







Safer Sleep for Infants Awareness Refresh 2021- Suggested Social Media Schedule

Wednesday 26th May – Tuesday 1st June 2021

Date	Post	Infographic No.	Infographic
26.05.21	Safer Sleep for Infants: new multi-agency guidance launched by @lincolnshirescp. Find out more here https://bit.ly/3tVhhMF #safer.sleep	1	
27.05.21	Safer Sleep for Infants: Place your baby to sleep in a cot or Moses basket in the same room as you for the first 6 months, day and night. #everysleepcounts. Find out more @ http://bit.ly/3sTYQYR @LullabyTrust	2	
28.05.21	Safer Sleep for Infants: new multi-agency guidance launched by @lincolnshirescp. Find out more here https://bit.ly/3tVhhMF #safer.sleep	1	
29.05.21	Safer Sleep for Infants: Keep the sleep space clear: no pillows, quilts, duvets, soft toys or cot bumpers. Find out more via @lincolnshirescp multi-agency training https://bit.ly/3yprww8 @LullabyTrust	3	
	Safer Sleep for Infants: new multi-agency guidance launched by @lincolnshirescp. Find out more here https://bit.ly/3tVhhMF #safer.sleep	1	

30.05.21	Safer Sleep Week: Download the Mum and Baby and the Baby Buddy Aps available via http://bit.ly/3rjkBAK .	4	 <p>Download the mum & baby app NHS Your personal NHS guide for pregnancy, birth and beyond Available on the App Store and Google Play</p>
	Safer Sleep for Infants: Put babies on their back for every sleep, in a clear, flat sleep space and keep them smoke free day and night. Find out more via @lincolnshirescp multi-agency training https://bit.ly/3yprww8 @LullabyTrust	1	<p>To reduce the chance of sudden infant death syndrome (SIDS), always follow safer sleep for your baby:</p> <ul style="list-style-type: none"> Put them on their BACK for every sleep In a CLEAR FLAT SLEEP SPACE Keep them SMOKE FREE day and night
31.05.21	Safer Sleep for Infants: Don't cover your baby's face or head while sleeping or use loose bedding #everysleepcounts #safer sleepweek . Find out more @ http://bit.ly/3sTYQYR @LullabyTrust	5	
01.06.21	Safer Sleep for Infants: new multi-agency guidance launched by @lincolnshirescp. Find out more here https://bit.ly/3tVhhMF #safer sleep	1	<p>To reduce the chance of sudden infant death syndrome (SIDS), always follow safer sleep for your baby:</p> <ul style="list-style-type: none"> Put them on their BACK for every sleep In a CLEAR FLAT SLEEP SPACE Keep them SMOKE FREE day and night