



Stark County's Safe Sleep Education Toolkit:

A Guide to Available Resources

Infant Safe Sleep



Baby sleeps safest alone, on their back, in a crib.

Dear Community Partners,

In Stark County, 23 infants died in unsafe sleeping environments during 2010-2014. Most of these deaths could have been prevented by simply following the American Academy of Pediatrics, *ABC's of Safe Sleep*:

“**A**” is for *Alone* – the baby should always sleep alone, never in a bed with another person where the baby could be smothered;

“**B**” is for *Back* – the baby should be placed on his or her back at every sleep time; and

“**C**” is for *Crib* – the baby should always sleep in a crib with only a firm mattress and tight fitting sheet.

The Stark County Safe Sleep Task Force in collaboration with the Stark County Health Department and THRIVE (Toward Health Resiliency for Infant Vitality and Equity) Infant Mortality Project launched a countywide campaign to promote the message of safe sleep. We are hopeful that the number of sleep-related infant deaths will be reduced as a result of this effort.

Your commitment to ensuring the health and safety of Stark County's most vulnerable residents – our babies – is greatly appreciated. Please contact Delight Howells, Stark County Health Department Safe Sleep Program Manager, at (330) 493-9914 ext. 2055 or howellsd@starkhealth.org with any questions.

Thank you for keeping our babies alive!

Stark County Safe Sleep Task Force and THRIVE

Stark County's Safe Sleep Education Toolkit: A Guide to Resources

Brought to you by the Stark County Safe Sleep Task Force in collaboration with the Stark County Health Department and THRIVE (Toward Health Resiliency for Infant Vitality and Equity) Infant Mortality Project which is a part of the Ohio Institute for Equity in Birth Outcomes (OEI).

The Ohio Department of Health and CityMatCH, a national organization supporting urban maternal and child health efforts at the local level, are partnering with nine Ohio communities to improve birth outcomes and reduce the racial disparities in infant deaths. These nine communities represent 98% of births & 95% of deaths of black infants and 45% of the births and 49% of the deaths of white infants. Through this collaboration Ohio has an opportunity to decrease its overall infant mortality rate and improve the black to white racial disparity in birth outcomes.

Resources provided by the Ohio Department of Health, Stark County Health Department, and our Community Partners

Stark County Safe Sleep Task Force recognizes and supports the Ohio Department of Health's Safe Sleep Campaign and the Ohio Injury Prevention Program: Child Injury Action Group – Safe Sleep Subcommittee



This toolkit includes information on Safe Sleep resources that align with the Safe Sleep practices recommended by the American Academy of Pediatrics and the Ohio Department of Health.

As part of the initiative, the University of Kansas is conducting an evaluation of the project measuring the collective community impact. It is important that we receive feedback from you. Please utilize the Monthly Activity Report located in the appendix to assist us in collecting this information.

**American Academy
of Pediatrics**



DEDICATED TO THE HEALTH OF ALL CHILDREN™



Ohio
Department of Health

Table of Contents

Infant Mortality – – – – –	7-9
What is Infant Mortality – – – – –	8
Infant Mortality in Stark County-- – – – –	9
Sleep-Related Infant Death-- – – – –	11-16
What is Sudden Infant Death Syndrome – – – – –	12
Known Reasons Why Infants Are Dying – – – – –	13
Sleep-Related Infant Death: Stark County – – – – –	14
Sleep-Related Infant Death: Ohio – – – – –	15
Sleep-Related Infant Death: United States – – – – –	16
Safe Sleep Recommendations – – – – –	17
Resources for Safe Sleep Education – – – – –	19-21
Continuing Education – – – – –	23-24
Cribs For Kids Program – – – – –	25-28
Safe Sleep Messaging in Our Community – – – – –	29-31
Business Case for Breastfeeding – – – – –	33-34
Resources – – – – –	35-41
Ohio’s Infant Safe Sleep Law – – – – –	36-37
Safe Sleep Policies/Guidelines – – – – –	38
Website Resources – – – – –	39
Bereavement Resources – – – – –	40-41
Appendix:-- – – – –	43-50
Monthly Activity Report – – – – –	45
Forms to Evaluate Teaching – – – – –	46-49
Say Yes to Safe Sleep Pledge – – – – –	50

Infant Mortality

What is Infant Mortality?

The death of a baby before his or her first birthday

The *infant mortality rate* is an estimate of the number of infant deaths for every 1,000 live births. This rate is often used as an indicator to measure the health and well-being of a nation, because factors affecting the health of entire populations can also impact the mortality rate of infants.

-Centers for Disease Control and Prevention

Most infant deaths occur when babies are:

- Born with a serious birth defect.
- Born too small 5.5 lbs (< 2500 grams), or born too early (before 37 weeks gestation).
- Victims of Sudden Unexplained Infant Death (SUID).
- Born to mothers with health problems that occur during pregnancy (e.g., smoking, obesity, poorly controlled diabetes and high blood pressure)
- Injured (e.g., co-sleeping, suffocation due to soft pillows, blankets, bumper pads and toys).

These top five leading causes of infant mortality together account for 58% of all infant deaths in the United States in 2011. Pregnancy-related health outcomes are influenced by factors such as race, ethnicity, age and income, but most importantly – a woman's health.

Source: National Center for Health Statistics. National Vital Statistics Reports (NVSR). *Deaths: Final Data for 2011*



Infant Mortality in Stark County

The infant mortality rate for Stark County remains higher than Ohio's and the U.S. rate. (2014)

Stark County Black infants die at more than twice the rate of White infants.

Infant Mortality	Total	White	Black
National	6.8	5.3	14.3
Ohio	6.09	4.64	12.41
Stark County	7.79	6.68	16.26

Source: *Stark County's Child Fatality Review Annual Report 2013-2014 and 2014 Ohio Infant Mortality Data: General Findings

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Sleep-Related Infant Death

What is Sudden Infant Death Syndrome (SIDS)?

Any sleep-related infant death that remains unexplained after:

- A complete review of the history
- An autopsy
- A death scene investigation

Typically, a seemingly healthy infant is found dead after a sleep period, dying either during sleep itself or during a transition from sleep to waking.

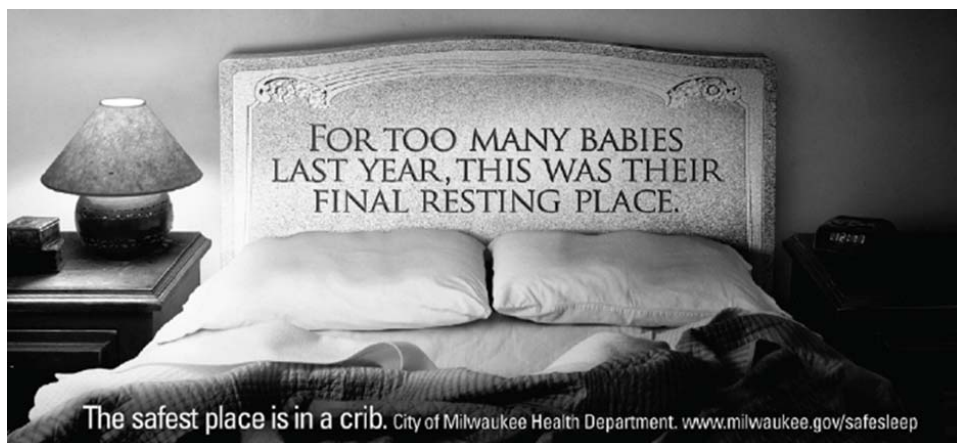
Robert Darnall, MD
Professor of Pediatrics and of Physiology and
Neurobiology, Geisel School of Medicine at
Dartmouth



Known Reasons Why Infants are Dying:

Infants are dying of suffocation as a result of unsafe sleeping environments such as:

- ◇ Sleeping in Adult beds
- ◇ Sleeping on a couch, pillow, or any other soft surface
- ◇ Sleeping with adults - such as parents, grandparents, or babysitters
- ◇ Sleeping in bed with other children
- ◇ Sleeping in a bed where a pet sleeps
- ◇ Sleeping with individuals under the influence of drugs and/or alcohol

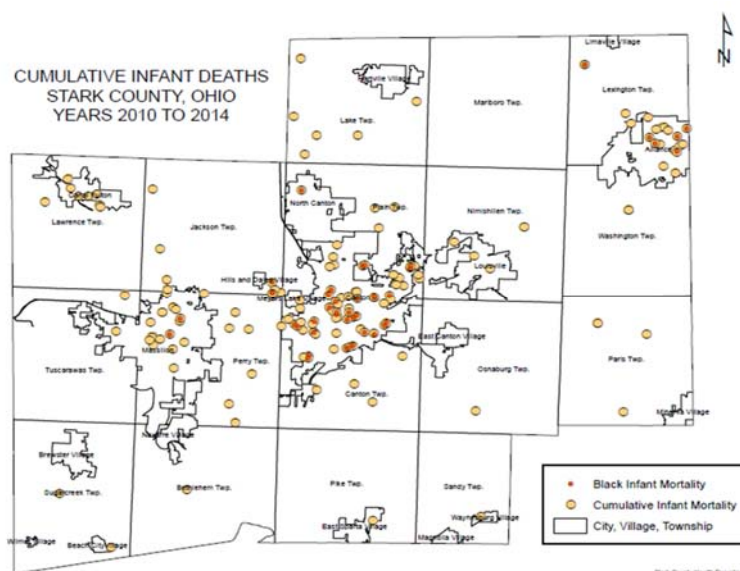


Infant Sleep Related Deaths:

Stark County

In the last five years 23 infants have died in unsafe sleeping environments.
2010-2014

Factors Involved in Sleep Related Deaths	Number of Deaths
	23
Not in a crib or bassinette	18
Not sleeping on back	10
Unsafe bedding or toys	2
Sleeping with other people	14
Obese adult sleeping with child	0
Adult was alcohol impaired	0
Adult was drug impaired	0
Caregiver/Supervisor fell asleep while bottle feeding	1
Caregiver/Supervisor fell asleep while breast feeding	1



Sleep-Related Infant Death: Ohio

“Sleep-related deaths (including sudden infant death syndrome or SIDS) accounted for 15 percent (153) of the 1,005 total reviews for infant deaths in 2012, more than any single cause of death except prematurity. Forty-two percent (64) of sleep-related deaths were to black infants, which is disproportionate to their representation in the Ohio infant population (17 percent). Sixty percent (91) of the sleep-related deaths occurred in locations considered unsafe such as in adult beds and on couches. Fifty-five percent (84) occurred to infants who were sharing a sleeping surface (bed sharing) with someone else at the time of death.

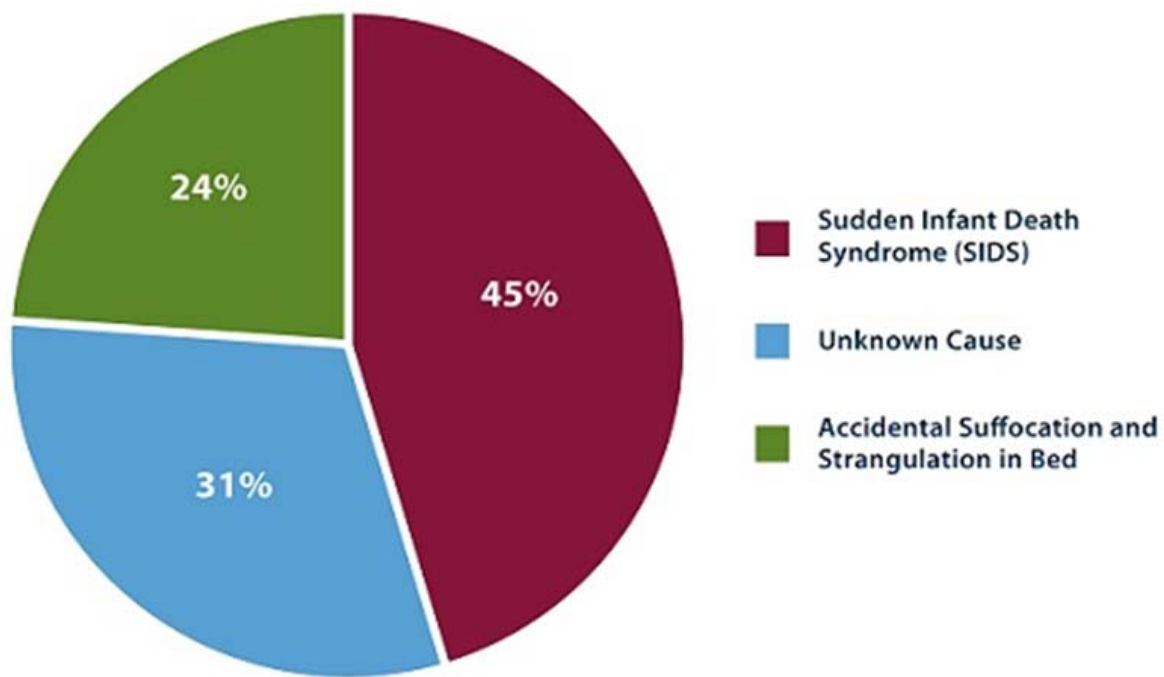
- SIDS accounted for less than 2 percent (13) of the 1,005 total reviews for infant deaths. At least 38 percent (5) of SIDS victims were exposed to smoke in utero or after birth.”

Ohio Child Fatality Review: Fourteenth Annual Report www.odh.ohio.gov



Sleep-Related Infant Death: United States

Each year in the United States, there are about 3,500 **Sudden Unexpected Infant Deaths** (SUID). These deaths occur among infants aged 1-12 months and have no obvious cause. The three commonly reported types of SUID are:



<http://www.cdc.gov/sids/data.htm>

Safe Sleep Recommendations:

Follow these tips and explore the rest of SafeSleep.Ohio.gov or the American Academy of Pediatrics to learn why the ABCs of infant safe sleep are safest for baby:

Infant Safe Sleep



Baby sleeps safest alone, on their back, in a crib.

Additional Recommendations:

- Always place your baby **on his or her back** for every sleep time.
- Always use a **firm sleep surface**. Car seats and other sitting devices are not recommended for routine sleep.
- Keep soft objects or loose bedding **out of the crib**. This includes pillows, blankets, and bumper pads
- Wedges and positioners **should not be used**.
- **Do not use home monitors or commercial devices** marketed to reduce the risk of SIDS.
- The safest place for your baby to sleep is in the room where you sleep, **but not in your bed**.
- **Never place babies to sleep on adult** beds, chairs, sofas, waterbeds, pillows, cushions or soft surfaces.
- Dress your baby in sleep clothing, such as a sleep sack, and **do not use a blanket**.
- **Avoid letting the baby get too hot**. Keep room temperatures in a range comfortable for a lightly clothed adult.
- Infants should receive **all recommended vaccinations**.
- **Breastfeeding is recommended** to help to reduce the risk of SIDS.
- **Avoid smoke exposure** during pregnancy and after birth. Place the crib in an area that is always smoke free.
- **Supervised, awake tummy time** is recommended daily to facilitate development.
- **Consider using a pacifier** at nap time and bed time, once breastfeeding is well established.
- **Talk to those who care for your baby**, including child care providers, family, and friends, about safe sleep recommendations
- Obtain **regular prenatal care** to reduce the risk of SIDS even before birth.
- **Avoid alcohol and illicit drug use** during pregnancy and after birth.

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Resources For Safe Sleep Education

Literature to Educate Families:

To order or print safe sleep education:

- #1. Go to www.odh.ohio.gov
- #2. On the A-Z index click "S"
- #3. Click "Safe Sleep Home Page"
- #4. Click "Partners and Resources" (left side bar)

Click here to order Safe Sleep materials

Brochures, Posters, and Flyers are available!!

Call the Stark County Health Department
at (330) 493-9904 (while supplies last)

Brochures



Posters



Flyers



Audiovisual to Educate Families:



Safe Sleep For Your Baby

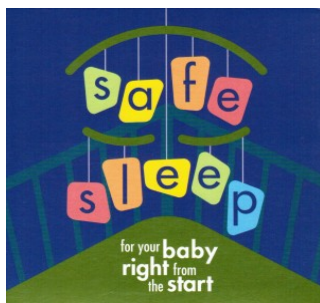
This 10-minute video is part of the *Eunice Kennedy Shriver* National Institute of Child Health and Human Development (NICHD) Safe to Sleep campaign, an effort to educate parents and caregivers about ways to reduce the risk of sleep-related infant death. The video portrays what a safe sleep environment looks like and describes other ways to reduce the risk of sleep-related causes of infant death.

<https://www.nichd.nih.gov/sts/news/videos/Pages/default.aspx>
or

<http://www.cribsforkids.org/safe-sleep-video/>

Safe Sleep For Your Baby Right From the Start

This 15-minute educational DVD is specifically designed with a loop feature for use in hospitals, physician offices, health departments, clinics and other groups where safe sleep practices are being taught. The DVD may be purchased for \$20 from the [Cribs for Kids® website at www.cribsforkids.org](http://www.cribsforkids.org)



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Continuing Education

For
Nurses, Pharmacists, and
Early Education & Child Care Providers

Continuing Education Credit:

Safe Sleep

Nurses

SIDS Risk Reduction: Resources for Nurse Partners

National Institute of Child Health and Human Development

<http://www.nichd.nih.gov/SIDS/pages/sidsnursesce.aspx>

Pharmacists

SIDS Risk Reduction: Continuing Education Activity for Pharmacists

National Institute of Child Health and Human Development

<http://www.nichd.nih.gov/SIDS/pages/PharmacistCE.aspx>

Early Education and Care Providers

Reducing the Risk of SIDS in Early Education and Child Care

American Academy of Pediatrics

*Use of the promo code is required to receive free continuing education credits.

<http://www.healthychildcare.org/sids.html>

To track the use of the continuing education resources,
please fax a copy of your CE certificate to Delight Howells
Stark County Health Department Fax (330) 493-9932
For Questions, Call Delight at (330) 493-9914 ext. 123

Cribs for Kids Program:

**Safe Sleep Survival Kits for
Families Who Qualify**

Cribs for Kids Program:

◇ Goal: Reduce Sleep-Related Infant Deaths

Objective: Increase the awareness and practice of safe sleep methods by Stark County residents

◇ Began June 2008 at the Stark County Health Department

◇ Qualifying families receive information on safe sleep practices and a Safe Sleep Survival Kit free of charge. (Kit includes: Graco Pack 'n Play®, HALO® SleepSack®, crib sheet, and educational materials)

◇ Funded by the Ohio Department of Health and donations from the community

◇ Administered by: Stark County Health Department (SCHD)

Kits distributed by: (please send referrals to the SCHD)

Access Health

Alliance Family Health Center

Alliance City Health Department

Aultman Hospital

Canton City Health Department

Community Services of Stark County

Early Childhood Resource Center

Hartville Migrant Center

Help Me Grow

JRC

Keep Our Babies Alive

Massillon City Health Department

Mercy Hospital

Pregnancy Choices

Stark County Children's Service,

Stark County District Library

Stark County Health Department

YWCA



Do you need a **SAFE** place for your **BABY** to **SLEEP**?

The Stark County Safe Sleep Task Force is a **CRIBS**
for KIDS provider.

The Stark County Health Department offers monthly
classes on safe sleep practices.

Graco Pack 'n Play® playards are distributed to those who
qualify Funding provided by the Ohio Department of Health



Call (330) 493-9914 ext. 2047
to see if your baby qualifies for a
Graco Pack 'n Play®



Stark County Health Department

Cribs For Kids - Referral Form

Date Referred: _____ Referral Source: _____
Client's Name: _____ Phone: _____
Address: _____ Client's Age: _____
Due Date: _____ or Infants Age: _____
(Must be younger than one year for this class)

Date of Class Scheduled: _____ (Will be scheduled by SCHD staff)

Eligible for WIC (per household income)? Yes No

In need of a Graco Pack 'n Play® Yes No
(This means they do not already have a crib or Graco Pack 'n Play®)?

Are they eligible for the Keep Our Babies Alive Program (K.O.B.A)? Yes No
Eligibility: Must be pregnant at time of enrollment and mom and/or infant must be of African American descent

Comments:

Name of person completing this form:

Please fax completed form to

Shelly Curtiss at 330-493-9932

Or call 330-493-9928 ext. 2047.



Guidelines to Schedule:

1. Must be eligible by income for WIC (does not have to be on WIC)
2. Does not have a safe place for infant to sleep
3. Willing to receive safe sleep education and a follow up 1 month later
4. Schedule pregnant women so they are coming for a cribs class when they are at least **32 weeks pregnant.**
5. Infants must be younger than 1 year

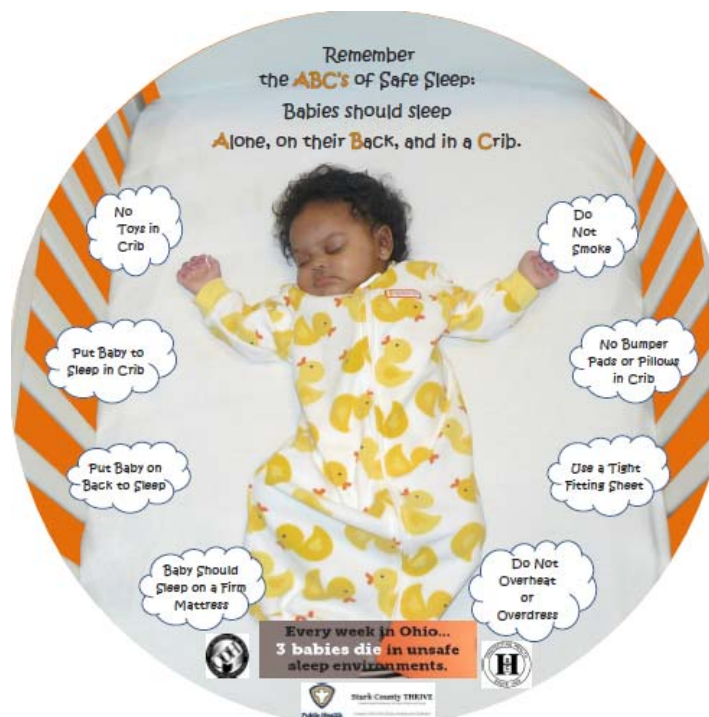
Safe Sleep Messaging in Our Community:

Floor Talkers and Messaging Stickers

Floor Talkers and Messaging Stickers:

As part of our Safe Sleep campaign we are encouraging Stark County residents to keep their eyes open and focused on the floor!! Throughout Stark County, the Safe Sleep Task Force is distributing 17" Floor Talkers and 5" Messaging Stickers (great over changing tables) to inform and promote Safe Sleep practices.

The removable 17" and 5" vinyl decals may be seen on the floor, ceiling, wall, or display unit of your local physician's office, restaurant, early education and care site, or library – you never know where they will be found!



Floor Talker and Messaging Sticker:

Use and Care

The 17" floor talkers are removable decals made of durable vinyl designed to be used on the floor but easily applied to counters, walls, ceilings, or display units. floor talkers can be easily removed for cleaning and repositioned leaving little or no residue.

To request a floor talker or a messaging sticker, please fill out the information below and send to:

Delight Howells, Safe Sleep Program Manager
Stark County Health Department
howellsd@starkhealth.org or fax (330) 493-9932

Thank you for your participation!

Please fill out the information below:

Name: _____

Agency: _____

Phone: _____

Email: _____

Number of Floor Talkers: _____

Number of Messaging Stickers: _____

Address: _____

Intended Location: _____



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Business Case For Breastfeeding

Business Case For Breastfeeding

According to the American Academy of Pediatrics, breastfeeding has been linked lowering the risk of SIDS by over a third. In addition to this, breastfeeding helps protect against illnesses such as ear infections, respiratory, gastrointestinal, and allergy problems, and the reduction in adolescent obesity.

It has been shown that employers who support breastfeeding also benefit. They save money because of lower absenteeism. Healthcare costs are lower because breastfed babies require fewer sick care visits, prescriptions and hospitalizations.

The *Business Care for Breastfeeding* is a program provided by the U.S. Department of Health and Human Services, which has been designed to assist businesses in providing a breastfeeding friendly work place for their employees. The Stark County Health Department staff are available to present information to employers about these benefits and assist in making these changes.

If you are interested in this program or know of a business who could benefit from this program, please contact:

Delight Howells -Stark County Health Department
330-493-9914 ext. 2055 or howellsd@starkhealth.org
Fax #330-493-9932

Resources

Ohio's Infant Safe Sleep Law

The following is a summary from the Ohio Department of Health on the ORC 3701.66 and 3701.67 as enacted by [Ohio Am. Sub. S.B. 276 of the 130th General Assembly](#)

Effective May 18, 2015, the law establishes the following entities distribute infant safe sleep education materials:

Child birth educators and the staff of obstetricians' offices, to an expectant parent who uses their services;

- **Staff of pediatric physicians' offices**, to an infant's parent, guardian, or other person responsible for the infant, any of whom uses their services;
- **Staff of freestanding birthing centers and certain hospitals**, to the infant's parent, guardian, or other person responsible for the infant, before the infant is discharged from the facility;
- **Staff of the existing Help Me Grow program**, to an infant's parent, guardian, or other person responsible for the infant during home- visiting services;
- **Each child care facility operating in Ohio**, to each of its employees;
- **Public children services agency**, when the agency has initial contact with an infant's parent, guardian, or other person responsible for the infant.

The law further specifies that facilities and locations that must participate in the Safe Sleep Education Program and regularly have infants sleeping at them adopt an internal infant safe sleep policy.

Continued on next page.

Ohio's Infant Safe Sleep Law

Continued

Hospitals:

ORC 3701.66 establishes an infant safe sleep screening procedure for hospitals with a maternity license. Hospitals are required to screen new parents and caregivers prior to the infants discharge home to determine if the infant has a safe sleep environment at their residence. If the infant is determined not to have a safe sleep environment, the hospital may do any of the four following activities:

- Obtain a safe crib with its own resources;
- Collaborate with or obtain assistance from persons or government entities that are able to procure a safe crib or provide money to purchase a safe crib;
- Refer the parent, guardian, or other person to a person or government entity described above to obtain a safe crib free of charge from that source;

If funds are available for the Cribs for Kids Program or a successor program, refer the parent, guardian, or other person to a [program site designated by ODH](#) at which a safe crib may be obtained at no charge. (The Cribs for Kids Program, administered by ODH, distributes cribs and infant safe sleep education materials through local and regional health departments to families who meet income eligibility requirements for the Women, Infants, and Children (WIC) program.)

Hospitals are also required to annually report specified data to the Ohio Department of Health through the hospital registration system. The data collection method is still being developed, but the data points in the [model screening form](#) are what will be collected.

Please go to www.SafeSleep.Ohio.gov for more information and

Safe Sleep Policies/Guidelines

(These are sample policies you can use for your agency)

American Academy of Pediatrics:

Policy Statement: SIDS and Other Sleep-Related Infant Deaths: Expansion of Recommendations for a Safe Infant Sleeping Environment, American Academy of *Pediatrics*, October, 2011.

www.pediatrics.org/cgi/doi/10.1542/peds.2011-2284

Sample Policies:

Ohio Department of Health Policy on Infant Safe Sleep

odh.ohio.gov

Ohio Department of Health Policy on Infant Feeding

odh.ohio.gov

Back to Sleep for Babies in Foster Care Every Time, With Every Caregiver:

<https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/healthy-foster-care-america/Documents/sids.pdf>

Sample policies your agency can adopt:

www.SafeSleep.Ohio.gov then click on Ohio Infant Safe Sleep Law.

Website Resources



www.safesleep.ohio.gov



charlieskids.org



cribsforkids.org



ohioaap.org/SafeSleep



firstcandle.org



sidsohio.org

Local Bereavement Resources

God's Tiny Angels

www.godstinyangels.org

This group is open to men, women, couples, and families who have experienced the loss of a child through miscarriage, ectopic pregnancy, molar pregnancy, stillbirth, SIDS/SUIDS, or other infant death. Persons experiencing or supporting those with fertility challenges are also welcome.

When: 2nd Monday of every month
6:30 p.m. – 8:00 p.m.

Where: Massillon Family YMCA

Address: 131 Tremont Avenue SE Massillon, OH 44646

Phone: (330) 649-1331

Precious Parents

www.akronchildrens.org/cms/precious_parents/index.html

An open support group for those who have experienced the loss of a pregnancy and/or infant death; run by parents for parents. Offering telephone and email support, newsletter and education seminars.

"Pregnancy After Loss" series each spring.

When: 3rd Tuesday of every month
7:30 p.m. – 9:30 p.m.

Where: Akron Children's Hospital,
Considine Professional Building, Rooms 7 & 8

Phone: (330) 543-3343

Bereavement Resources Continued

First Candle

www.firstcandle.org

Grief Counselors are available 24/7
1.800.221.7437.

Health professionals may order bereavement materials by contacting
Barb Himes at barb@firstcandle.org
Or (443) 640-1049, ext 204

Resolve Through Sharing

<http://www.gundersenhealth.org/resolve-through-sharing>

Share

<http://nationalshare.org/>

Griefwatch

<http://www.griefwatch.com/>

PLIDA (Pregnancy and Infant Death Alliance)

<http://www.plida.org/>

First Candle

<http://www.firstcandle.org/>

CJ Foundation for Sids

<http://www.cjsids.org/>

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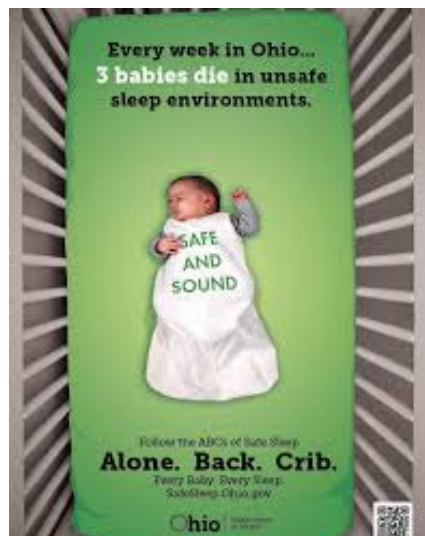
Appendix

Safe Sleep Education Evaluation Forms

- **Activity Report** - Monthly report to communicate with the Safe Sleep Task Force about safe sleep education and activities in our community
- **Program Evaluation:** Safe Sleep Education
- **Pretest** – How much do you know about infant safe sleep?
- **Posttest** -How much do you know about infant safe sleep?
- **Answer Sheet**
- **“Say YES to the Safe Sleep Pledge!”** - This form can be used at health fairs, teaching events, hospital discharge or similar interactions to send home with families.

Note: If you are a Cribs for Kids distributor and teaching a Cribs for Kids Class, use the form's specific to the Cribs for Kids program (not **provided** in this toolkit).

Fax completed forms to:
Stark County Health Department
Attention: Delight Howells
Fax #330-493-9932



Monthly Activity Report

This information will be used to report the depth of distribution in Stark County of the Safe Sleep Toolkit.

Month: _____

Agency/Group: _____

Provide feedback on the following as applicable:

Safe Sleep Brochures Distributed: _____

Posters Distributed: _____

Families Educated: _____

Safe Sleep Classes provided: _____

"Say YES to the Safe Sleep Pledge!"-signed: _____

Name of Event "Say YES to the Safe Sleep Pledge!" was provided: _____

Other Safe Sleep education efforts/events (as applicable):

Need more brochures? No _____ Yes _____ If Yes, How many? _____

Name of person completing form _____

Contact # _____ Email: _____

Please complete the form and send a copy of pre-/post- tests after each education session.

Thank you for your assistance in educating Stark County families on the importance of safe sleep practices!

**Return to the Attn: Delight Howells
Stark County Health Department Fax #330-493-9932
For Questions, Call Delight at 330-493-9914 ext. 2055**

Program Evaluation: Safe Sleep

Presenter: _____ Agency: _____

Date of Presentation _____ Age _____ Gender _____

Location of Presentation _____

Circle your highest level of education: Less than high school High school diploma/GED Some college Technical certification

Associates Degree Bachelor degree Graduate Degree

Strongly Agree

Did the instructor meet the course objectives:

Strongly Disagree

Discussed the dangers of bed sharing	5	4	3	2	1
Explained what a safe sleep environment is for an infant	5	4	3	2	1
Identify a minimum of 5 safe sleep steps	5	4	3	2	1
Was the environment of course site conducive to learning	5	4	3	2	1

Do you feel that this information was interesting and will be useful in your work or daily life? Yes No

Can you list one fact that you learned today that you did not know prior to attending this program? _____

How could this program be improved: _____

Prior to receiving the enclosed information:

I believed that it was safe to sleep with my infant beside me or in my arms	YES	NO	N/A
I have slept with my infant on the same sleep surface (bed or couch) at least one time	YES	NO	N/A
I had things in my baby's crib such as heavy blankets, bumper pads, stuffed animals	YES	NO	N/A
After receiving the enclosed information:			
I will take all heavy blankets, bumper pads, and stuffed animals out of my child's crib	YES	NO	N/A
I believe that it is unsafe to sleep with my infant	YES	NO	N/A

Pre-test

Date of presentation:_____ Location of presentation:_____

Answer the following questions about infant safe sleep by circling the correct answer.

1. The safest sleep location for an infant or young child is?
 - A. In bed with their parent
 - B. Alone on the couch surrounded by pillows
 - C. Alone in their crib
 - D. In their crib with their head elevated by a pillow
2. Safe things to have a baby's crib are?
 - A. Stuffed animals
 - B. Pillows
 - C. Nothing but the baby
 - D. Bumper pads to keep the baby from hitting a hard surface.
3. What can happen when an infant sleeps with an adult or another child?
 - A. Adult or child can roll onto infant
 - B. Infant can suffocate in blankets or pillows
 - C. Infant can get caught between the head of the bed and the wall
 - D. All of the above
4. It is safe to sleep with a baby as long as the mattress is firm and on the floor.
True False
5. Babies should never be placed on their stomachs.
True False
6. There is no increased risk of choking if a baby is placed to sleep on their back.
True False
7. Sleeping on their side is the best thing for an infant.
True False
8. The term SIDS is used to describe the death of an infant.
 - A. From suffocation in blankets
 - B. From an unexplained cause
 - C. From suffocation due to a parent rolling over on them
 - D. All of the above
9. The only parents who roll over on their children are those that are on drugs or are intoxicated.
True False
10. Babies who are _____ are more like to die from SIDS.
 - a. African American
 - b. Born to a teenage mother
 - c. Born premature or low birth weight
 - d. Exposed to cigarette smoke
 - e. All of the above

Post-test

Date of presentation:_____ Location of presentation:_____

Answer the following questions about infant safe sleep by circling the correct answer.

1. The safest sleep location for an infant or young child is?
 - A. In bed with their parent
 - B. Alone on the couch surrounded by pillows
 - C. Alone in their crib
 - D. In their crib with their head elevated by a pillow
2. Safe things to have a baby's crib are?
 - A. Stuffed animals
 - B. Pillows
 - C. Nothing but the baby
 - D. Bumper pads to keep the baby from hitting a hard surface.
3. What can happen when an infant sleeps with an adult or another child?
 - A. Adult or child can roll onto infant
 - B. Infant can suffocate in blankets or pillows
 - C. Infant can get caught between the head of the bed and the wall
 - D. All of the above
4. It is safe to sleep with a baby as long as the mattress is firm and on the floor.
True False
5. Babies should never be placed on their stomachs.
True False
6. There is no increased risk of choking if a baby is placed to sleep on their back.
True False
7. Sleeping on their side is the best thing for an infant.
True False
8. The term SIDS is used to describe the death of an infant.
 - A. From suffocation in blankets
 - B. From an unexplained cause
 - C. From suffocation due to a parent rolling over on them
 - D. All of the above
9. The only parents who roll over on their children are those that are on drugs or are intoxicated.
True False
10. Babies who are _____ are more like to die from SIDS.
 - a. African American
 - b. Born to a teenage mother
 - c. Born premature or low birth weight
 - d. Exposed to cigarette smoke
 - e. All of the above

ANSWER SHEET

HOW MUCH DO YOU KNOW ABOUT INFANT SAFE SLEEP?

Date of presentation: _____ Location of presentation: _____

Answer the following questions about infant safe sleep by circling the correct answer.

1. The safest sleep location for an infant or young child is?
 - A. In bed with their parent
 - B. Alone on the couch surrounded by pillows
 - C. Alone in their crib**
 - D. In their crib with their head elevated by a pillow
2. Safe things to have a baby's crib are?
 - A. Stuffed animals
 - B. Pillows
 - C. Nothing but the baby**
 - D. Bumper pads to keep the baby from hitting a hard surface.
3. What can happen when an infant sleeps with an adult or another child?
 - A. Adult or child can roll onto infant
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 - D. All of the above**
4. It is safe to sleep with a baby as long as the mattress is firm and on the floor.
True **False**
5. Babies should never be placed on their stomachs.
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6. There is no increased risk of choking if a baby is placed to sleep on their back.
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 - D. All of the above
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True **False**
10. Babies who are _____ are more like to die from SIDS.
 - a. African American
 - b. Born to a teenage mother
 - c. Born premature or low birth weight
 - d. Exposed to cigarette smoke
 - e. All of the above**

Say Yes to Safe Sleep Pledge

My Say Yes to Safe Sleep Pledge to:



(Name of baby)

I love you and promise to:

- Make sure that you always sleep alone, and on your back, in your crib or bassinet, even during naptimes.
- Check to make sure your crib is safety approved, and the mattress is firm and fits close to the sides of the crib or bassinet.
- Remove toys, heavy blankets, comforters and bumper pads from your crib, bassinet or Pack 'n Play.
- Keep you away from places where people smoke.
- Teach anyone who takes care of you about keeping you safe when you sleep.

Signature: _____

Date: _____



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