



## Infant Safe Sleep Resource Guide

### Handouts/Fact sheets

- [Bare is Best! For Your Baby's Sleep Environment](#): This flyer describes ways to keep a sleeping baby safe in its environment, as part of the Neighborhood Safety Network (NSN), a project of the U.S. Consumer Product Safety Commission. To learn more about the NSN, visit their website at: <http://www.cpsc.gov/nsn/about.html>. This flyer is also [available in Spanish](#). *Healthy Child Care America*
- [A Child Care Provider's Guide to Safe Sleep](#): This easy-to-read brochure provides child care providers with information about ways to promote safe sleep practices and reduce the risk of SIDS. This flyer is [also available in Spanish](#). *Healthy Child Care America*
- [Keep Baby Safe in Play Yard](#): This flyer provides safe sleep tips for babies in a play yard. More information about the new play yard standard is at CPSC's [OnSafety](#) blog. More information about keeping babies safe in their sleeping environments is at the [Crib Information Center](#) on CPSC's website. This flyer is [also available in Spanish](#). *Healthy Child Care America*
- [A Parent's Guide to Safe Sleep](#): This brochure includes information for parents about infant sleep positioning and practices as well as describes how parents can work with child care providers to ensure that safe sleep practices are used in all child care settings as well as at home. This flyer is [also available in Spanish](#). *Healthy Child Care America*
- [Safe Sleep for Your Baby: Reduce the Risk of Sudden Infant Death Syndrome \(SIDS\) and Other Sleep-Related Causes of Infant Death](#): This 12-page brochure is part of the Safe to Sleep campaign (formerly the Back to Sleep campaign), an effort to educate families and caregivers about reducing the risk of Sudden Infant Death Syndrome (SIDS) and other sleep-related causes of infant death. This brochure explains ways parents and caregivers can reduce the risks of SIDS and other sleep-related causes of infant death and provide a safe sleep environment for infants. This brochure is [also available in Spanish](#). *Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD)*



- [Safe Sleep for Your Baby: Reduce the Risk of Sudden Infant Death Syndrome \(SIDS\) and Other Sleep-Related Causes of Infant Death \(African American Outreach\)](#): This 12-page brochure is part of the Safe to Sleep campaign (formerly the Back to Sleep campaign), an effort to educate families and caregivers about ways to help reduce the risk of Sudden Infant Death Syndrome (SIDS) and other sleep-related causes of infant death. This brochure focuses on risk factors common among African American communities and explains ways parents and caregivers can reduce the risks of SIDS and other sleep-related causes of infant death and provide a safe sleep environment for infants. *Eunice Kennedy Shriver* National Institute of Child Health and Human Development (NICHD)
- [Safe to Sleep Doorhanger for African American Audiences](#): This doorhanger lists ways that parents and caregivers can reduce the risk of sudden infant death syndrome and other sleep-related causes of infant death. *Eunice Kennedy Shriver* National Institute of Child Health and Human Development (NICHD)
- [Safe Sleep for Your Grandbaby: Reduce the Risk of Sudden Infant Death Syndrome \(SIDS\) and Other Sleep-Related Causes of Infant Death](#): This 12-page brochure explains ways that grandparents can help reduce the risk of sudden infant death syndrome and other sleep-related causes of infant death in their grandbabies. *Eunice Kennedy Shriver* National Institute of Child Health and Human Development (NICHD).
- [What does a safe sleep environment look like? Reduce the Risk of Sudden Infant Death Syndrome \(SIDS\) and Other Sleep-Related Causes of Infant Death](#): This single-page handout, part of the Safe to Sleep campaign (formerly the Back to Sleep campaign), shows a safe sleep environment for infants and explains ways parents and caregivers can reduce the risks of SIDS and other sleep-related causes of infant death. This flyer is [also available in Spanish](#). *Eunice Kennedy Shriver* National Institute of Child Health and Human Development (NICHD)

### **Health Professionals/Training**

- American Academy of Pediatric Dentistry 2012, Page 3, safe pacifier use: The American Academy of Pediatric Dentistry released a report [on oral health for young children](#). An explanation of why pacifier use is preferable to finger sucking and tips for safe pacifier use which explains why pacifiers are preferable to finger are available.



- Toolkit for Community Health Providers: Engaging Ethnic Media to Inform Communities about Safe Infant Sleep : A new safe infant sleep resource from the National Center for Cultural Competence has just been released. The toolkit includes useful approaches to address safe sleep, but can also be useful for those promoting other public health messages in diverse communities. We would love your help by sharing this resource with your networks, as you find appropriate.
- [Continuing Education Program on Sudden Infant Death Syndrome \(SIDS\) Risk Reduction: Curriculum for Nurses](#): Nurses are among the most trusted advisors and role models for families, especially on the subject of infant health and sleep safety. SIDS is the leading cause of death among infants from one month to one year of age, but there are ways to reduce the risk. Knowing SIDS risk-reduction techniques and how to communicate effectively with parents and other caregivers can help you make a difference in just a few minutes. The Eunice Kennedy Shriver National Institute of Child Health and Human Development and its partners developed a FREE continuing education (CE) program on SIDS risk reduction for nurses. Nurses who complete the course will receive 1.1 CE credit hours from the Maryland Nurses Association.
- Public Health Grand Rounds: [Public Health Approaches to Reducing U.S. Infant Mortality](#): This powerful session of Grand Rounds highlighted accomplishments and explored public health, clinical, and policy strategies to improve birth outcomes, with special consideration of high risk individuals, families, and communities. Rachel Moon, MD, FAAP, American Academy of Pediatrics, present “Reducing the Risks of SIDS: From “Back to Sleep” to “Safe to Sleep” as part of the grand rounds presentation.
- [Reducing the Risk of SIDS in Child Care](#), based off the AAP Reducing the Risk of SIDS in Child Care Speaker's Kit, this FREE course is designed to educate everyone who cares for babies, including: child care providers, health care professionals, grandparents, babysitters, parents, and relatives. In 1 hour, participants will learn how to create a safe sleep environment to reduce the risk of SIDS and other sleep related deaths. With an easy to use format, this course is available 24/7 from your home computer. Child care providers will receive a certificate of completion for 1.0 contact hour, however, this module may not meet state SIDS in-service requirements. Health care professionals can also receive credit.



- [SIDS Risk Reduction: A Continuing Education Activity for Pharmacists](#): As a pharmacist, you play a vital role in caring for and educating your patients each and every day. Some of your smallest patients, babies between one month and one year of age, may be at risk for Sudden Infant Death Syndrome (SIDS), the leading cause of death for infants in this age range. You can help reduce their risk. This free continuing education (CE) activity, developed by the NICHD and its [pharmacist partners](#), explains the latest research on SIDS and SIDS risk reduction and outlines how you can help spread safe sleep messages to parents and caregivers in just a few minutes. By completing this course, you can earn 0.125 continuing education units from the Maryland Pharmacy CE Coordinating Council.\*

\* Approved by the Accreditation Council for Pharmacy Education as a provider of CE for pharmacists.

### **Policy and Research Articles**

- The American Academy of Pediatrics released a [revised policy statement](#) and [technical report](#) that replaces its last statement on SIDS from 2005. Despite a major decrease in the number of deaths attributed to Sudden Infant Death Syndrome, other sleep-related deaths have increased. This new statement expands the AAP's guidelines on safe sleep for babies.
- [Endorsing safe infant sleep: a call to action](#): The American Academy of Pediatrics (AAP) safe sleep recommendations are considered best practice and are effective in preventing sudden infant death syndrome (SIDS). Yet studies have found that nurses' practice in newborn nurseries and neonatal intensive care units is often inconsistent with safe sleep recommendations. Such inconsistencies cause confusion and hinder SIDS prevention efforts. In 2011, the AAP added significant content to its 2005 safe sleep recommendations and neonatal nurses are now being asked to endorse the recommendations from birth. This article reviews the recommendations, examines barriers and controversies and offers suggestions for how an organization might initiate change and move toward a unified endorsement of safe sleep strategies.
- The Ohio Injury Prevention Partnership (OIPP) through the Child Injury Action Group (CIAG) developed a [policy brief](#) which includes a few policy options to promote change and research to support identified changes.



## Videos

- The City of Columbus Public Health has developed a [60 second public service announcement](#) emphasizing the ABCs of safe sleep.
- The Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD) developed a 10-minute video [Safe Sleep For Your Baby](#) as part of the Safe to Sleep campaign (formerly the Back to Sleep campaign), an effort to educate parents and caregivers about ways to reduce the risk of sudden infant death syndrome (SIDS) and other sleep-related causes of infant death. The video portrays what a safe sleep environment looks like and describes other ways to reduce the risk of SIDS and other sleep-related causes of infant death.

## Websites

- The [African American Faith-Based Bereavement Initiative \(AAFBI\)](#) was created specifically for the African American Christian faith community to improve supports for families experiencing loss of an infant.
- [Cribs for Kids® National Infant Safe Sleep Initiative](#), is a voluntary health organization whose mission is to provide support to families, friends and communities affected by Sudden Unexpected Infant Death (SUID) resulting from a sleep-related death.
- The Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD) [Safe to Sleep Public Education Campaign](#) —formerly known as the Back to Sleep campaign—aims to educate parents, caregivers, and health care providers about ways to reduce the risk for Sudden Infant Death Syndrome (SIDS) and other sleep-related causes of infant death.
- [First Candle](#) is a leading national nonprofit organization dedicated to safe pregnancies and the survival of babies through the first years of life. Current priorities are to eliminate Stillbirth, Sudden Infant Death Syndrome (SIDS) and other Sudden Unexpected Infant Deaths (SUID) with programs of research, education and advocacy. First Candle also provides compassionate grief support to all those affected by the death of a baby.



- The [SID Network of Ohio](#) promotes infant safety in an effort to reduce the rate of Sudden Infant Death Syndrome (SIDS) and Sudden Unexpected Infant death (SUID) through the promotion of infant health and wellness, community education and medical research.