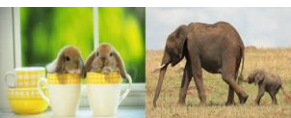


An anthropologist in the clinic room

Dr Vicky Thomas, consultant paediatrician



I first used ISIS (as it then was) in 2013 as an anxious new mum.



Despite being a paediatrician, I realised I knew very little about baby sleep and behaviour.

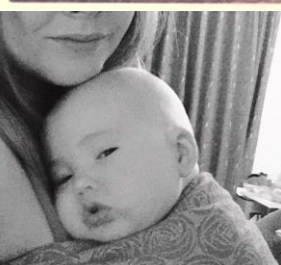


The resources were invaluable and easy to use - even when sleep deprived.



When I came back to paid work as a paediatrician, I found I was using my new knowledge all the time.

Feed-cry-sleep problems are a common presentation to GPs and hospital doctors.



1 in 6 babies under 12 weeks are seen by a healthcare professional with these issues.



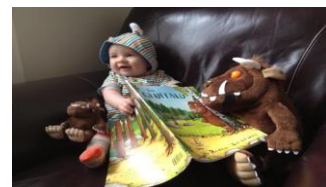
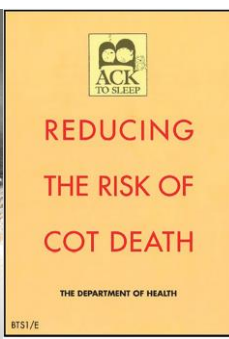
Cost to NHS was £65million in 2001 – no more recent data.



Basis resources help me to give an anthropological perspective in a clinic room and avoid pathologising normal mammals.



Thanks to Basis I can give evidence and support to desperate families. Thank you!



CO-SLEEPING AND SIDS: A guide for health professionals

~680,000 babies who have died in the UK since 1990
~340,000 babies who have died in the UK since 1990

Sleeping in close contact helps babies to settle and supports breastfeeding.^{1,2,3} which in turn protects babies from Sudden Infant Death Syndrome (SIDS).⁴

On any night, 22% of babies will be bed-sharing* – an 145,000 babies will be in bed with their parent tonight.⁵

IN 2017, 183 BABIES DIED OF SIDS IN THE UK: 0.03% OF ALL BIRTHS*

Previous UK data suggests:

- around half of SIDS babies die while sleeping in a cot or Moses basket.
- around half of SIDS babies die while co-sleeping. However, 90% of these babies died in **hazardous situations** which are largely preventable.^{6,7}

IF NO BABY CO-SLEPT IN HAZARDOUS SITUATIONS, WE COULD POTENTIALLY REDUCE CO-SLEEPING SIDS DEATHS BY NEARLY 90%*

*Source: [SIDS and Co-sleeping](#)

