

The Lullaby Trust Professionals Newsletter

July 2021



With the school holidays fast approaching many families may be thinking about going away for a summer break. For those travelling with babies, now is a good time to remind them that it is still important to follow safer sleep advice when on holiday for every sleep, day and night. You can find further information on summer safety [here](#).



Training

SIDS and Safer sleep training

Our new training is proving very popular. Since we launched our online training presentations in March 2021, we have trained over 400 professionals. There are more dates available now from September - so don't miss out and book [here](#).

Bereavement training

Our "Bereavement communication around baby loss" recorded training is still available, and we will be advertising more dates for our "Understanding grief and providing effective support" live interactive sessions soon.

Message from fundraising

If you missed it on TV, our BBC Lifeline Appeal is available to watch online [here](#). This 10-minute programme, hosted by actress, TV presenter and bereaved mum, Kym Marsh, shares the stories of some of the families we've supported and the impact that our services have had on them. Thanks to the Sandhu Charitable Foundation, donations to the appeal will be matched pound-for-pound for free, up to £25,000 meaning that they make twice the difference!



If you can, please watch and share with others so that we can ensure that bereaved families can continue to receive the help they need for as long as they need it. The end date for the appeal is 10am this Sunday, 18th July.

Research

We are looking into the possibility of creating a quarterly newsletter and contact database regarding SIDS research, which would include an update of SIDS research globally as well as information regarding upcoming research events and funding available for scholarships/attending events etc. If you would be interested in receiving something like this, please get in touch with Natalie (Policy and Research Officer) at nataliem@lullabytrust.org.uk.



Little Lullaby

Little Lullaby is going from strength to strength with some great input from our young parent followers. If you haven't already done so, follow Little Lullaby on Instagram [@littlelullaby](#).

As always, we are looking for more young parents to be involved in Little Lullaby, so if you are working with any young parents please let them know as we would love to hear from them.

Here are three ways they can be involved:

Young Parent Panel

They will have the opportunity to meet other young parents, connect and discuss pregnancy, birth, parenthood and much more! It's a safe place to share their experiences and passions, every other month.

By joining the Young Parent Panel, they will also advise Little Lullaby staff on the issues that are important to them to make sure that we are doing all we can for young parents.

Takeovers

We want to give young parents a voice and one of the ways we like to do this is through our young parent takeovers.

Every other week, a young parent takes over our Instagram. This gives young parents in the UK the opportunity to help give other young mums and dads an insight into their life, and to inspire them in theirs. It's also a chance to share their experiences and passions!

Blogging

At Little Lullaby, young parents are welcome and encouraged to share their experiences from pregnancy, labour and birth, to education, sex and mental health (and everything in between!)

Please share this [link](#) so they can register their interest.