsheet KCHFT Baby website Kent and Medway Bump, Birth and Beyond website Kent Safe Sleep thermometer Lullaby Trust Baby Sleep Info Source Baby Centre Safe Sleep NCT Safer Sleep for Babies Self-Neglect Clutter Score Guidance Self-Neglect Clutter Image Rating
2. Contemplation		<ul style="list-style-type: none"> • Discuss what would be needed for safe sleep arrangements to be in place for the family, i.e., purchasing a moses basket, use the Kent Safe Sleep thermometer, review the Lullaby Trust 'ABC' of Safe Sleep. • Listen out for and emphasise 'self-motivational' statements the family make about safe sleep arrangements. • Continue to explore benefits and disadvantages of change by exploring risk factors • Consider factors that may lead to increased risk for babies, such as; multiple birth, premature birth, smoking (during pregnancy or in the household), overheating of the home, cluttered home conditions, cluttered infant sleep environment. • Consider factors that may present a high risk to babies, such as; co-sleeping with an adult who has consumed alcohol or drugs, or regularly does, co-sleeping when baby is unwell, co-sleeping on a sofa or armchair, baby being swaddled or having their head covered, baby sleeping on their front or side. 	



Stage of Change	MI Phase	Supporting Safer Sleeping	Useful Resources
3. Determination	2. Strengthening commitment to change	<ul style="list-style-type: none"> Assess current infant sleeping arrangements jointly with parents, making practical suggestions about changes to be made. Help parents to source safer equipment, e.g., moses basket and stand, appropriate bedding. Identify and address barriers; consider whether there are cultural or family norms preventing adoption of safe sleep measures. Is expense or space a concern? Consider whether family members are able to support safe sleep measures. Encourage parents to share relevant factual information with those family members. Discuss where support can be accessed for safer sleep i.e., universal services, children's centres, parent groups and forums. 	KCHFT Baby website Kent Safe Sleep thermometer Lullaby Trust Baby Sleep Info Source Baby Centre Safe Sleep NCT Safer Sleep for Babies
4. Action		<ul style="list-style-type: none"> Check back if change has been made e.g., schedule a review with the family to see if change is working or if adaptations need to be made. Qualify what parents report back where appropriate. Recognise and highlight positive change. 	NYSCP Professional curiosity & challenge guidance for practitioners
5. Maintenance		<ul style="list-style-type: none"> Help family to plan for 'out of routine' occasions where normal sleeping arrangements might not be an option. For example, help them to plan for festive periods where they may be staying away from home, or agree who will be responsible for care of children when adults are consuming alcohol. Encourage family to think about advance planning for these occasions. 	Lullaby Trust Safer Sleep for Babies Away from Home or in Emergency Situations

