

Program Purpose

The goal of the Safe Sleep Community Baby Shower is to improve health and safety outcomes of infants. This program is designed to target populations with disproportionately high rates of infant mortality, such as Native Americans, African Americans, and low-income families, and can be modified to reach any at risk population. The anticipated results are:

- ❖ Participants will know the ABCs of infant safe sleep.
- ❖ Participants will know to always place their infant to sleep in a supine (on the back) position for every sleep time.
- ❖ Infants who receive a safety-approved portable crib through the program will sleep in a safe environment when they otherwise would not have.
- ❖ Participants will have knowledge and resources to support breastfeeding, maternal mental health, tobacco cessation and prenatal health.

What is a Safe Sleep Community Baby Shower?

A Safe Sleep Community Baby Shower is an interactive event that invites new and expectant parents, their support people, and community service providers to get together for an educational “baby shower.” At the shower, participants learn about infant safe sleep and maternal child health in order to improve health and infant birth outcomes.

Community Baby Showers for Safe Sleep focus on the following key areas:

1. Infant safe sleep education
2. Breastfeeding
3. Tobacco Cessation
4. Maternal Mental Health
5. Prenatal and postnatal resources

While we have identified these areas as essential to focus on in our community, we recognize that not every community is the same. It is important to note that anyone who chooses to host a Safe Sleep Community Baby Shower should feel free to modify the shower’s emphasis to best serve the cultural needs of their areas.

The central focus of the Safe Sleep Community Baby Shower is to teach all participants about **infant safe sleep**. This includes educating parents and their support people on the ABCs of Safe Sleep, which is that all babies should sleep **Alone**, on their **Backs**, and in a safety-approved **Clutter-Crib**. Participants learn about safe sleep watching a demonstration of what a safe sleep environment looks like and learning from infant care experts.

The second piece of the Safe Sleep Community Baby Shower is to provide parents who attend and receive the training the **resources they need to create a safe sleep environment in their own homes**, including a portable crib, and a wearable blanket. We feel by including both the education and the tools, attendees will be able to implement and practice infant safe sleep.

Safe Sleep Community Baby Showers are designed to engage families in a fun and supportive atmosphere. This can be achieved by decorating the area to look like a baby shower, having a raffle, playing games, and providing refreshments to all guests. It is important for everyone to feel welcome.