



mammas : The use of Basis with parents in Leicester

www.mammas.org.uk

Who are Leicester Mammas?

Mammas supports families throughout the First 1000 Days, from pregnancy to 2 years

We support any pregnant or new mum & baby in Leicester (and beyond)

In 2020- 2021, Mammas supported around 1000 families

We focus on reaching families living in the wards of highest deprivation and mothers with vulnerabilities

We provide 1:1 Breastfeeding support and all other feeding support

We also support with Sleep, Healthy Eating, Maternal Mental Health, Infant Mental health

Our clients are approx
75% South Asian;
10% White British;
7% White European/other;
5 % Black African/Caribbean;
3% Chinese/Arabic/other

We are part of LPT NHS
Healthy Together Healthy
Child Programme



Women-led, mother-to-mother evidence-based and specialist help

About Leicester

Victorian industrial city,
founded on the hosiery and
textile industries

Nov 2020 Debate in parliament on
Worker Exploitation in Leicester's
textile industry

Higher than UK average Child Poverty.
40% children live in the top 2 deciles of IMD.

76% of Leicester's population, compared with 40% of England's, live in the 40% most deprived LSOAs in the country

15% households are considered fuel poor, compared to 10% in England

Higher than UK average babies born to women born outside the UK

Higher than UK average health inequalities and infant mortality rates

Families living in multigenerational households

First British city where the White British population is not majority

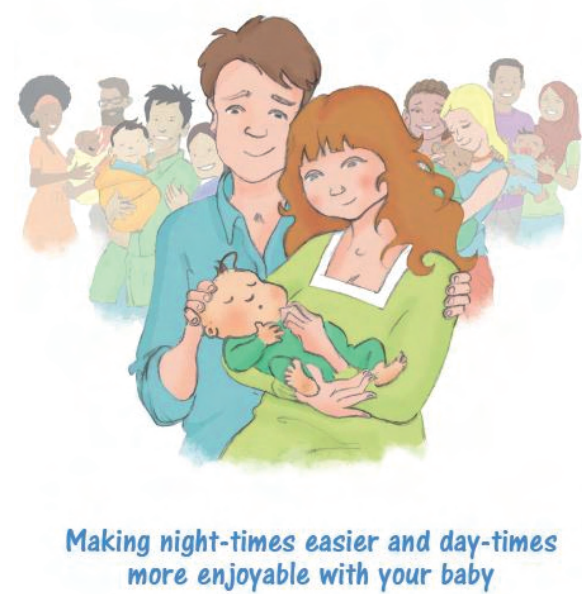
Lower life expectancy than the UK average

Pockets of affluence – rather than the reverse



Our work with Basis

SLEEP, BABY & YOU



Mammas has engaged with the Durham Infant Sleep Centre (DISC) and utilised Basis resources from the outset. We are proud that Helen Ball agreed to be a Patron of Mammas.

Mammas promotes and shares Basis resources and evidence to support families on social media, in our WhatsApp groups, one to one with mothers, and in group settings.

We have supported DISC research since 2012. Our diverse population allows us to hear the voice of women from all ethnicities and backgrounds.

We engage with Leicester's Healthy Babies Strategy Group. Reducing infant mortality, particularly SIDS cases, is key remit. Through our connections with DISC, Helen was invited to present at the LLR Safer Sleep Week event of 2020. Basis research and information is embedded in LLR guidance to families. Our Infant Feeding Teams in maternity and community are keen proponents of Basis. The links between SIDS and poverty and vulnerability is recognised in the LLR Strategy.

We use Sleep Baby & You approach. In June 2019 we facilitated a workshop delivered by Helen to engage health professionals and family support workers, explain the approach, and get feedback on its use and effectiveness.

In January 2021 Mammas was awarded a three year DHSC Health & Wellbeing grant, in partnership with Leicester Charity Centre for Fun and Families, to support families across the First 1001 Days, with an emphasis on supporting BAME families and on increasing breastfeeding. This project is titled Starting Well Leicester and supporting sleep is a fundamental element of our support pathway.

In June 2021, as part of Starting Well Leicester, we invited DISC to deliver Basis training package to our volunteers and to health professionals and others supporting families, especially vulnerable families.

We offer Sleep Baby & You sessions at our Mammas Baby & Me online and in person groups once a month.

What our parents ask

Questions about sleep are some of the most regularly asked on our WhatsApp groups. Where should baby sleep, how should baby sleep and what is normal? Luckily our staff and volunteers have been trained by DISC and point parents to BASIS regularly.

Hi Mammas, my LO is 3 week n 6 days and he's not been sleeping well at all everytime I put him down he will wake up crying even after I feed him changed him but still he wouldn't go down in his basket even at night he just wouldn't go to sleep he wants to be held, am finding it so hard to cope coz am not getting any sleep any tips which can help him to settle?



Hi, is it okay to make baby sleep on you and then put them down? Some say to put them down awake so they learn how to settle themselves?
23/2/22 Baby 5 weeks

My baby is in the midst of 4 month regression. She was sleeping pretty well but now waking every hour or so. Should I be feeding her each time she wakes? Last night we ended up co-sleeping as this is the only way she seems to settle for longer periods. Any advice please?

Response (mum of 5 month old) – I ended up co-sleeping for this very reason...Lots of other countries encourage co-sleeping. I found out when I was reading up on it. Plus it was a necessity for my emotional and mental well being because sleep deprivation was affecting me negatively in all areas of my life. 17/2/22

My sisters/mother-in-law keeps insisting that I should put baby to sleep on his side. But as far as I know it's safest for them to sleep on their back? Today I just ended up arguing, as they just kept saying that's how their children slept. How can I explain it nicely?

5/2/22 Baby 2 weeks

I need sleep routine help :(I'm exhausted...sleeps the best on my chest/ her tummy. I hear all professionals go against this but she sleeps better so i don't know
27/2/22 Baby 7 weeks

Sally Etheridge, Lyndsay Poore. Robina Hussein