



all about
**little
lullaby**

by young parents,
for young parents.



Are you a young parent or an expectant young parent under 25?

If so, Little Lullaby would love to hear from you! Everything we do is by young parents, for young parents – so your voice is essential.

Who are we?

Little Lullaby is a project completely dedicated to young parents under 25 and is part of The Lullaby Trust. The Lullaby Trust raises awareness of sudden infant death syndrome (SIDS), provides expert advice on safer sleep for babies and offers emotional support for bereaved families.

Little Lullaby champions for young parents under 25. We:

- Aim to reduce incidences of SIDS amongst babies born to young parents under 20.
- Provide an inclusive space for young parents to share experiences and receive emotional and practical support.
- Aim to challenge stereotypes, amplify young parents' voices and empower young parents to achieve their full potential.
- Provide non-judgemental, clear and direct advice that is specifically relevant to young parents.
- Offer professionals guidance on the best ways to work with young parents.



What is SIDS?

The sudden and unexpected death of a baby is usually referred to by professionals as 'sudden unexpected death in infancy' (SUDI) or 'sudden unexpected death in childhood' (SUDC), if the baby was over 12 months old. The death of a baby which is unexpected is also sometimes referred to as 'sudden infant death' (SIDS).

We do not know what causes SIDS. For many babies it is likely that a combination of factors affect them at a vulnerable stage of their development, which leads them to die suddenly and unexpectedly.

Babies born to mums below the age of 20 are almost four times more likely to die from SIDS (Office for National Statistics, 2019). Knowing this, we want to stop all unexpected deaths of babies and toddlers born to young parents and to help them feel better informed about sleeping their babies safely.



We understand that this can be worrying and overwhelming to read, however following safer sleep advice can reduce the risk of SIDS.

For complete safer sleep advice and guidance, please visit www.lullabytrust.org.uk.





Bereavement Support

If you would like the opportunity to talk freely, for as long as required, with a sympathetic and understanding listener please call our bereavement support helpline on **0808 802 6868** or email **support@lullabytrust.org.uk**. Our support is for parents 18 years and over. If you are under 18, you are more than welcome to call the helpline; our team will listen and signpost you to a more appropriate service.

Calls to our helpline are free from all landlines and most mobile phone networks. The helpline is open 10am-5pm from Monday to Friday and 6pm-10pm on weekends and public holidays. You can also contact us via webchat on weekdays 10am-12pm.



How you can get involved in the Little Lullaby community



We welcome all parents, including those who are bereaved, and from under-represented groups including: single parents, adoptive parents, foster carers, Black, Asian and Minority Ethnic backgrounds, LGBTQ+ families, parents with disabilities and families with lived experience of poverty.

Young Parent Panel

We're welcoming new members to our Young Parent Panel! You'll have the opportunity to meet other young parents, connect and discuss pregnancy, birth, parenthood and much more. It's a safe place to share your experiences and passions, every other month.

By joining the Young Parent Panel, you will also advise Little Lullaby staff on the issues that are important to you to make sure that we are doing all we can for young parents, and also help us reach more young parents like you.



Takeovers

Every other week, a young parent takes over our Instagram channel. This gives you the opportunity to give other young mums and dads an insight into your life, and to inspire them in theirs.

You don't need to be a photographer or have the most up-to-date phone, the only thing you need is authenticity – just be yourself.



takeover time!

Blogging

Could you use your experiences to give advice to others in a similar situation? Or would you simply like to share your story? 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!). Writing a blog is easier than you think. What you write or talk about is completely up to you and you don't need any previous writing experience. We can help make your post the best it can be and the team are here to offer ideas and encouragement if you're not sure where to start.



Get in touch

For more information about Little Lullaby, please visit us at:

www.littlelullaby.org.uk

You'll find our blogs, vlogs and lots of helpful resources and support for young parents.

Find us on social media and feel free to send us a message:

@littlelullabyuk



You can also email us at info@littlelullaby.org.uk



Brought to you by The Lullaby Trust

The Lullaby Trust provides expert advice on safer sleep for babies, supports bereaved families and raises awareness of sudden infant death syndrome (SIDS).

www.lullabytrust.org.uk

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