



Instructor-Led Training Annual Report Fiscal Year 2023

Prepared for
Kansas Infant Death and SIDS Network

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Instructor-Led Safe Sleep Trainings

Attendance

During Fiscal Year 2023, 245 Safe Sleep Trainings (Safe Sleep Parent and Caregiver, n=141; Safe Sleep Professional, n=104) were conducted in 31 Kansas counties, Arizona, Colorado, and nationwide. (Table 1). Attendance ranged from 1 to 114 (median=3). A total of 1,735 individuals attended these events (Safe Sleep Parent and Caregiver, n=474; Safe Sleep Professional, n=1,261).

Table 1. Safe Sleep Event Attendance

	Total		Parent and Caregiver		Professional	
	Events	Attendees	Events	Attendance	Events	Attendance
Sedgwick	20	83	13	22	7	61
Sedgwick - Virtual	16	135	6	12	10	123
Barton	1	3	1	3	0	0
Bourbon	1	4	0	0	1	4
Brown	3	25	1	13	2	12
Butler	6	31	5	20	1	11
Cloud	2	17	1	7	1	10
Coffey	1	8	1	8	0	0
Cowley	37	55	37	55	0	0
Crawford	11	46	6	22	5	24
Douglas - Virtual	2	5	1	2	1	3
Finney	2	12	1	2	1	10
Finney - Virtual	1	2	0	0	1	2
Greenwood	1	5	0	0	1	5
Harvey	1	1	0	0	1	1
Johnson	10	70	1	1	9	69
Johnson - Virtual	2	30	0	0	2	30
Kearny	35	77	35	77	0	0
Labette	1	8	1	8	0	0
Leavenworth	17	148	13	113	4	35
Leavenworth - Virtual	1	4	0	0	1	4
Linn	2	6	2	6	0	0
Lyon	2	10	1	7	1	3
Marion	5	21	3	3	2	18
McPherson	1	21	0	0	1	21
Miami	3	16	0	0	3	16
Neosho	2	22	1	16	1	6
Neosho - Virtual	1	13	0	0	1	13
Reno	3	28	0	0	3	28
Reno - Virtual	2	9	1	1	1	8
Republic	2	16	1	3	1	13
Riley	1	40	0	0	1	40
Saline	1	3	0	0	1	3
Seward	2	30	0	0	2	30
Shawnee	11	94	6	69	5	25
Shawnee - Virtual	1	10	0	0	1	10
Stafford	2	8	0	0	2	8
Sumner	3	4	3	4	0	0
Kansas/Multiple Counties	2	21	0	0	2	21
Kansas/Multiple Counties - Virtual	12	317	0	0	12	317
Kansas - County Unknown	13	144	0	0	13	144
Nationwide	1	7	0	0	1	7
Arizona	11	12	0	0	1	12
Colorado	1	114	0	0	1	114
TOTAL	245	1735	141	474	104	1261

Safe Sleep Parent and Caregiver Trainings

During Fiscal Year 2023, 474 caregivers from 23 Kansas counties attended a Parent and Caregiver training. Knowledge was evaluated for 468 caregivers. Of those, 11 (2%) completed the Spanish-language data collection form. Safe Sleep Parent and Caregiver Trainings ranged in size from individual trainings to presentations with 46 trainees (median attendance per training=2). Caregivers who completed the 2021 data collection forms correctly identified safe sleep recommendations on 2.5 out of 4 questions (SD=1.2) prior to the training and 3.9 questions (SD=0.3) following (p<0.001). Caregivers who completed the 2022 data collection forms correctly identified safe sleep recommendations on 3.4 out of 5 questions (SD=1.4) prior to the training and 4.7 questions (SD=0.6) following (p<0.001).

Prior to the trainings, 368 (80%) participants reported they would place their baby only on the back to sleep (Table 2). Of the participants who indicated other responses, tummy (n=36; 40%), side (n=35; 39%) and not sure (n=25; 28%) were reported. When asked about anticipated sleep surface, 363 (78%) reported they would only place their baby on a safe location (i.e., crib, portable crib, or bassinet). Participants who indicated other responses, adult bed (n=31; 30%), swing (n=29; 28%), my bed (n=21; 20%), car seat (n=19; 18%), toddler bed (n=16; 16%), don't know/not sure (n=9; 9%), other (n=6; 6%), and couch/sofa/armchair (n=3; 3%) were reported. When asked about items already in or planned for their baby's sleep areas, 261 (57%) reported only safe items (i.e., firm mattress, fitted sheet or wearable blanket). The remaining participants reported unsafe items such as loose blankets (n=120; 60%), bumper pads (n=77; 38%), stuffed toy (n=51; 25%), pillow (n=48; 24%), a sleep positioner (n=23; 11%), other (n=22; 11%), home cardiorespiratory monitor (n=10; 5%), weighted blanket (n=8; 4%), and lounger pillow (n=8; 4%).

Following the trainings, participants demonstrated a positive increase in intention to follow safe sleep practices related to only placing their baby on the back to sleep (n=457, 99%; p<0.001), anticipated sleep surface (n=451, 98%; p<0.001) and anticipated crib items (n=442, 95%; p<0.001). Of the 4 (2%) who indicated unsafe sleep position, tummy (n=4; 67%) and side (n=2; 33%) were reported. Of those who indicated unsafe sleep locations, toddler bed (n=7; 70%), car seat (n=5; 50%), adult bed (n=2; 20%), my bed (n=2; 20%), other (n=2; 20%), couch/sofa/armchair (n=1; 10%) and swing (n=1; 10%) were reported. Unsafe items in the sleep environment reported by participants included other (n=12; 52%), loose blankets (n=8; 35%), home cardiorespiratory monitor (n=6; 26%), bumper pads (n=5; 22%), pillow (n=4; 14%), stuffed toy (n=4; 17%), weight blanket (n=3; 13%), and lounger pillow (n=1; 4%). Most participants (94%) planned to discuss safe sleep with others after attending the Parent and Caregiver trainings (p<0.001).

Table 2. Changes in Intended Safe Sleep Practices

	Pre-Survey n (%)	Post-Survey n (%)	Total Change p
Anticipated sleep position (n=468)			p<0.001*
Back only	368 (80)	457 (99)	
At least one unsafe position	89 (20)	6 (1)	
Anticipated sleep surface* (n=468)			p<0.001*
Only safe surface (crib or bassinet only)	363 (78)	451 (98)	
At least one unsafe surface	103 (22)	10 (2)	
Anticipated crib items (n=468)			p<0.001*
Only safe items (firm mattress, fitted sheet, or wearable blanket only)	261 (57)	442 (95)	
At least one unsafe item	201 (43)	23 (5)	
Inclined Sleep Surface** (pre, n=317; post, n=316)			p<0.001*
Safe (no)	230 (76)	294 (97)	
Unsafe (yes, not sure)	72 (24)	9 (3)	
Anticipated Sleep Location* (pre, n=317; post, n=316)			N/A
My/parent room	252 (80)	287 (91)	
Other shared room (with children or adults)	18 (6)	10 (3)	
Other private room (baby's room or nursery)	113 (36)	60 (19)	
Have or plan to discuss safe sleep with others (n=468)			p<0.001*
Yes	222 (48)	431 (94)	
No	237 (52)	28 (6)	

Note. *p*-value <.05 indicates statistically significant difference between pre- and post-survey responses.

*Question modified November 1, 2022

**Questions added November 1, 2022

Missing data: position, pre (n=11), post (n=5); surface, pre (n=2), post (n=7); items, pre (n=6), post (n=3); inclined, pre (n=15), post (n=13); talk, pre (n=9), post (n=9)

Safe Sleep Professional Trainings

During Fiscal Year 2023, 1,261 professionals attended a Safe Sleep Professional Training. The trainings ranged in size from individual to presentations with 114 trainees (median attendance per training=10). Surveys were completed by 1,236 professionals. Of those, 95 (8%) completed only the pre-survey and 35 (3%) completed only the post-survey and were removed due to missing data. Therefore, 1,106 pre- and post-surveys are included in analysis. Of those, 4 (<1%) utilized the Spanish-language data collection form. Participants identified as social worker (n=223; 20%), daycare/childcare provider (n=181; 16%), nurse (n=178; 16%), early childhood professional (n=168; 15%), other (n=114; 10%), parent educator (n=68; 6%), home visitor (n=67; 6%), other healthcare professional (n=45; 4%), social service worker (n=33; 3%), fire department (n=19; 2%), emergency medical service worker (EMS) (n=7; 1%), and physician (n=1; <1%).

Prior to the trainings, professional trainees correctly answered an average of 7.5 questions out of 10 (SD=1.7; range=1-10). Participants using the 2021 forms did not demonstrate *high* proficiency ($\geq 95\%$) on any questions (Table 3); participants demonstrated the *lowest* proficiency ($\leq 80\%$) in describing the diagnosis of SIDS, AAP recommendations related to crib location, pacifier use, secondhand smoke, and messaging. Participants using the 2022 forms demonstrated *high* proficiency ($\geq 95\%$) on the question related to risk and surface (Table 4) and demonstrated the *lowest* proficiency ($\leq 80\%$) on AAP recommendations related to crib location, pacifier use, breastfeeding, bedding, and temperature regulation. Following the training, the average score on the post-test was 9.1 out of 10 (SD=1.1; range=3-10). This improvement was statistically significant ($t=33.04$, $p<0.001$). In addition, participants using the 2021 forms successfully demonstrated improved knowledge on all topics of safe sleep except messaging; achieving *highest* proficiency ($\geq 95\%$) identifying AAP recommendations related to position, crib environment and multiples. Participants using the 2022 forms successfully demonstrated improved knowledge on all topics of safe sleep; achieving *highest* proficiency ($\geq 95\%$) identifying AAP recommendations related to position, risk/surface and recommendations.

Table 3. Comparison of Trainees Pre- and Post-Survey Performance by Question – Version 2021 (n=347)

Concept	Question	Pre-Test Score	Post-Test Score	Change
		N (%)	N (%)	(%)
Diagnosis	SIDS, a form of sleep-related death, is:	249 (72)	258 (74)	2
Location	The American Academy of Pediatrics states the safest place for an infant to sleep is:	123 (35)	213 (61)	26
Position	Per the American Academy of Pediatrics, infants should be placed on their _____ to sleep:	316 (91)	343 (99)	8
Environment	The recommended infant safe sleep environment includes which of the following:	314 (90)	338 (97)	7
Environment/ Tobacco	Recommendations to reduce sleep-related death include:	203 (59)	306 (88)	29
Breastfeeding	Which statement is true regarding the relationship between SIDS and breastfeeding?	320 (92)	327 (94)	2
Pacifier	Because of concern that pacifiers will interfere with breastfeeding initiation many health care providers recommend:	202 (58)	300 (86)	28
Swaddling/ Temp	Recommended options for controlling a baby's temperature at home during sleep include:	288 (83)	326 (94)	11
Multiples	Which statements is NOT an American Academy of Pediatrics safe sleep recommendation?	290 (84)	329 (95)	11
Messaging	Evidence suggests the most effective strategy to influence parents to follow the safe sleep guidelines is:	269 (78)	271 (78)	0

Table 4. Comparison of Trainees Pre- and Post-Survey Performance by Question – Version 2022 (N=759)

Concept	Question	Pre-Test Score N (%)	Post-Test Score N (%)	Change (%)
Definition	Sleep-related deaths are a category of sudden unexpected infant deaths (SUID), and may include the following:	618 (81)	683 (90)	9
Position	Per the AAP, infants should be placed on their __ to sleep:	649 (86)	751 (99)	13
Location	The AAP recommends that for at least the first six months of life infants sleep in the following:	526 (69)	669 (88)	19
Risk/Surface	Which of the following increase the risk of sleep-related death?	729 (96)	741 (98)	2
Surface	Which of the following is NOT endorsed by the AAP as the safest surface for an infant to sleep:	637 (84)	717 (94)	10
Pacifier	Which of the following statements is TRUE:	378 (50)	706 (93)	43
Recommendations	Which of the following does the AAP recommend?	704 (93)	735 (97)	4
Breastfeeding	To reduce the risk of sleep-related death, the AAP recommends feeding <u>only</u> human milk (breast- or chest-feeding) for at least the first _____.	386 (51)	693 (91)	40
Bedding	Of the following the only item allowed by the AAP for safe infant sleep is:	508 (67)	680 (90)	23
Temperature	To keep an infant warm when sleeping in a cool environment, the AAP recommends:	544 (72)	690 (91)	19

Following the trainings, participants were asked to self-assess knowledge before the training and following the training on a scale from 1 (low) to 10 (high). Trainees stated their knowledge rose from 6.9 (SD=2.1) prior to the training to 9.2 (SD=1.0) following the training ($t=43.1$, $p<0.001$). Participants were also asked how the training affected their beliefs, see Table 5.

Table 5. Participants Reported Change in Belief About Safe Sleep

My beliefs have...	
...not changed; I already agreed with all of the AAP recommendations	652 (62)
...changed; I now agree with all of the AAP recommendations	214 (20)
...changed; I now agree with more of the AAP recommendations	163 (16)
...changed; I now question more of the AAP recommendations	13 (1)
...not changed; I still question the AAP recommendations	13 (1)

Missing data: n=51

Participants described three things they learned at the training (Table 6), what they will do differently in the future based on what they learned at the training (Table 7), and provided questions they still have after completing the training (Table 8).

Table 6. Participants Description of What They Learned

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- Letting baby sleep in carseat was unsafe. That there are some hospitals that are encouraging an unsafe bed arrangement for new babies of low income families due. Giving a baby a pacifier while sleeping is actually known to reduce chances of SIDS
 - ABC Alone, Back Clutter Free. Immunizations reduce an infant's risk of SidS by nearly 50%. Avoid commercial devices for sleeping infants
 - Breastfed babies are less at risk. Babies in daycare facilities are more at risk. Swaddles that are too tight can be harmful
 - Breastfeeding reduced death. Pacifiers reduces death. There is such a thing called wearable blanket.
 - How to safe sleep properly, the do's and don't of safe sleep, knowledgeable information of safe sleep.
 - I learned about SIDS. What will reduce the cause of SIDS.
 - Infants should not be swaddled if they are able to roll over to their stomach as it is hard for them to roll back over without the use of their arms or legs. Infants should be placed on their back for sleep. Infants shouldn't get a pacifier until they have established breast feeding.
 - Pacifiers, breastfeeding, statistics
 - Sleeping standards, temp control, introducing pacifiers
 - Not inclining the bed. Curious about the research on other cultures. Sleeping in same room vs own room
 - Do not put hats on sleeping babies - breastfeeding greatly reduces SIDS risks - pacifier use may help
 - Pacifier rules - ABC - inclined forbidden
 - Pacifiers reduce the risk or prevent from SUID
 - Use of pacifier is best after breastfeeding is firmly established. Breastfeeding exclusively reduces risk of SIDS. Use of firm mattress is best option.
 - Breastfeeding is recommended for safe sleep -Sleeping with a pacifier is recommended -No dockatots!
 - Non inclined sleep surfaces now emphasized in rules - no hats -difference between SUIDS AND SIDS
 - Pacifiers reduce the risk of SIDS - Statistics (how KS is ranked, how many deaths are related in different categories) - Infants should sleep in parents room (in a separate bed) for the first 6 months
 - Breast feeding -Sleeping on back -Sleeping in the same room as parent until at least 6 months of age yet in separate sleeping space
 - Recommend pacifier use -sleep same room as parent separate for at least 6 mo's -sleep act of 2021 banning certain items
 - A pacifier reduces risk. A sleep sack is helpful. Six months for breastfeeding.
 - I learned that hats are not needed indoors and can lead to overheating, that there are 3 criteria that must be met for an infants to have SIDS, and that safe sleep instructors can assist with getting a crib for an expecting mother or mother of an infant under 1.
 - I learned that it's unsafe to sleep in the same bed as an infant, the ABCs of sleeping for infants, and that tummy time is very important for infants.
 - I learned that pacifiers help with safe sleep. I learned that babies should only wear one extra clothing then an adult would. I learned that there could be nothing on the bed
 - I learned that putting a baby to bed with a hat can disrupt temperature regulation. I learned that different states have substantial differences and the death rates from sids. I learned that you should move a baby from sleeping in a car seat to sleeping in a safe sleep environment.
 - I learned that we should only breast feed our baby until 6month of age. I learned that we used pacifier after breast feeding is established. I learned that more SID happened within the first day of childcare.
 - I learned that you don't use a crib if it is missing any hardware/parts (even if it's just one piece), you don't use weighted sleepers and wedges are not recommended because it can cause the baby to slide down.
 - I learned the different stats of SIDS.
 - I learned the entire safe sleep, my kids were born in the 1970's so I am amazed of all the things I did not do correctly as a parent.
 - I learned the statistics there is for sids and how it is different among different races. I learned how sids is higher in Kansas for hispanic babies. I learned how sids can have unknown factors that cause it but by the study that was made they did find how certain things in the brain have been found to be the cause.
 - I learned what a baby can wear when sleeping, or what can be used in the crib with them and most importantly learning about SIDS.
 - I learned what a Dockatot was, that people are now putting their babies in cardboard boxes, and a pacifier is now recommended at bed/nap time.
 - I learned what exactly SIDS is. That a baby is not supposed to be on their stomach when sleeping. Lastly how many babies die because of sleep related.
 - I learned what the difference between SIDS and SUIDS is, I learned to not put a hat on a babies head while they are sleeping and I learned about how baby boxes are not a good option when considering safe sleep.
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- Not to put a hat on baby when sleeping. Not to introduce pacifier until breast feeding is established. Not to use bumper pads.
 - Sleep sacks are helpful. You're not supposed to have anything in a baby's crib. 6 months recommended from breast feeding
 - The baby should be sleeping in the parent's room for the first 6 months. The modified cribs are safer. Not to have anything near the baby's crib
 - The percent of SIDS in U.S. Dont use the cord with a pacifier. 1/3 occur in first week'
 - You should take the baby's hat off when inside because of the temperature. That it is okay to let your baby use a pacifier while sleeping in the crib and it wont increase chances of SIDS. That for SIDS to be determined you need an autopsy, exam of death scene and medical history.
 - Immunizations reduce infant's risk of SIDs by nearly 50%. There is a 68% decreased risk of SIDs for infants exclusively breastfeeding. DCF will provide cribs to clients/families in need.'
 - Pacifiers actually do reduce the risk of sleep-related deaths. It is not endorsed as safe to keep a child inclined while sleeping. Never thought about using a sleep sack vs swaddling
 - A Safe Sleep Act was passed in 2022 to forego the use of swings, car seats, etc. for babies sleeping as well as crib bumpers. Nicotine can be transferred to the baby from a caregiver's hands.
 - APA Safe Sleep Congress Banded sleep practices Kidsks.org
 - Breastfeeding information related to SIDS Safe sleep
 - Bumpers are not good in infant's bed Don't use lightweight blankets Take off hat when inside
 - CPS offers a crib for families in need SIDS can be caused from a delayed development of the brainstem No hats on babies for sleep'
 - CPSC AAP banned items
 - Do not have an infant sleep in the same bed as an adult. Have the infant sleep in the same room but in own safety approved surface. Even if a smoker sleeps with the infant and does not smoke around the infant it can still led to SIDS.
 - Everyone in PPS who goes to a home with a child under one year must educate them on safe sleep SIDS can only be diagnosed after an autopsy SIDS falls under the SUID category of infant death
 - How to prevent tobacco such as putting your hair up in a hat. The stats of kansas and US the types of resources
 - It is important to go over safe sleep with parents that have children under the age of one. Crib bumpers have been banned by President Joe Biden. The mattress for safe sleep should be a firm mattress.
 - I learned you shouldn't put a child to sleep on it's side, learned that breast feeding helps with SIDS, and that a pacifier is recommended to reduce SIDS risk.
 - I recently researched this when I had my baby, SIDS likely occurs before first birthday, I learned about the triple risk SIDS theory, There is a 68% decreased risk for SIDS for infants that are exclusively breastfed
 - I was a toddler teacher before moving to this position. This course was a refresher for me. Have the kids sleep by themselves, always lay them on their back, and don't put anything with them.
 - I was not aware that pacifiers were recommended to help prevent SIDS. Had no idea anyone would want to put thier child in a box to sleep. I was not aware of some of the statistics around SIDS vs sleeping in parents bed.
 - I was reminded about the need to be aware of potential unsafe sleeping habits, especially with my clients, being new in my position.
 - I wasn't sure about the co sleeping cribs so that was nice to find out. The mesh material bumpers. The multiples not sharing a bed.
 - I'm still curious how pacis reduce SIDS
 - Ideas on how to approach the parents
 - If a baby rolls to their side, they have a strong core. If baby is rolling and are in a sleep sack they should have arms out. Second hand smoke is very bad.
 - if they roll over they can stay a sleep. should do tummy time. talk to parent and let the parent now can come and breast feed.
 - immunizations and SIDS, the owlets false safety
 - Immunizations can help reduce SIDS, Using a pacifier helps reduce SIDS, There is quite a few deaths because of irresponsible safe sleep habits
 - Immunizations decrease risk of SIDS, Swaddling can be dangerous if not done probably, Leavenworth County is above in SIDS cases
 - Immunizations reduce SIDS--Do not use bumpers--Do not put twins in bed together
 - Importance of promoting safe sleep, it's not super complex to explain to families, the difference in SUID and SIDS
 - Importance of Training, Educating parents
 - In a crib in parents room, it is best to always model safe sleep at home and work, i teach by example everyday
 - In a crib in parents room, that all those devices were not considered safe sleep, SUID
 - In a crib in their parents room, pacifier okay with breastfeeding established, dress in one layer more than adults only
 - In parents room until 6 months
 - Incline bed with books or blocks with Dr. note. Sleep sacks are okay when worn properly. Pacifiers reduce SIDS.
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- Knowledge of SID/SUID Share info, save lives
 - Learned the acronym of SUID - Sudden Unexpected Infant Death Learned about the Triple Risk SIDS Theory Learned that Baby Boxes are not yet CPSC approved
 - Not to use bumpers. That a pacifier helps reduce SUIDS. Not to leave a hat on a baby inside.'
 - Pacifiers are encouraged Pacifiers should only be started after breastfeeding is firmly established Cardboard pack n plays exist, seems like a very dangerous idea
 - Pacifiers can be healthy if a child is receptive. Crib bumpers are not recommended. Breastfeeding is encouraged.
 - Pacifiers reduces death from SIDS That the portable cribs are the best thing to use Breastfeeding reduces death from SIDS
 - Pack away for a crib is a safe crib to use Nothing in the crib for the child to be the safest Best place for babies is in your room but not in your bed'
 - Swaddle with arms out after baby is able to roll over Pacifiers help reduce the risk of sids no sheet is needed on new mattresses
 - # of deaths and other statistics
 - # of deaths in child care facilities 68% reduced risk for breastfed babies C stands for clutter-free not crib
 - 1/3 of SIDS related death occur in the first week of life. 20% of SIDS deaths occur when the baby in in care other than the parents. Remove infants hat for sleeping
 - Back sleeping (supine) is the only approved sleep position. Pacifiers help prevent SIDS, even if they fall out of the mouth during sleep. Multiples need to be in their own crib or approved sleep surface.
 - Breastfeeding decreases risk of SIDS. AAP does not approve inclined sleeping.
 - Exclusive human milk for 6 months. Cardiorespiratory don't reduce risk of sids. Immunizations reduce risk of SIDS
 - Exclusive human milk for 6 mos. Multiples in own sleep environment. Can't sleep at an incline
 - Infants should not sleep on inclined surfaces. Breastfeeding is recommended for 6 months to reduce the risk of sleep related death. Pacifier use reduces the risk of sleep related death
 - Infants should not sleep with a hat. Approx 20% of SIDS deaths occur when infant is in care of a non-parent. 1/3 of SIDS related deaths in childcare occur in the 1st week.
 - No co-bedding with multiples. Inclined sleep surface is not recommended. Only allowed item for safe sleep is a 'sleep sack'
 - No hats on babies even in cooler sleep environment. Approx 20% of SIDS deaths occur when infant is in
 - Incline whole bed now, Breastfeeding for 6 months or more Sid's go down, New updated material in June 22
 - Incline, and hats
 - Inclined is bad for babies, mechanisms for things like rock n play are not safe sleeping, there are resources out there like kidsks.org and cpsc.gov
 - Inclined sleep surfaces are dangerous/banned by Safe Sleep for Babies Act of 2021, crib bumpers are unsafe, hats are not recommended
 - Inclined sleepers banned, car seats are not safe for babies to sleep in out of the car, the best baby beds are pack n plays
 - Inclined sleepers/rockers are not safe. Hats aren't recommended while babies are sleeping. Even curtains can be a safety risk for babies
 - Inclined sleeping is not safe, Co-sleeping even with devices is not safe, Always sleep alone
 - Inclined sleeping surfaces are hazardous hats are not recommended bumpers were banned- I remember buying them when my son was born
 - Increased risks of safe sleep
 - Infant death can be sudden or accidentally caused by physical factors, I did not know they recommend babies to breast fed for at least 3 months, Parents can start tummy time soon after baby is released from the hospital
 - Infant death rates, SIDS within the native communities Instructor trainer training
 - Infant must be placed on their back to sleep but it's okay if they move themselves over. Pacifiers reduce SIDS. Nothing in cribs.
 - Infants are supposed to have 15-30 min/day of tummy time for the first 7 weeks of life
 - Infants can do tummy time soon after coming home from the hospital. Breastfeeding reduces the risk of SIDS. Do not have anything around the cribs at all.
 - Infants don't need much for their cribs to have safe sleep except for a firm flat surface with no extra objects in it. Each infant should be in their own separate crib (per infant) in the parents' room. Infants after being discharged from the hospital need to begin having tummy time to help them build strength and motor skills.
 - Infants need to sleep on their backs until 12 months of age, memory foam mattress could cause suffocation. They can create pockets that baby can roll into, In May 2022, bed bumpers and bed boxes were banned
 - Infants should be placed on their backs to sleep until they can successfully and easily roll from front to back on their own. Breastfeeding reduces the risk of SIDS. Infants should not have heavy blankets or pillows in their cribs.
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- care of non-parent 3.1/3 of SIDS related deaths in child care occur in 1st week
 - No inclined sleeping. No hats during sleep. No home cardiorespiratory monitors
 - Pacifiers can reduce SUIDS. Breastfeeding can reduce SUIDS. Crib borders are not allowed
 - The consistent safe sleep messages strategy. The recommended use of pacifiers. Triple Risk SIDS Theory
 - 15-30 minutes of tummy time starting around 7 weeks of age. Swaddle arms in birth-around 2 months (or rolling over) Arms out after 2 months (or rolling over). Workers have to check on infants sleeping every 15 minutes.
 - About sleep sacs; Inclined; Breastfed and pacifiers.
 - Adding noninclined; how much weight portable cribs should hold; terms using food pipe and wind pipe
 - Alone, Back, Clutter Free Crib. Firm, Flat, Surface. Statistics of SUIDS
 - Babies must sleep on their back. Portable cribs are acceptable sleep spaces as long as they follow the safe sleep guidelines. Breastfeeding is recommended for the first six months of life.
 - Babies should always be put to sleep on their back. Feeding human milk is recommended for the first 6 months of life. Swings and hats are not safe for a baby when sleeping.
 - Baby box. Pacifier. Building a pack n play.
 - Baby boxes are not safe; Side cars are not recommended; SUIDs include sleep related deaths
 - Baby needs to sleep on his back always. Breastfeeding reduces SIDS. Babies need to have their own place to sleep
 - Baby not to wear hat while sleeping. states of deaths by state. the more depressed the state the more deaths reported
 - Baby Sleep safety. Baby place safety
 - Babys can regulate their body temperature; Bumper pads are banned; If you have to cosleep do it safely.
 - Back to sleep; Separate bed separate room; Do not sleep in swing or car seat
 - Be sure to pass safe sleep info on to parents. Pacifier is ok and will help with SIDS. Back only for under 12 m.
 - Bed Sharing. Sleeping on back for baby. Sleep sacks are ok for baby
 - Breastfeeding can actually reduce the risk of SUID; Placing the baby in a non-inclined sleep surface; Back to sleep for every sleep but its ok if they move on their own.
 - Breastfeeding lowers risk; Flat on back is best; One infant on a sleep surface.
 - Bumpers are not recommended; Pacifier use reduces the chance of SIDS; Breastfeeding decreases the risk for SIDS.
 - Infants should sleep in parents room the first six months. Cars seats are not a safe place for infants to sleep. Pacifiers are shown to reduce risks.
 - Infants under 2 years of age should be on the backs alone in a crib. Never use a crib bumper or loose blankets in a crib. Pacifiers reduce the risks of SIDS.
 - It is okay to have a pacifier in the crib with the baby. It is safe to have a fitted sheet on the mattress. It is not safe to have the let down sides on the crib because of risk of entrapment.
 - It is recommended for infants to sleep on their backs, Immunizations ma lower the risk of SUIDS, Pacifiers may reduce the risk of SUIDS
 - It is safer for an infant to sleep in parents room, Pacifiers reduces SIDS risk, Breastfeeding reduces SIDS risk
 - It is safest to have nothing in the crib, the benefits of breastfeeding longer, babies should not lssp in the room alone
 - It's best to keep the baby in his/her own crib in the same room as you, Best not to start a pacifier, No loose blankets it's best to use blankets that are attached
 - It's easier for babies to choke on their belly, bouncers are no longer approved for sleep, no hats after the hospital when sleeping
 - It's okay to use a swaddle, sleepsacks are okay to use, Pacifiers help reduce the risk of SIDS
 - Its not good to put hats on infants once they leave the hospital, crib bumpers are not safe for babies, there are many things that can be unsafe for babies that a lot of people don't realize
 - Its safe for babies to use sleep sacks, bed sharing is never okay with infant's, statistics on immortality rates for infants
 - Kansas rates very high in # of cases, #2 cause of death in white population
 - Keep door open all the way. Magic Marlins not allowed.
 - Keep the baby's head uncovered for sleep, Only swaddle a baby who wants to be swaddled, immunizations reduce risk of SIDS
 - Kids ks org events to look up community baby showers anatomy makes it less likely for a child to choke while they are sleeping on their back, it is more dangerous to sleep too hot than too cold
 - Kids should sleep only on backs, Take kids out of car seats if they fall asleep in it, No blankets in cribs
 - Knew all these, still want a reference for the AAP paper that recs not repositioning babies once they can roll over
 - Knowing what commercially available products are banned for safe sleep, The significance of breast feeding and coorelation to safe sleep, Protocol for smoking parent to prevent second hand smoke.
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- Change in AAP vocabulary and recommendations; Which items are banned/not recommended and why.
 - Changes in legislature; product bans.
 - Children should sleep on backs, 3 months and above with arms outside of sleep sacks, You do not have to place pacifier back in babies mouth while they sleep and knock them out.
 - Co sleeping is bad, Do not share cribs with multiples, Always place on back
 - Cosleeping isn't good for newborns. Ankle monitors don't help reduce SIDS. How significant the decrease in SIDS there was with breastfed infants
 - Crib bumpers are not safe; Fitted sheets from the mattress company are best; Immunizations reduce risk of SIDS.
 - Data on safe sleep; Tools to teach parents
 - Do not let babies sleep on an incline; Check all products with the consumer website to check for recalls; Do not put babies to sleep with a hat
 - Do not put a hat on baby when putting them to sleep; Bumper pads are no longer available for purchase in KS; Inclining a mattress for infants is no longer recommended.
 - Don't sleep in Car seats; Don't sleep in swings; Use a pacifier at sleep.
 - Don't use bumpers. don't smoke,
 - Don't use portable cribs that are more than a year old/past expiration. Any pacifier is safe for baby while sleeping. there are a lot of hazards that increase SIDS/SUIDS (crib bumpers, bedding, cosleeping)
 - Dressing the baby appropriately; not using bumpers; no co sleeping.
 - Encouraging pacifier use; Not using blankets to swaddle.
 - Exclusive breastfeeding reduced the risk of SIDS. A physician's note is required for babies who sleep on their tummies. 1/3 of SIDS-related deaths in child care occur in the first week
 - Expiration of portable cribs. Which states have highest rate of SUID/high rate in our county. Baby bed next to parent's bed instead of alone in baby's room
 - Hats aren't required (Healthy babies can regulate temperature); 'Co-sleepers' are not recommended; Halo as a safe sleep partner
 - Healthy babies can regulate their temperature. Triple Risk Theory- external stress factors, infant physiologic response all contribute to SIDS. Laminate baby sleep position anatomy for home visits when families have questions
 - How to put babies to sleep correctly; How to put them to sleep in the right environment; How to put them to sleep in the right clothing
 - Human milk for the first 6 months; use a pacifier; the new laws of 2022.
 - Knowledge in regard to shots, Knowledge in regard to parents' involvement, Knowledge in regard to environment
 - Last time I took this class was before the pacifier recommendations. I learned that pacifiers reduce the risk of sids
 - Latest correct, information; that a child can have a pacifier after breastfeeding, has been established; specific equipment that is recommended
 - Lay on back will not choke
 - Lay them on flat firm surface. Babies up when being breastfeed for bottled fed. Air circulation is good for the child's sleep room.
 - Learned about SIDS, SUIDS AND OWL LET HEART RATE
 - Learned more the 1st time we took this training, last time a learned about hats not being recommended, Tera is good at helping us stay aware of safe sleep practices
 - Learned safe for infant to sleep in same room for 1st 6 month in own crib. Combining SIDS with other unexplained deaths. No inclined sleep
 - Learned that not use a heart rate monitor, pacifier help reduce infant deaths, sleep box
 - Learned the reason that babies don't need to be inclined even with reflux or congestion is that they seem to have a built in mechanism to keep them from choking when laying flat on back. Learned that swaddled even arms until old enough to roll over is good, Pacifiers help reduce sleep deaths
 - Learned the safer way to ad an incline to a crib. Don't leave a blanket on the side of crib, The statistics of infant deaths in daycare
 - Learned what do to with safe sleep and what to do with infants
 - Length of Breastfeeding time (6 months), Incline sleeping is no longer allowed. Children in daycare cannot be put in a bassinet in a pack n play.
 - Lose blankets can lead to suffocation, cribs should be away from windows and wall décor, babies should sleep in parents room for the first 6 months
 - Loved the visual of the trachea and esophagus and using that as a teaching tool.
 - Mainly that monitors are not advised, Making sure twins each sleep in own bed, Statistics
 - Making sure sheets are tight, supervised tummy time and why tummy time is important
 - Mattress pads are not recommended, Breathable Bumpers are not recommend, Sleeping in car seat is not considered safe
 - meaning of sids, position and what to place in crib
 - Memory foam mattress are not safe for infants to sleep on. Need a firm mattress, Crib bumpers are banned, Infants should be placed on their backs until 1 year
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- I learned about baby equipment and how they are unsafe sleep environments; Pacifier once breastfeeding established; Sleep boxes unsafe.
- I learned about how to answer the question: what if my baby chokes? Using the image and discussing gravity; Not to use hats and to educate parents on putting infant in one layer more than adults would be comfortable in; The statistics about 50% or more of infants dying from SIDS even if exclusively breastfed and non smokers.
- I learned that bumpers are illegal; I learned that pacifiers and breastfeeding reduce the risk of SIDS; I learned about portable cribs.
- I learned that crib bumpers are a hazard, I never realized that before.
- I learned that healthy infants discharged from the hospital can keep their own body temperature and do not need hats. I learned the ABC's of safe sleep ALONE, on BACK, and in a CLUTTER FREE Crib. I had no idea of safe sleep before this other than on the back. There is a difference between SIDS and SUID- SIDS is an actual medical diagnosis where some Babies have brain functions that predispose them to SIDS, while there are different types of SUIDs- SUID is an umbrella term. There are things caregivers can do to reduce SIDS and other SUIDs.
- I learned that inclined products for infants are not available to buy anymore. I learned about SUID. I learned that when on tummy a child can vomit and it go in the lungs more than on back.
- I learned that Mississippi was one of the highest rated states with infants dying of SIDS. Don't let the baby wear the hat to bed. California was one of the lowest states w/ infant deathly caused by SIDS.
- I learned that what we call sleep sacks are referred to as wearable blanket; I also was crushed to learn that the zip code 66604 is the highest in infant death in the state of Kansas; I also learned that there is a high discrepancy in the race of the child and how it relates to infant death.
- I learned the four areas of development. I learned the four factors of influence development. I learned two types of motor skills development
I'm glad that you went over that breast feeding helps reduce SIDS, I didn't know that. Didn't know there was that much information on SIDS
- Inclined baby swings are banned; Do not put baby to sleep with a hat; Pacifiers are ok to use while baby sleeps.
- Inclined devices are no longer allowed. New guidelines. No hats at all while baby sleeping outside of hospital.
- Inclined sleepers and crib bumpers are banned now with the passing of the Safe Sleep For Babies Act. New terminology according to the American academy of Pediatrics states that a firm, flat, non-inclined sleep
- Monitors are not approved by AAP. Tobacco users recommended to use a jacket as another way to prevent 2nd/3rd hand smoke.
- monitors do not decrease SUID, temperature of baby in room, immunizations can decrease SIDS and can give opportunity to educate parents/caregivers
- Mostly good refresher
- multiples need to be in different sleep areas. nothing should be in the crib including a blanket or stuffed animals. to not allow baby to sleep in a bouncy seat or car seat.
- multiples should be in separate cribs nursery hazards how to easily explain SIDS to families
- multiplies should not sleep together at home SIDS determined by autopsy babies on stomachs help with making neck muscles stronger
- Must not put on tummy to sleep. Crib must be free of all things. Help baby lay on tummy and learn to use neck.
- my grandmother was wrong on a lot of things pacifiers okay with good breastfeeding always model safe sleep behavior
- My youngest child is 12 and some of the things recommended such as sleep positioners and hats, are not recommended today. Secondly, I did not realize the difference in mortality between breast fed and bottle-fed babies. Finally, the percentage of children in care was surprising due to us not hearing so much about those on the news.
- Never have multiple share a crib Bumpers are not safe Tummy Time is good for the baby when they are awake and supervised
- Never heard SUID term. Love use of APP as reference of research. Fans not proven to be effective in prevention.
- Never let infants sleep on side, no loose blankets or toys around baby when sleeping, no smokeing in house, babies should be in their own firm bed alone.
- Never place anything in the crib with the infant Avoid smoking around infants Never allow an infant to sleep in any environment that is not the crib
- New aap guidelines Devices not to use Sleep box
- New AAP wording
- New changes to safe sleep recommendations
- new recommendations, good presentation and use of data, crib demonstration
- New word: SUID Babies shouldn't sleep on car seats due to the blockage of air/oxygen
- Nice refresher course. Didn't realize sleep sacks came in so many varieties, good and bad.
- no acostar al bebe con un adulto o un nino como bebe dormis un bebe on un lu gar seguro poner a dormir a un bebe en on lugar plano

- surface is recommended. New AAP recommendations for breastfeeding exclusively for 6 months with continuation up to 1 year as mutually desired by mother and infant.
- Infants sleep on their backs. A.B.C. Alone, Back and clutter free. Tummy Time 15-30 minutes daily by 7 weeks old
 - Influence tummy time has on sleep. Definition of SIDS vs SUIDs. Cultural awareness - how other cultures traditionally nap infants
 - Items that were recalled; Pacifier use; Rooming in for 6 months
 - Just how many deaths happen in child care in the first day and week; The use of a single standalone pacifier and reduced the risk of SIDS; If you are going to incline that you incline the entire crib.
 - Last time we spoke of bumper pads, nice to see those are no longer to be used.
 - New AAP recommendations; Crib bumpers are now illegal; 1 extra layer for sleeping, no more.
 - New parameters; banning of inclined sleepers, Fisher price took it off the market
 - New recommendations for breastfeeding (human milk); Non inclined surface for sleep
 - New requirements. Different practices. Adapting to different cultures
 - New wording around bed sharing risks; Increasing tummy time incrementally; I knew that vaccines didn't cause SIDS, but for some reason I didn't realize they reduced the likelihood of it.
 - Nicotine is the problem; You can use a drawer in an emergency situation; approved portable cribs can be used and you can check them out on the consumer website
 - No blankets in the crib; No inclines while sleeping; Don't let baby sleep in car seats/strollers.
 - No bumper pads; Give a pacifier; no sleeping in a carseat.
 - No hats on babies when they sleep; Do not raise the head of the crib or mattress; Pacifiers are helpful in reducing SIDS.
 - No hats to sleep; Pneumonic abc alone back clutter free
 - No hats; light sleepwear under wearable blanket; bring pictures with you to show how sleeping on the baby's back is safest.
 - No hats; No swaddling; Breastfeeding babies reduces the risk of SIDS.
 - No incline; no hat; safety approved portable cribs are ok
 - No owl foot monitor; No hats in bed; No crib bumpers; Putting baby down with a pacifier for nap or bed.
 - Noninclined bed surface; Pacifiers and heart rhythms; Inclined positioning when infants are sick.
 - No bed sharing of any type is recommended Sleep sacs are OK 6 months of breast milk recommended to reduce risk
 - No bed sharing. Uncluttered crib. Check toys for possible recalls.
 - No blankets No weighted sleep sacks No sleeping in your arms
 - No Bumper pads in the crib
 - No bumper pads, no blankets, pacifiers reducing sids
 - NO bumper pads. Use a pacifier. Put the crib in the room with you.
 - no bumpers no incline no worn monitors
 - No bumpers No swing sleeping/inclined No blankets in crib
 - No bumpers, car seats, swingers, and saddlers can be dangerous
 - No caps while sleeping. The new federal law about safe sleep. It is illegal to sell bumper pads.
 - No clutter objects in crib SID is up to 1 year Only safe swaddlers allowed
 - No crib bumper Safe sleep up to a year
 - No crib mattress cover under fitted sheets No hat wearing while sleeping Sleep sacks
 - No crib numbers. Pacifier. Breast feed the 1st 6 months
 - no hat crib for hosp pacifier use
 - No hat One layer of clothes more than me Pacifier-benefits
 - No hat should be on the baby's head while asleep swings not being a safe place to sleep (my son use to fall asleep in those a lot) the Child Care death rate was interesting to learn.
 - No hat while sleeping Pacifiers reduce risk only use sleep sack
 - No hat, no incline, no tobacco
 - No hats
 - No hats, One crib per baby
 - No hats, do not swaddle arms, Longer breastfeeding decreases SIDS
 - No hats binkies are good breastfeeding reduces chances
 - No hats No blankets in crib
 - No hats after hospital
 - no hats for babies while sleeping don't swaddle after 2 m AAP recommends breastmilk for first 6m
 - No hats on infants while sleeping Pacifiers should be introduced after breastfeeding is established Check packaging that claims to reduce SIDS
 - No hats once home.
 - no hats to sleep, non-weighted wearable blankets ok, 1 layer more than adult
 - No hats when sleeping
 - No hats while baby is sleeping.

- Not to share bed with infant. How many deaths by the first day. Breast feed baby for first 6 months increase their life and health
- Not to use loose blankets. That an infant should sleep in the parents room in a crib and not in their own room in a crib. Not so use sleep devices to help the child sleep
- not wearing a hat; no bumper use; pacifier use.
- One layer more than us is allowed; Multiples sleep in separate beds; Statistics
- Pacifier reduces SIDS risk. Brainstem info that can contribute to risk. Recommendation that infants sleep in parents room.
- Pacifier use to reduce risk; Multiples in separate sleep areas; The factors related to SIDS death
- Pacifiers are acceptable; Oxygen readers are not safe; Temperature
- Pacifiers are good to use; don't tilt mattress
- Pacifiers are recommended with the sleep.
- Pacifiers can help reduce the risk of SIDS. Only use pacifiers after breast feeding has been established. There are a lot of things that are now banned for 'safe sleep'
- Pacifiers help reduce the risk of SIDS. 2. twins not to share the same crib. 3. many websites available to get information about safe sleep practices to share with parents.
- Pacifiers reduce sids. Most sids are before the child turns 1 and most happen in child care settings. Breastfeeding babies have a lower risk of sids especially if breastfed up to 6 months.
- Pacifiers reduce the risk of sids by 50%. switching a babies sleep position to their tummy can make them more likely to die from sids. Playpens are called cribs now
- pacifiers; swaddling loosen & arms out when wanted; non incline!
- Products no longer safe/used. how much tummy time helps. not sleeping in carseats/soft issues
- Put baby to sleep with a pacifier. Sleep without hats. Cribs have expiration date; 1 year recommended
- Reach out to advertisers who are showing unsafe sleep; Pacifiers reduce SIDS; Incline sleepers are a risk.
- Sleep related stuff to put in crib; How to incline the crib right; How important it is to practice safe sleep
- Sleeping in swings is not safe sleep, babies should be transferred after they fall asleep in one; Pacifiers help reduce the chances of SIDS; Tummy time can be started at a young age in increments.
- Standards for the porta cribs are clearer now. Didn't know and now do that I could take kids out of cribs at 12 months, I thought it was 18 months. Pacifiers are good for preventing SIDS.
- Suds; percentage of deaths; swaddles.
- no hats while sleeping do not place baby on tummy do not sleep with baby in adult bed
- No hats while sleeping. Check to see what is recalled.
- No hats while sleeping. Look up CPSC to make sure nothing is recalled. Back is best.
- No hats, sleep in parents room first 6 months, types of beds allowed
- No hats. Bumpers are not allowed to be sold any longer. No inclines.
- no incline no hats swings bad for sleep
- no incline sleep pacifier use tummy time
- No incline to sleep breast milk reduces sids third hand smoke, crazy!
- No incline, no hat, sleep sack
- No Inclined sleepers
- No inclined surface Keep baby in parent room for 6 months Not all hospitals do safe sleep training before parents leave with new baby
- No loose items, blankets, wubbanubs, etc in pack n play Baby sleep in room with parents for 6 months Door must be open in babies sleep environment
- no owlets using pacifiers not to swaddle to tight
- No putting lots of stuff on cribs; no sleeping on side; no sleeping with babies.
- No sleeping in bouncy sleepers Baby should be parents room for at least 6 months
- no sleeping in swing, no bumper pads, child should sleep in parents room
- no sleep sacks at all, very few deaths are related to Actual SIDS, pacifiers are still the only object allowed in the crib
- No to fitted sheets The % on how breastfeeding helps When to wear a hat
- no water beds incline sleeping biki only during sleep
- no weighted sleep sacks breastmilk reduces risk of SIDS pacifiers connected to an animal is not to be used
- No weighted sleep sacks Pacifier is okay to use in bed Breast fed baby helps reduce SIDS
- None
- Not ever sleeping with an adult in their bed Not to use bumper pads or bumpers No things in the crib at all
- Not having ANYTHING in the bed with the baby. Not to incline the mattress at all
- Not new material
- not to hats, had never heard of boxes being used, and not allowing them to sleep in swings
- Not to lay a baby on it's back, never have a crib bumper in a baby crib, and pacifier reduces SIDS.
- Not to lay the baby on their stomach when they're sleeping.
- Not to let a baby sleep in a bouncer. over swaddling can hurt the baby's hips. Breastfeeding can reduce SIDS.

- Swaddle with halo-style blankets only; Vaping should follow same guidelines as smoking.
- Swaddling. Suid. 3rd hand smoke.
- Talk about pacifier to help with baby sleep and wake time. No hats after leave hospital. Talking about baby not together for twins-push this more.
- That babies won't choke if placed on their backs. No rock 'n plays. Pacifiers reduce SIDS. NO wedges.
- That pacifiers help prevent sids; breastfeeding even in small amounts helps prevent sids; swaddling is fine for safe sleep
- That smoking can cause sids
- That the inclined sleepers are banned as well as crib bumpers.
- The amount of tummy time recommended for infants under 7 weeks; Bumpers officially banned; Monitors such as owlets are not recommended.
- The importance of baby sleeping on his back. how baby bumpers for crib can be dangerous and that if it doesn't come with the portable crib it shouldn't be used.
- The importance of tummy time; Several useful websites to share with parents; Lift the entire crib for elevation if doctors note says so.
- The new verbage being used.
- The number of sleep related infant deaths. Things that contribute to infant deaths. Ways to prevent sleep related infant deaths.
- Things that are banned; Pacifier reduced SIDS; being breast fed help reduce SIDS.
- This was a refresher/update training for me, I've taken Safe Sleep trainings twice in the last 5 years.
- To check the Office of Consumer Safety to verify children's products; the use of sleep blankets; difference between SIDS and other sleep based issues in infant mortality
- To use a pacifier once breastfeeding has been established. There is no data on mesh crib linear being safe. Be cautious with items that say they reduce sids
- Upright bouncers and o2 monitors are not recommended.
- Use of hats during sleep. safe Sleep positioning. safe sleep environments.
- Use of pacifier at nap and bedtime helps baby sleep and is considered safe. portable cribs/packnplay have an expiration date. Multiples should sleep in their own cribs
- Using a pacifier at nap time and bed time; Not using a hat; Box sleepers are not safe.
- Using a pacifier helps reduce sids; The number of deaths in daycare and within the first week or on the first day; Being on the same page everywhere to educate parents and have consistency.
- Vaccines reduce risk of sids. Hats are not recommended for sleep. Boring is best.
- Not to let infants sleep in mobile 'seats'. No tummy sleeping (pre rollover). Bed sharing at all is a risk.
- Not to let infants sleep with a hat External factors of SIDS Learning materials that are available for families
- Not to put baby on stomach
- Not to put hats on babies Co sleepers are bad
- not to use a crib bumper pacifiers reduce to risk of sleep deaths bedsharing with adult fatigued
- Not to use an incline. There are weight limits on portable cribs. Some items have been banned due to safety issues.
- Not to use bumper pads doesn't need blankets in crib don't let sleep in car seat
- not to use bumpers some country's use sleep boxes pacifier use
- not to wear hats
- Nothing in the bed, no blankets, wearable blankets are a thing.
- Nothing in the crib but the pacifier Baby always on back for sleep Never let baby sleep on stomach.
- Nothing should be in the crib but the baby alone. Breastfeeding reduces the chances of SIDS. A pacifier reduces the risk of sleep death.
- nurse at least 6m car seat is not a safe place to sleep swings and bouncers are not a safe place to sleep
- nursing reduces risk vaccines reduce risk sleep in same room
- One more layer than adults Breastfeeding reduces risks Crib safety
- One room - separate sleeping; wearable blanket: using pacifier
- one warm layer of clothing
- Only put one extra layer on baby, co-sleepers are not safe and triple risk SIDS theory.
- Only use 1 more layer of clothing to keep baby warm The number of deaths kansas has by SIDS Pacifier work to prevent SIDS
- Overheating risks Pacifier use recommendations Modeling good practices to parents
- Overlay, stats about deaths in 'depressed areas' of the US.
- Owllet doesn't quite work Crib bumpers are band Car seat sleep
- Pacifier breastfeeding reduces SIDS Blanket rap
- Pacifier No hat Swaddle
- Pacifier can reduce Sid's risk. No hats for infants. Bf for the first 6 months to reduce Sid's risk.
- Pacifier can reduce the risk of SUID.
- Pacifier help reduce infant deaths do not use owlets about sleep boxes
- Pacifier help reduce infants death Do not use owlets about sleep boxes
- Pacifier if ok in the crib

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- Vomiting reflex, understanding the anatomy. 3 combined reasons for SIDS (anatomy, environment, temperature). many states including us still have high SIDS numbers.
 - Wait 4 weeks after BF to introduce pacifier; No dock a tots; Can't sleep in swing
 - What AAP recommends in all aspects; Approved type bedding; Appropriate ways to keep the baby warm; 4. What SUID is.
 - What causes Sids. Techniques on how to lay a child down. What is not allowed in a crib
 - What SIDS is; How to put a baby to sleep safely; The statistics behind safe sleep.
 - What the environment of the bed should and should not look like. The Triple Risk SIDS Theory. The impact that poverty can play in SUID
 - You can share a room with baby but not the same bed; Inclined sleepers and crib bumpers are banned; Tummy time should be started as soon as possible.
 - You should not cover babies with blankets. No extra stuff above or around the babies sleep spot. Bed sharing under 1 year old causes
 - You shouldn't share a bed with an infant they should sleep in a separate bed beside yours. Baby's can have a pacifier while sleeping and that is the only thing that should be in a baby's bed with them. Baby's crib mattress shouldn't be elevated unless you have a doctor's note saying that it is okay.
 - Twins should not share a crib. don't buy older cribs that have bars too far apart. don't use car seat for sleeping outside of car.
 - Babies sleeping on their backs is safer than on their tummy. Babies should not have anything in the crib no matter what when sleeping.. Tummy time is important.
 - Companies make false advertisements often with newborn items such as the owl sock. 2. A firm mattress is the safest. 3. Not to cover a babies head when they sleep.
 - always place on back. check child when sleeping ever 15 minutes. do tummy time when awake
 - Baby can't sleep on an inclined surface . Baby can't sleep in the co sleeper things in bed
 - Back to sleep. Breastfeeding reduces SUIDS. Pacifiers help reduce SUIDS
 - Brands of sheets for pack and play. Cosleepers are considered not safe
 - Breastfeeding decreases by 68 percent. There are specific crib sheets for pack and plays. Sleep sacks are the only thing approved for safe sleep
 - Do not put a hat on a baby to sleep. do not let your baby sleep on an inclined surface. Bedsharing is not safe sleep
 - Pacifier reduces risk of sids. Contact with smoker clothes is a risk. Hats are not safe sleep clothing.
 - Pacifier reduces risk of sleep related death Child should wear no more than one layer more than adults.
 - Pacifier reduces SIDS Immunizations assist in reducing SIDS by 50% Breastfeeding reduces SIDS
 - Pacifier reduces SIDS The use of sleep sacks Tummy time is allowed right when they come home
 - Pacifier reduces the risk have a safety approved sleep surface in parents room the owlets are not recommended
 - Pacifier reducing the risk of SUID
 - Pacifier usage Sleep Blanket usage Nursing for 6 months
 - Pacifier use Co-sleeping recommendations
 - Pacifier use decreases risk Breast feeding decreases risk Hats are not recommended for safe sleep
 - Pacifier use during sleep helps increase survival. No hats during sleep. Safe sleep sack can be swaddled below arms.
 - Pacifier use is recommended to reduce SID related death Dress infants with no more than on layer more than an adult wears
 - Pacifier use reduces risk or SIDS. 68% decrease risk of SIDS when you breastfeed baby. Only one twin baby per crib - they need to sleep alone.
 - Pacifier use reduces the risk of sleep-related deaths A wearable blanket, sleep sack is good to use Breast feeding is recommended for at least 6 months,
 - pacifier use reduces the risk of sleep-related deaths breastfeeding reduces the risk of sleep-related deaths
 - Pacifier use, sleeping arrangements and how a baby is to sleep.
 - Pacifier, boppy bouncer
 - Pacifier, sleep sack, on their back
 - pacifier, sleeping on the back
 - Pacifiers No swaddling once baby rolls
 - Pacifiers Breastmilk
 - Pacifiers and breastfeeding reduce the risk. I learned that there was a new bill passed that bans some unsafe sleep products. Babies only need one more layer than adults and no hats to sleep.
 - Pacifiers are a good thing in safe sleep. Breast milk reduces the SIDS risk.
 - Pacifiers are a protective factor for SIDS Wearable Sleep Blankets have been developed to help keep babies warm and comfortable and is safe sleeping Immunizations Reduce SIDS up to 50%
 - Pacifiers are encouraged for babies sleep The importance of baby not sleeping in an inclined device Breast fed babies have a lower risk factor for SIDS
 - pacifiers are good for sleep
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- Don't swaddle with blanket for sleep. Pacifiers are okay to use during sleep. Baby sleeps in the same room as parents for first 6 months in different sleeping area
- New safe sleep rules effective 6/2022. No items in crib while sleeping. Baby to sleep in parents room for first 6 months, separate bed
- Nothing in crib but pacifier. No blankets. Firm mattress
- only one layer more than adult clothes to keep baby warm. Babies don't need hats unless they are going outside. Breastfeeding helps reduce SIDS.
- Pacifiers reduce the risk of SIDS 2) Don't let babies sleep in hats 3) Don't put a loose blanket in the bed
- SIDS can happen to any baby and any parents 2) If you smoke, you need to wear a coat and remove it when you come back inside after smoking 3) Not all babies items are beneficial
- 1/3 of infants die from SIDS in the first day of child care 1/3 of infants in child care die from SIS in the first week Too many deaths in Kansas from SUID
- 189 babies die before their 1st birthday don't overdress baby @ night twins can't sleep together
- 2-6 months most SIDS cases Fall season high in SIDS cases Sleep in parent's room!
- 2(?)0% infants deaths occurred away from parent care
- 2021 crib act pacifiers are encouraged for safe sleep no pacifier clips on clothing
- 3rd hand smoke hands free when baby may be getting close to rolling over was surprised by the information regarding the owlet sock.
- 52 infant deaths occurred due to SIDS or SUID Breastfeed your infant for at least 6 months of their life You can find more information on HeartofAmerica.com!
- 6 month for breast milk for infants Infants sleep on back Infants do not sleep with parents
- 68% decrease in sids who are exclusively breastfed. via christi & WIC provide free lactations services to anyone encourage parents to make sure their childcare providers know safe sleep practices
- A crib in the parents room is the safest place Everyone who watches baby needs to know the safe sleep practices SIDS is increasing in the hispanic community
- A crib in the parents room is the safest place, not just a crib in their own room It is important to tell everyone who cares for the baby about safe sleep SIDS is increasing in hispanic community
- A pacifier is safe to use while the child sleeps. No bumper pads in cribs Infants can sleep in the bassinet part of the play-pin
- A-Alone B-Back C-Crib
- AAP recommends breast feeding to 6m take baby's arms out of sleep sack when they start rolling over AAP recommends baby sleeps in safe crib in parents room for first 6m
- Pacifiers are OK for sleeping. No inclined seats for sleeping. Sleep bags only for children under 6 months.
- pacifiers are ok to use as long as breastfeeding has been established; baby's head should not be covered with hat
- Pacifiers are ok. No sleeping in car seats No sleeping on stomach
- Pacifiers are okay Incline sleepers are banned Swaddling is an option
- Pacifiers are okay to sleep with crib bumpers are illegal to sell
- Pacifiers are recommended to help reduce sids.
- Pacifiers can actually help decrease the risk of SIDS
- Pacifiers can be used. It's recommended to be immunized. 15-30 minutes of tummy time by 7 weeks old.
- Pacifiers can help prevent infant death
- Pacifiers can help reduce SUID No side sleeping No incline (because hospital did so)
- Pacifiers can reduce risk of SIDs Back is best Breast fed until 6 mos of age help reduce the risk of SIDs
- Pacifiers can reduce risk, existence of the Safe Sleep for Babies Act, and how to get families a free cribette and sleep sack
- pacifiers can reduce the risk second hand smoke increases the risk babies should not sleep on inclined surface
- Pacifiers decrease chances of sleep related death, parent and baby's sleep cycles sync when sleeping in the same room, cardiorespiratory monitors do not decrease chances
- Pacifiers help Breast feeding helps Lay on back
- Pacifiers help keep the baby not fall into a deep sleep right away. I also did not know that baby boxes even existed.
- Pacifiers help reduce SIDS Baby will not choke on their backs Breastfeeding reduces the risk of SIDS
- Pacifiers help reduce sids car seat si not a safe place for baby to sleep Infant sleeping area needs to be clean clutter free
- pacifiers help reduce SIDS no incline sleeping tummy time 15 to 30 min a day
- Pacifiers help. Cannot sleep on an incline, cannot sleep in a swing.
- Pacifiers may decrease sids Carseat is not good choice for sleep What 3rd hand smoke means
- Pacifiers prevent SIDS, Twins should not share a sleep surface,
- Pacifiers reduce risk of SIDS. Breastfeeding up to 6 months is recommended to reduce risk of SIDS. Co-sleeping not recommended.
- Pacifiers reduce risk of SIDS>. Tilting crib needs a Dr.'s note/approval. 68% decreases the risk of SIDS if you breastfeed.

- ABC How long they should be breastfed. What can increase the risk of sleep related death.
- ABC of sleep. A pacifier is okay to have. Different cultures believe different things but we can just suggest.
- ABC Sleeping Co-Sleeping is not smart to do SIDS can happen in multiple situations
- ABC, need to be a firm mattress and SUID
- ABC, SLEEP ON BACK, PACIFIER REDUCE SIDS, BABY NEEDS NO MORE THAN 1 EXTRA LAYER
- ABC's of Safe Sleep Recalled items Breastfeeding
- ABC's of safe sleep are Alone, on Back, Clutter free.
- ABC's, Swaddling is best.
- ABCD No swaddling once baby begins to roll over Pacifier reduces SIDS
- About all the different sleep sacks Breastfeeding reduces the risk of SIDS The rebreathing of oxygen
- about baby devices, heart monitors, owlets many infants die by the age of 1 pacifier use to sleep
- about keeping warm a baby during sleeping about the pacifier baby box
- Advise
- All inclined sleepers recalled 3rd hand tobacco exposure risk Kanquit
- all the stats especially before one year of life! the stats on the first day of daycare it is a simple message we should model daily
- Alone Back Crib
- Alone Back to sleep Clutter free crib statistics related to SIDS deaths where to look for recalled items
- alone, in bed, clutter free crib benefits of breastfeeding pacifier use is acceptable
- Always have baby sleep on their back, without a blanket. Allowed pacifiers, not attached to baby in one way.
- Always keep the hat off inside, Bedside sleepers are not safe, Never place a infant on a adult bed
- Always sleep on back. No toys on car seat. Long drives always check on the baby in carseat.
- appropriate places to sleep, pacifiers reducing sids, abcs
- Autopsy can't show cause of SIDS
- Avoid commercial devices like 'cosleeper or owlette' Offer pacifier @ sleep times Immunizations reduce SIDS by nearly 50%
- Babies can now sleep safely on both their backs & side; babies can sleep with pacifiers to reduce SIDS; temperature regulation is key
- Babies can sleep with pacifiers. Immunizations usually lower SIDS risk. Babies can do tummy time.
- Babies can't sleep inclined. Babies can't sleep in a car seat regularly but only in cars. Babies can do tummy time 15-20 mins by 7 weeks old.
- Pacifiers reduce SIDS. Child should drink breast milk the first 6 months of life. Children should never sleep in a swing.
- Pacifiers reduce SUIDs No hats when sleeping Breast milk the first 6 months is recommended
- pacifiers reduce the risk formula is thicker than breast milk and babies sleep softer crib bumper are not the safest
- Pacifiers reduce the risk of SIDS Baby Boxes Start tummy time as soon as possible
- Pacifiers reduce the risk of SIDS best way for babies to sleep is in a crib in parents room do not use blankets, dress baby appropriately for temperature conditions
- Pacifiers reduce the risk of SIDS. Sleeping in the same space/room can reduce risk. Sleep sacks/swaddles should allow are movement when able to roll.
- Pacifiers reduces risk of SIDS Breastfeeding recommended to reduce SIDS Same room different bed
- pacifiers safety, firm mattress, parents rooms
- pacifiers to reduce risk bouncy seats recall website
- Pacifiers with stuffed animals are not safe. Why sleeping on the tummy is actually worse if a child spits up. Make sure to measure your pack and play to the sheet that will be used.
- pacifiers, firm mattresses, sleep close to parents
- Pacifiers, the age of the child for breast feeding.
- Pack and play is considered to be a bassinet.
- pack and plays importance of supervised tummy time what suid means
- pack and plays have a bassinet attachment that are safe to use ONLY breastmilk recommended until 6m No hats
- Parent room in own sleeping bed is the new norm Incline swings are not safe sleeping environments Infants should never continue sleeping on a parent when fall asleep
- pay attention to recalls proper bedding pacifiers not attached to toy
- People believe vaccines cause SIDS Breastfeeding decreases the risks of SIDS
- People shouldn't co-sleep
- People think just because you have an ox monitor that you don't have to follow safe sleep These questions were not proofread People get big mad over calling it human milk for some reason
- Place babies on their back while sleeping Give an infant a pacifier during sleep times Do not put loose blankets in the crib with them
- Place baby alone to sleep Place baby with a pacifier to sleep Place baby in the same room as adult

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- Babies cannot have a pacifier attached to their clothes
 - Babies only being covered in one layer of clothes
 - Where it is safe to lay babies down for a nap
 - Babies need be on their back alone and in the crib. No hats in the crib. Pacifiers are recommend
 - babies roll over things and suffocate babies need to keep on breastfeeding so they don't sleep as heavy
 - Babies should always be laid down on back, not side.
 - Babies should always sleep on back Babies should sleep alone Babies should sleep in an uncluttered crib
 - Babies should be in parents or caregivers room for first 6mo of life.
 - Babies should be sleeping on their back. Babies should be sleeping alone in the crib. Crib bumpers are now illegal.
 - Babies should not sleep in a swing or in a box.
 - Babies should not sleep in hats. Side lying is not safe.
 - babies should not wear hats inside. pacifiers with animals attached are not safe in a crib bedside sleepers that attach to the bed are not safe
 - Babies should not wear hats to sleep. Babies should not sleep in parents bed. Breastfeeding reduces the chance of SUIDS.
 - Babies should not wear hats while they are sleeping.
 - Babies should only have breast milk or formula for the first 6mo of life to prevent sids.
 - Babies should only wear one layer more than an adult to bed. Owllet type devices are not recommended. Breastfeeding reduces the risk of sids.
 - Babies should sleep in parent's room for first 6 months Inclined surface no longer recommended for any infants Sleeping in car seats discouraged
 - Babies should sleep in parents room for at least 6 months. Inclined sleeping is not recommended. To keep babies warm they should only have light layers / one more layer than an adult.
 - babies should sleep in same room but not same bed not to put trust in marketing, do the research myself multiplies not in one bed
 - Babies should sleep in their parents room instead of their own room. Babies should not be inclined. Even breastfed babies need to practice safe sleep because all parents are tired.
 - Babies should sleep on their backs only. That a pacifier is a useful thing to prevent SIDS. Do not allow toys or extra blankets in crib.
 - baby boxes are not the best thing - monitors don't help as much as you would think - immunization maintenance yield improved SUID rates
 - Baby Boxes. Never heard of them Breathable Baby Bumpers Twins should not share
 - Baby breathing in toxins from own breath due to small breathing areas. Car seat straps can cut off breathing. Limit high sand on noise machine.
 - Position Clothing/blanket Feeding-breast milk 6 months
 - Proper sleep surface, appropriate use of a pacifier, what are unsafe sleep environments
 - Providing human milk reduce risk of SIDS Baby's head need to be uncovered during sleep Parents are most likely to follow the safe sleep guidelines from a health care provider
 - Put lighter clothes on the infant while sleeping. Using a sleep sack helps reduce. Using a pacifier.
 - Putting a hat on your baby while sleeping is not acceptable. Exclusively breast feeding reduces the risk of SIDS. Pacifier use reduces the risk of SIDS.
 - Putting baby on its back to sleep. Put nothing in the bed with the baby. Don't let the baby sleep in the car sleep.
 - race disparities statistics especially of first birthday what i can do help promote safe sleep
 - racial disparities Morbidity and Mortality definitions of SUID vs SIDS
 - Recall - checking if things are recalled for safe sleep pacifier use - safe sleep approved No incline bouncy seats
 - Recall site the recall of all incline sleepers pacifiers reduce the risk of sids
 - Recently reviewed safe sleep practices and did not learn anything new during this training
 - recommend 6m breastfeeding sleep in parents room for 6m child care professionals share info
 - Recommend no pacifier until breastfeeding established, breastfeeding reduces risk of SUID, and it is safer for babies to sleep on their back
 - Recommend to breastfeed for the first 6 months can reduce risk Do not share bed with an infant There should not be a weighted blanket in the infants crib
 - Recommendation about feeding human milk for 6m
 - Recommendation for length of breastfeeding. Recommendation of where babies should sleep in first 6 months. What infants shouldn't have in crib.
 - recommendation of sleeping your room for a year
 - Recommendations about babies wearing hats, the length of time of babies should stay in the cribs and the offer of how pacifier's reduce SIDS
 - Recommended to have baby breastfeed up to 6 months old to reduce SIDS 1/2 of Sids events happen on the 1st day home Smoking can increase the risk of Sids
 - Reduction of SUIDS if infant is breastfed Many items once recommended have been banned An infant is at risk for SUIDS from birth to 18 months
 - Reinforced. Safe sleep Ed is growing
 - Resources - KIDS network and community baby showers. Grants for safe sleep materials (pack and plays etc.) Room sharing is suggested in the first
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- Baby on back, baby in sleep sack, baby not on an incline
- Baby should always sleep on his or her back, until they are at least one year of age. Never leave baby unattended during tummy time, because babies neck muscles aren't strong enough to continuously hold their head up. Pacifiers are a great way to help reduce SIDS in infants, if breastfeeding can be used once breastfeeding is fully established.
- Baby should not sleep w/ a hat Positioning aids should not be used Heart rate monitors are not recommended
- Baby should sleep on their back that they shouldn't share the same sleep area with others no smoking or using illegal drugs around baby's
- Baby sleep position
- Baby sleeping arrangements Keeping baby's warm during sleep Age requirements for sleeping babies
- Baby sleeping habits.
- Baby sleeping in parents room in own sleeping bed Crib bumpers are banned and not even able to sell in second hand stores. The baby boxes are not approved sleeping beds
- Baby sleeping in the bedroom in their own crib Pacifier Breastfeed baby
- Back is best pacifier can reduce SIDS Firm surface, same room
- Back is best. Don't force pacifier use but encourage. Baby in same room for the first couple months; not same bed.
- Back is best. Pacifiers have a place. Christy is such a passionate person for safe sleep
- back not stomach Pacifier helps prevent SIDS No hats
- Back to sleep will not cause choking Tummy time 15-30 min a day Owlet is not recommended
- Back to sleep. Side sleeping is not safe. SUID definition.
- Back to sleep. No inclined surfaces for sleep. Bed sharing is a risk.
- Bed Clothing Position
- Bed bumpers are illegal now, there's actual legislation regarding safe sleep for babies, breastfeeding can reduce risk of SUIDS
- Bed sharing isn't good for anyone / parents and child don't get enough sleep. Use sleep sack - check the dates on pack n play the difference between SIDS and SUID
- Bed sharing not okay but room sharing is recommended all bouncers are banned for sleep about the monitors
- Bedsharing
- Bedsharing is unsafe for infants There are wearable blankets for infants and they are safer than normal blankets Pacifier use can decrease chances of SUIDS
- bedsharing, use of binkies
- year. Childcare checklist for baby consumer safety website.
- Review of information. Pacifiers can reduce SIDS. Pick cribs with good air flow.
- Risk of SIDS increases with co-sleeping any child < 4 months Pacifiers can help reduce SUID No hats for sleeping
- room sharing not bed sharing immunizations can reduce the risk i knew about breastfeeding reducing the risk but I did not know at least 6 months
- Safe crib, post it. Temp (one layer clothing on baby). Tons of information out there, be proactive and share with new parents.
- Safe place for children to sleep
- Safe poison only on backyard Same room separate bed Brain stem underdeveloped in SIDS
- safe sleep
- Safe sleep environments Strategies to share with families
- Safe sleep for babies act of 2021- bans inclined sleepers and crib bumpers In 2020, 224 infants died before their first birthday. The more people sharing safe sleep practices, the more likely a new parent will listen.
- Safe sleep practices
- safe sleep practices pts learn by example
- Safe sleep sacks are safe. Don't allow babies to sleep inclined. Babies find a way to get throw up out laying on back.
- Safe sleep. No blankets in bed they are too small.
- Safest on back Nothing in crib Pacifiers are good
- Sage Sleeping
- Same room as parents til 6 months. No weighted sleep sacks. No baby hats after hospital.
- same room own bed for up to one year no sleeping with siblings no sleeping on couch with a baby on someone's chest!
- Sharing a room, not a bed is the safest way to put baby to sleep! Follow guidelines for the pacnplay, each manufacturer is different! Baby boxes- never followed them to see how they ended up, very interesting.
- should be in parents room for 6 months
- should feed breastmilk for first six month sids vs suids stats around first birthday
- SIDS SUID No bumpers allowed
- SIDS can occur on the first day in daycare due to stress SIDS occurs more often in home daycares There are baby boxes
- SIDS rare Pacifier good Sleep sacks have really improved since I had children
- SIDS states Sleep knowledge for infants What not to do.
- SIDS vs SUID safes place is in parents' room breastfeed for the first 6 months

- benefits of binkies breastfeeding as long as possible why they did away with bumper pads
- breast fed babies have a lower risk of sids by 68%. inclined swings and sleepers are not recommended at all. the little baby vital monitors don't really help with reducing sids at all.
- Breast fed infants have a lower rate of SIDs. Hats are a no go for crib sleeping. Infants can do tummy time as soon as brought home from the hospital-if they'll tolerate it.
- Breast feeding and immunizations can reduce SUID Don't cover with loose blankets Make sure babies have a firm mattress that is flat
- Breast feeding and no hats
- breast feeding can reduce the risk of SIDS, babies should not sleep in a car carrier. and finally that SIDS has a higher presence in Kansas than I thought
- Breast feeding for 6 months helps reduce risk Boxes can be used in an emergency for safe sleep fans don't help with reducing the risk of SIDS
- breast feeding is most recommended for 6 mos, crib bill, inclined bassinets/swings no longer used
- breast feeding reduces risk of SIDS Smoke from clothes can effect baby pacifiers reduce risk of SIDS
- Breastfed baby has a reduced risk of sids, do not have anything in the crib with the baby during sleep, sleepsacks are a good replacement for blankets.
- Breastfed babies have a 68% decreased risk of SIDS. Immunizations reduce the risk of SIDS by 50%. The Triple Risk SIDS Theory of: External Stress Factors, Physiological Response, and Developmental Factors.
- Breastfed babies have a reduced chance of death Pacifiers are recommended No bumper pads
- Breastfeed for 6m sleep in parents room for 6m Can't be inclined
- breastfeed for at least 6 months of life, baby must regulate body temp before leaving the hospital, pacifiers reduces risk, baby should be in parent's room
- Breastfeed reduces the Sid Pacifier Wearing blanket
- Breastfeeding can help reduce sids and other diseases, positioners advertised in bulk can be harmful, and babies who have not yet established breastfeeding should not use a pacifier.
- Breastfeeding can help to reduce the risk or SIDS
- Breastfeeding decreasing risk by 68% cosleeper beds no mattress pads
- Breastfeeding exclusively for the first six months decreases SIDs risk by 68%. Being born prematurely or with a low birth weight increases risk of SIDs. Immunizations given on schedule as determined by the AAP and CDC decreases SUID risk by 50%.
- Breastfeeding for 6 months decreases risk of sids baby bumpers and inclined surfaces are banned baby boxes/nests are not approved
- SIDS, sleeping in sleep sack, pacifier
- Sleep Blanket Owlets cribette-playpin
- sleep clothing sleep areas babies should not sleep on couch
- sleep In a box update
- Sleep in parent's room Pacifier use No side sleeping
- Sleep in sack On back only not side
- sleep in the back alone and their crib dont use tobacco immunizations are important
- sleep on back alone in crib pacifier at nap time immunization
- sleep on back only breast feed no co-sleeping
- sleep on back when he is on the crib pacifier at nap time immunization
- sleep positioners are unsafe crib surface should be flat unless Dr ordered slings and carseats/carriers are unsafe for sleep
- Sleep positions recommended Do not use bumpers
- Sleep positions, crib attire and pacifier use.
- Sleep related deaths are a category and includes SIDS and explained deaths Breast feeding for 6 months decreases SUIDS I liked the idea of parents wearing a coat when smoking outside and then taking it off
- sleep sack being used, no rock n play to be used, and place baby on back until they are able to roll over
- sleep sacks binkies w/out toys actually allowed new should separate sleep in parent's bedroom
- sleep sacks immunizations decrease SIDS due to consistent messaging babies should sleep in parents room in separate bed
- Sleep sacks are 100% safe Pack n play affordable price A fitted sheet is ok for crib
- Sleep surfaces Use of Binkies Recommended time for breastfeeding
- Sleeping boxes not safe for sleeping in Using a pacifier when putting down Different types of safe sleep products
- Sleeping in a laundry basket is a temp fix Babies can't sleep in a swing or sling We have a high count of SUID
- Sleeping in a laundry basket is acceptable for a temporary fix just without a blanket babies aren't supposed to sleep in swings inclined position is not good for the infant
- Sleeping in same room in separate safe sleep area as parents Pacifier use helps reduce SIDS No owelet socks baby
- Sleeping in the same room, separate bed. Pacifiers help to reduce SIDS.
- Sleeping o the side isn't as safe as sleeping on the back, you can give a pacifier to a baby during naptime but don't give it back to them if it falls out and hats should only be used when outside but not when sleeping.

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- Breastfeeding for any amount of time reduces risk of SIDS.
 - Breastfeeding guidance is longer than expected, and not possible for some. Guidance has changed to completely exclude inclined surfaces. Hats are a bigger hazard than I thought.
 - Breastfeeding helps reduce risk of SIDS, using a pacifier helps reduce risk of SIDS, and inclined sleepers are not accessible.
 - breastfeeding helps reduce SIDS the whole child care thing was frightening but so happy to learn all the resources and how to empower parents when shopping for one
 - Breastfeeding helps reduce SIDS. Baby's airway needs to be open without confinement. Not letting baby overheat.
 - Breastfeeding information .
 - Breastfeeding is better to reduce SIDS Pacifiers are good
 - Breastfeeding reduces risk of sleep related deaths. 224 infants died before their first birthday in 2020. Monitors doesn't reduce the risk of SIDS.
 - Breastfeeding reduces sids
 - Breastfeeding reduces SIDS Pacifier reduces SIDS Hospitals don't follow AAP recommendations
 - Breastfeeding reduces SIDS ABC Alone Back Crib
 - Breastfeeding reduces SIDS Change in environment plays a role in SIDS Smoking parent increases SIDS
 - Breastfeeding reduces SIDS Pacifier is okay to sleep with
 - Breastfeeding reduces SIDS by 68% Learned about unsafe sleep environments, car seat, strollers, swings, etc. Immunization reduce risk of SIDS
 - Breastfeeding reduces SIDS risk by 68% Immunizations reduces risk of SIDS by 50% 20% of SIDS death occurred while in care of non parent
 - Breastfeeding reduces sids, no hats in bed, and bumpers are bad.
 - Breastfeeding reduces the chance of SIDS A pacifier shouldn't be introduced until breastfeeding is established or after 1 month smoking around babies can have an affect towards SIDS
 - Breastfeeding reduces the risk of SIDS
 - Breastfeeding reduces the risk of SIDS. Pacifiers reduce the risk of SIDS. Babies should not wear hats while inside.
 - Breastfeeding stats
 - Breastfeeding times
 - Breastmilk reduces A Baby rocker that I have is not safe. Fan doesn't prevent SIDS/SUID not enough data.
 - bumper pads not recommended Breast feeding reduces SIDS No hat while the baby is sleeping.
 - Bumpers are banned Pacifier can reduce Sid's Can sleep in separate beds in same room
 - Sleeping with a pacifier reduces sleep related deaths Immunizations reduce sleep related deaths Twins have to sleep in separate safety approved beds
 - smokers increases risk of SIDS don't use a loose blanket breastfeeding for six months recommended
 - Specific statistics on SIDS Recommendations for parents Ways to recommend safe sleep for parents
 - statics on SUIDs the difference between SIDS and SUIDS only one extra layer than adults
 - statistics
 - statistics sleep sacks it's okay to place baby in parents room BUT in a separate bed
 - statistics regarding SUID and SIDS - I found it interesting how they break it down into categories knowing that some ethnic groups can be at a higher risk is great, but really you need to target everyone the safety of strollers long-term for sleeping was a good reminder or lack there-of
 - Stats Caregiver information physiology of safe sleep
 - stats definitions childcare information
 - stats of immortality rates in infants infants should only sleep on their backs the 'why' to all of this
 - stats regarding SUID in KS - what a safe sleep environment looks like - approved cribs
 - Strategies to approach families to discuss Breastfeed babies are at less risk and why
 - SUIDS, how many baby equipment that is not used anymore,
 - SUID - didn't know about this
 - suid - what it is number of babies that do not live to 1st birthday safe sleep policy for caregivers
 - SUID is something i didnt know
 - SUID meaning place babies on back to sleep sleep in parents room
 - SUID meaning the investigation needed to rule in SIDS SIDS is up to one year, i always thought it was like six months
 - Supine means sleeping on the back, prone means sleeping on tummy, how common it is in some states.
 - Swaddling isn't used as often anymore Hats also not necessary Vaping is just as bad as cigarettes
 - take even extra diaper and small wipe container out of sleep environment
 - Take the hat off the baby empty crib during sleepy time difference between Sids and SUIDS
 - That a baby should be alone, on their back, and in a clutter free crib. That you should remove hats to regulate heat. And they should not sleep in elevated surfaces
 - that a pacifier can help reduce that chance of sids, once the child can roll over don't use a swaddle, use a sleep sack and pack and play cribs work perfectly fine for your child to sleep in
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- Bumpers are banned, 50% SIDS reduction in BF babies, don't put wedge under mattress ever
 - bumpers are illegal pacifiers help sleep sacks
 - bumpers are now outlawed sleep in parents room for 6 months don't buy a heart/O2 monitor
 - bumpers banned, proper sleeping position, use pacifiers not attached to anything,
 - can use fitted sheet on pack n play bassinet. SUID vs SIDS, pacifier reduces sids
 - can't use sock monitors anymore You can not save a child from sids the death rate
 - Cant cover a baby head with a cap only add one layer than you have on
 - Car seats are not a safe sleeping environment The foot monitors does nothing for the safety of the baby Parents room is the safe sleep environment
 - Cardiorespiratory monitors are not recommended Not to have baby sleep on side Having baby use pacifier helps
 - Child not to have anything in crib Pacifier will help with SIDS Immunizations to help with SIDS
 - commercial monitors are not good, fans don't necessarily reduce the risk, and more studies are being conducted on the findings of what causes SIDS.
 - Commercialized items
 - como mau tener seguro al bebe cuando duerme posicion segura para dormir ropa para dormir
 - Connection between nationality & infant death
 - Consider the use of a pacifier. Babies should not sleep in slings. Room sharing until 6 months.
 - consistent with the safe sleep training I have had
 - Create a safe sleep environment for our child. SUID can be caused by health and sleep environment. A child needs to sleep in a clutter free space on a firm mattress.
 - Creating safe sleep environment is important for a child. Firm mattress Clutter free space
 - Crib bumpers and inclined sleepers have now been banned nation wide tummy time should start at birth heart/breathing monitors really can do more harm than good for caregivers
 - crib bumpers are no longer a common things, because many children have suffocated from it hats can cause babies to overheat and shouldn't be worn after leaving the hospital it's vital to keep the crib away from physical hazards
 - Crib bumpers are not safe and should not be used Incline is not safe either
 - crib bumpers are now banned, pacifiers are allowed, the updates that are now banned by law
 - Crib bumpers no longer appropriate why bouncers / swings not good for naps where to go for resources
 - That a pacifier is helpful in safe sleep Sleeping in the parent's room is helpful Tilt the whole crib if it needs to be inclined
 - That bumper pads are not to be used, not to use the blankets that even the hospital provides while sleeping in the crib, human milk for at least first 6 months of age of the infant
 - That bumpers are no longer allowed in the crib, that baby box's are unsafe, and that pacifiers at nap and bedtime are recommended to reduce the risk of SIDS.
 - That Child Care Providers are required to follow safe sleep as well to be certified.
 - that crib bumpers are dangerous sleeping with hats is dangerous that the mattress needs a fitted sheet only
 - That human milk is best for baby the first 6 week. That a pacifier increases the likelihood of safe sleep. That you can get formfitting sheets for most pack and play manufacturers.
 - That pacifiers are a good thing. Breastfeeding helps with the risk of SIDS. We need to check on toy recalls.
 - That pacifiers can reduce the chance of sleep related death because the infant does not fall into such a deep state of sleep. Breastfeeding can reduce the risk of SIDS. It is not recommended for an infant to sleep in a car seat outside of a car.
 - That SIDS has 3 factors that contribute and it typically happens 4-6 months or less of age. Pacifiers actually help safe sleep habits. Breastfed reduces the risk.
 - That SUID and SID are not the same thing. That Hispanic parents may receive a lot of pressure to over layer the baby. That inclined beds are not endorsed by AAP.
 - That the baby can wear a blanket sleep sack. What things Biden has deemed unsafe swing, incline bassinet and crib bumper. That breast feeding for 6 months helps reduce SIDS.
 - That the crib bumpers and inclined sleepers were banned. Pacifiers reduce risk of SIDS. That you're allowed to incline the bed for congested babies.
 - That the sleep bouncy chairs had been recalled additional resources for information i didn't think about talking about recalls w/ families
 - that wearable blankets are good, to make sure to incline sleeping, and bumpers are banned
 - The ABC's - Alone, Back, Clutter Free Crib The effect that breastfeeding has on reducing SIDS The effect pacifiers have on reducing SIDS
 - The ABC's of safe sleep, what is not okay to have in a crib with a baby, and the difference between SIDS and SUID
 - the ABC's of sleep, where to find information to give out.
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- Crib sheet or no sheet on pack n play. Difference between SIDS and SUID Breastfed babies are less likely to die from SIDS SUIDS
- Cribs for Kids Safe Sleep Resources Same Room, Separate bed
- Cribs must be checked for recalls
- Decrease in sids when breastfeeding. Smoke exposure increases risk of sids. pacifier being recommended to decrease sids.
- definition of SIDS completely safest place babies not sleeping with siblings
- definition of SUID first 6 months in parent's room Should breastfeed for first few months
- definitions in room for 1 year never hear of bumper pads
- disparities in race number of deaths definitions
- Do not incline bed SIDS can happen through 18 months Breastfeeding through 6 months
- Do not let babies sleep with a hat on do not let babies sleep on an inclined surface breast feeding can reduce the chance of SIDS/SUIDS
- Do not put hats on sleeping infants Monitors are not recommended Immunizations decrease risk
- Do not use crib bumper pads. Do not overheat baby with extra blankets. Do not use inclined sleep surface.
- Don't allow babies to sleep in a swing. Don't allow babies to sleep in a car seat. Remove hats when baby is sleeping.
- Don't incline sleeping babies Pacifier's reduce risk of SIDSs Box sleepers
- Don't place a baby in a courier sling to sleep or make sure head is out. pacifiers reduce SiDS Breastfeeding for at least 6 months for reduced risks
- Don't put in sleep sack once the baby can roll over.
- Don't swaddle the baby too tightly. Leave nothing in the crib but the baby and a pacifier Make sure that the baby sleeps on their backs even during rest time.
- Don't use any inclined sleeper. Swaddling infants is not recommended. No quilted sheet, only use fitted lightweight sheet.
- Don't use bumper pads, loose blankets or hats
- Don't use hats Encourage use of pacifiers Bumpers and Inclined sleeping apparatuses are now banned in the US
- Don't use Owlet's. Don't use Rock N Play's DCF will provide families with pack in plays to families who do not have a safe place for their infant to sleep.
- Don't use the inclined for infant, not safe Sleep on the back Breastfeed for 6 months to decrease SIDS
- dont sleep inclined, no crib bumpers, no co sleeping
- dressing in only one layer more than an adult, pacifier use decreases chances of SUIDS, U stands for unexpected...just thought it was SIDS
- The ABC's, a baby should not wear more than one layer than the adults and do not aim a fan directly on infants.
- The amount and type of items being recalled due to being hazardous to a child's well-being during sleep. Specifically, rockers. Do not recommend pacifiers with attachments. How many babies are passing away per 1000 live births. Smoking has a correlation with infant death.
- The benefits of a pacifier as it concerns safe sleep! More about the AAP recommendations. Safer options to provide to families in our work.
- The benefits of wearable blankets the risks of crib bumpers how many infants die from SIDS.
- the bill that was passed by Biden
- The crib cannot be inclined Side sleeping is no longer approved Sleeping in the same room for 6 months
- the definitions the statistics the products
- the definitions that are including more risks. the addition of nicotine and opioid,
- The details of safe sleep
- The difference between SID and SUID, how common infant deaths are because of sleep environment. That breastfeeding reduces the risk of infant deaths.
- The difference between SIDS and SUID The statistics about SIDS The triple risk SIDS theory
- The difference between SIDS and SUIDs. Triple risk SIDS theory. Diversity of SIDS instances across ethnicities.
- The difference between SUID and SIDS. Its recommended to breastfeed for the first 6 months. Breastfeeding greatly reduces the risk of SIDS.
- the difference in the SUD and SIDS importance of nursing stats
- The different role ethnicity can play in sleep decisions. That heart monitors are not recommended. The Triple Risk model for SIDS, including the information regarding the brain stem
- The discontinued baby items, marijuana being another added factor and pacifier technique
- The fact that parents are recommended to have children in their rooms for longer. The resources for a crib or sleep instruction class. The resources for recalls.
- The feet monitors are not recommended. No hats during sleep. Pacifiers help reduce SIDS
- The importance of educating parents early Why some things may have been made/sold in the past but not a great option at this time Inclined position is not recommended
- the importance to model safe sleep behavior at all times is the best way to teach family members and friends this education should come in layers before pregnancy and continue throughout even to Peds offices

- During the first 2-4 months, the babies development is the most unstable at this moment. There is a 68% decrease risk for SIDS for infants who are vaccinated. It is important to give safe sleeping messages before baby is born.
- During this training I learned about the 2021 Crib Bill (the banning of commonly used sleep products). SIDS is decreased by 68% for exclusively breast-fed children, no hats while infants are sleeping, but pacifiers are recommended.
- Encourage pacifiers Encourage tummy time for awake supervised infant Educate as to dangerous sleep environment
- Everything
- Explanation and examples for new guidelines. Statistics by ethnicity. Tips.
- Finland had a SIDS rate of 2/1000 The US is consistent with the world average of 32/1000 They take into consideration maternal and congenital factors with a percentage
- Firm Crib mattress Nothing in Crib pacifier only Baby on back only
- first six months in parent's room not on an incline pacifiers can reduce the risk of SID
- fitted sheets are okie portable cribs are acceptable sleep sacks/wearable blankets are acceptable too.
- forgot about the pacifier sleep boxes are not safe
- Free Crib and Sleep Sack can be provided
- Grants to help get families pack n plays or other safety items. CPPC recall site Community baby showers
- Great ideas on scripting with push back
- great refresher - great instructor - open conversations with moms and caregivers on safe sleep
- Harvey County has highest rate of infant mortality in KS Baby boxes in Finland = lowest rate of infant mortality rates in world 68% decreased risk of SIDS w/ exclusively breastfed infants
- hat pacifiers help reduce the risk of SIDS, I found the stats on infant deaths interesting.
- Hats
- hats are not needed indoors because they regulate their temperature before leaving hospital, should sleep in parents room on a separate sleep surface, multiples need their own sleep space
- having a baby be in the parents for atleast up to a year, what products are no longer safe for babies to nap in, the affects of SIDS rising in Hispanic families (and that J-Lo had twins)
- Having a bumper crib is not helpful and can be harmful Sleeping on the baby's back is best Using a pacifier after breastfeeding is established is a best practice
- Hazards for when babies sleep. Being in a room with parents is ideal. Babies should not wear hats when sleeping
- The inclined rocker area NO NO! No Hats! Encourage pacifiers
- The infant should be in a separate bed in the parent's room at first (not their own room). Safety of sleep sacks. Tummy time during the day can improve safe sleep.
- The info about one layer more than we are comfortable is fine but no more.
- The kansas infant mortality Room sharing Baby Boxes
- The link between breastfeeding and reduce risk of SIDS I learned that infants should always sleep alone I learned that pacifies should only be introduced after establishing breastfeeding.
- The meaning behind SIDS Don't allow babies to sleep in inclined positions How to dress baby weather they are hot or cold
- the new name for SIDS to always find a respectful, nice way to let a mom know that babies should not be covered in the car seat how native americans are still needing our help
- The numerous advertised items that are hazardous for infants. The normal, standard behaviors that parents commonly do for their infants that are risky. Pacifiers are a good item to use for an infant for safe sleep.
- The only thing I wasn't really sure about is things like crib bumpers (never knew they existed) and sleep sacks
- the owlet is bad which is great information to take back to my daughter who feels like she needs one. I had previously told her no because I feel like they make new parents paranoid and I am glad to know that just because it is made does not mean it should be used.
- the pacifier helps prevent sids, babies should have human milk for 6 months and to layer them in no more than one layer of an adult
- the pacifier needs to be used. the monitor
- The pacifier when put down for naps, smoke could cause sids even if no longer smoking (left on clothes) and separate twins one bed per baby.
- The risk of spit up in trachea is increased on tummy. no bassinet in pack and play. Inclined sleepers and bumperes are now banned.
- the safest place is in the parents' room in their own bed involve social services to help families be safe with sleeping arrangements etc childcare info is great
- The safest way clothing item for a baby to sleep is in a wearable blanket. A pacifier can help reduce the risk of sleep-related deaths. Babies should not have anything else in their crib besides a pacifier, if that.
- The statistics of SIDS Solely breastfeed babies have lower risk of SIDS
- The swaddling is Not safe with babies begin to move even though it is barely moving. That placing a car seat

- Healthy babies do not need a hat to maintain body temperature.
- Helpfulness if a pacifier That there is new research regarding risks regarding marijuana Continuing leaving baby on their back
- Hospitals do not follow safe sleep practices Breastfeeding helps reduce SIDS Pacifiers helps reduce SIDS
- how a baby should sleep no hanging pacifiers no bed sharing under 6 months
- how a baby should sleep what to do to avoid sids safe sleep
- How baby need to sleep on back They need to sleep on firm bed They need to room share not bed share
- how car seat covers should be utilized, swingers are not sleep safe, clothing articles such as sleep sacks are safe and helps regulate baby's temp.
- How high SIDS is in the state of KS. Owlets give false hope to families. That 1/2 of SIDS happen in centers on the first day. For hte first 6mo the sleep in parents room in a safety sleep approved sleep surface.
- how important sleeping on a flat surface is, we regulate our temp through our heads and sleeping without a hat is important, online resources for recall info and shareable infographics
- How many products are being recalled. How baby boxes are used. Recommendation to use pacifiers
- How marketing tricks consumers the definitions with safe sleep AAP recommendation
- How pacifiers can reduce SIDS, the difference between SUIDS and SIDS, and the usefulness of the pack and play crib
- how to clearly explain suid and sids cardiorespiratory monitor are not an efficient prevention methods multiples should have separate sleep surfaces
- How to dress baby when it is cold
- How to keep baby warm during safe sleep Mechanism of aspiration/spit up while on back or tummy why boxes are not okay
- How to lay down a baby for bed.
- How to sleep Where to Sleep What can/cannot be used
- How to swaddle, no hats, no sharing beds
- Human milk for 6m
- I did not learn anything new as I have taken Safe Sleep in the past. It was a good refresher course.
- I didn't know the specific till now about the banning of crib bumpers and related objects by the federal government. I also learned that nicotine and smoke can be transferred by touch to the infant compared to before with my very little knowledge. I also learned that there are the wearable blankets were an actual thing and that they are advised for use in the crib for infants.
- cover is not safe. Wearing clothes that smell like smoke is a risk of SIDS.
- the temp of the room infant is sleeping in should be 68-72 degrees babies should not sleep in car seats, strollers, bounders or carriers no type of bed sharing is safe for baby
- The time frame of 6 months for breastfeeding to mitigate risks. The 68 percentage reduction for breastfed babies. The percentage of suids which occur w/ caregiver other than parent
- The use of sleep sacs
- The use of wearable blanket Fans don't help with SIDS what not to use
- The video was very informative, 6 months of breastfeeding is the key. Even breastfed babies need safe sleep.
- the way to properly place an infant to sleep approved safety devices don't place a baby on their stomach to sleep
- There are specific race/demographics that are at a higher risk for SIDS A large % of sids kids take place at daycare & 1/2 on first day. breastfeeding reduces risk of SIDS
- there shouldn't be bumpers in the crib, kids have died breast feeding, and twins aren't recommended to sleep in the same bed.
- They can't sleep inclined.
- They now recommend sleeping in the same room with parents until 1 year old. I was always told first 6 months.
- They use a pacifier for nap and bedtime. They need to be in a safe crib in the parents bedroom. Nothing in their bed.
- Third hand smoke
- This presentation confirmed my current knowledge.
- This training affirmed my knowledge of safe sleep practices such as, bumpers are not to be used in a crib, children should be placed on their backs to sleep, and if possible to breast feed up to at least 6 mo to reduce the risk of SIDS.
- This was a refresher for me. I attended a Safe Sleep Crib Clinic about a year ago and have attended a couple of other Safe Sleep trainings recently. The visual demonstrations or pictures are helpful for me.
- tilting the bed baby not wearing a hat sleeping separate in parent's room
- To have parents find out about safe sleep Keeping baby in parents room Not to over dress baby to keep warm
- to not have a baby inclined while sleeping even when congested there are many causes for infant death no fitted sheets on a pack and play

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- I feel like I knew everything they talked about. Really the only new information I learned was the percentage of when SIDS happen
 - I for about SIDS
 - I have taken sleep training before but couldn't remember if inclined was recommended or not. Found it interesting that people worry about choking when the infant is on the back when it's actually most dangerous on their tummy. Parents might not be getting this messaging from the hospital.
 - I have taken training similar before. I did learn the breastfeeding information from this training.
 - I knew about SIDS from when I was having kids and this was a really good refresher
 - I knew most of the information.
 - I learn a lot about the products that are not safe sleep approved
 - I learned about external stress factors learned about some different resources I learned some tips to give to clients with infants.
 - I learned about how a pacifier can reduce SUID
 - I learned about ks.train.org. I learned that babies are supposed to have only human milk for the first 6 months. I learned that some people think sleeping on back causes choking and that immunizations cause SIDS.
 - I learned about the risk of infants dying during breastfeeding if the mother falls asleep, I learned that baby boxes exist and are not safe, and that a high number of SIDS related death happen due to co-sleeping with a parent or another child.
 - I learned about the statistics of death that occur before a baby turns one. The race disparities, and hats are good in the hospital.
 - I learned about the wearable sleep sacks I learned about not using an inclined position I learned about no co-sleeping
 - I learned how many factors can negatively affect a baby's health
 - I learned infants should not wear hats while sleeping, infants should sleep on their back, and how to assemble a portable crib.
 - I learned it's not safe to sleep with your baby in your bed and they need to sleep alone
 - I learned more about safe and how to better demonstrate safe shell practices
 - I learned more about swaddling. I learned about the demographics of SIDS deaths. I enjoyed the information regarding portable cribs.
 - I learned not to put hats on infants while they sleep I learned to not let infants sleep in devices such as rockers I learned infants should be breastfed the first 6 months
 - to reduce the risk of sleep related death, the AAP recommends human milk for 6m how affordable is the pack and play
 - Tobacco effects on SUIDS Banned Items Breastfed reduces risk of SIDS
 - trachea is on top of esophagus double risk with smokers for sleep related deaths pacifiers help safe sleep
 - Triple Risk Theory which includes Physiological response, development and external stress factors, external risk factors being the only one that can be controlled and reduced for infants. Recommended position is supine
 - True SIDS rarely occurs No mattress pad allowed under fitted sheet Pacifiers reduce the risk
 - tummy time needs to be 2-3 times a day, pacifiers are a good thing, breast feeding reduces risk of SIDS
 - Tummy time should start really early. No adult bed even when infant is on back. Pacifier can reduce SIDS.
 - Twins don't need to sleep together. Pacifier to sleep. No Blanket longer than five minutes car to door over head
 - Type of sleep surface
 - Type of surface to use, crib sheets are ok as long as they are from the same manufacturer, do not use loose blankets with infants.
 - Updates on what is allowed and what is not Bumpers are actually banned, I knew they were discouraged but I did not know they cannot be sold.
 - Use a pacifier, breast feeding is best, no bumpers
 - Use of pacifier breast feed babies are less at risk for SIDS
 - Use of pacifier during nap and bed time reducing SIDS NO hats while sleeping as body heat leaves from top of head Swaddling arms in or out up to baby but not too tight not too hot not too snug not able to flip over and non weighted
 - Use of pacifiers Share bedroom with parents Cultural aspects impact safe sleep
 - Use of pacifiers Sleep on back Breastfeeding reduces SIDS
 - Use of pacifiers reduces risk of SIDS Breastfed babies are at lower risk First 6 months of life the baby should sleep in parents room in separate bed
 - Use of pacifiers to help reduce the risk. Breastfeeding for the first 6 months, Do not sleep in an infant sling.
 - Use pacifier after breastfeeding is firmly established . By 7 weeks - baby has to be established tummy time-for 15 to 30 minutes daily. No any items in the crib
 - Use pacifier to sleep. SIDS is for under 1 yo. Do tummy time as much as possible.
 - Using hats inside aren't necessarily beneficial after the first couple hours.
 - Ways to prevent SIDS
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- I learned that breast feeding can reduce SIDS. That infants should not wear hats when sleeping. And that laying on their back is the safest way to sleep.
 - I learned that breast feeding exclusively is recommended for up to six months, overcoat wearing for smokers who will be near infants is a recommendation, most daycare SUID happens within the first two days.
 - I learned that bumpers and swing sets are banned for infants to sleep in I learned that there are high rates in SIDS more than we think I learned that there are sleep sacks for babies, I didnt know those existed
 - Websites for usefulness Resources for families who need equipment Portable cribs recommended
 - What a bumper is and why it shouldn't be used. That the Rock-n'Play had been recalled. And that there are wearable blankets.
 - What a safe sleep environment looks like, what are some of the outside things, such as cigarette smoke on clothing, can be dangerous and that things to monitor the breathing or heartbeat of the infant do not prevent SIDS.
 - What babies can wear when sleeping, Where babies should sleep and place babies on their backs to sleep
 - What causes Sids, What can be done to help prevent it, what information should be provided to families regarding sids
 - what is an SID how to prevent SIDS the safest way for baby to sleep
 - What is approved and not approved for safe sleep
 - What items were now no longer sold How high of a percentage breastfeeding can lower risk A paci can lower risk of SIDS
 - When giving a child tummy time, slowly increase the amount of timethe baby spends on their tummy. Even if you smoke outside, there is a possibility that the smoke can stick to your hair and that can affect the baby. I also learned that a baby should not have a blanket on when sleeping in a crib.
 - Where infants should sleep pertaining to in their room with parents or infants room Firm mattress How to maintain appropriate body temp
 - Why it's safe for a baby to sleep on it's back The stats about breastfeeding reducing the chance of SIDS What not to put in a crib.
 - why pacifiers work to reduce SIDS breastfeeding helps reduce SIDS not to use crib bumpers
 - You can give an infant a pacifier. Never lay baby on its tummy. No lay on side.
 - You should not put a hat on a sleeping infant, don't use pacifiers that clip onto clothing, don't use heart rate monitor tools that go around infant's feet
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Table 7. Participants Description of What They Will Do Differently in the Future Based on Training

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| <ul style="list-style-type: none"> • Taking dockatots off my baby registry -Not use those baby swings • Explain to family and friends how unsafe it is to use bumpers. Explain to family and friends how unsafe it is to allow stuffed animals in the crib. • Promote sleeping in the same room but not in the bed with parents. Suggesting nothing, not even a fitted sheet in the crib with babies • Tell my parents to change into another shirt and wash hands after smoking outside • Be able to teach the AAP sleep recommendations. Be confident in my sleep practice teaching to patients • Consider not putting a hat on if temp has been stable. Consider not inclining the crib in OB if not 'spitty' and educating on need to incline initially if so. • Continue educating parents about having no extra belongings in the bassinets. No inclining the bassinet for babies who are spitty. • Educate parents more • Educate parents not to use hats to sleep when baby is regulating their own temp. Will not put cribs on incline while in hospital • Educate parents on safe sleep practices. Offer resources to parents to increase understanding • Educating patients on the AAP recommendations. More education for myself when I have children • I will address concerns or provide feedback more during home visits. I will have more of the hard conversations on the importance of not co-sleeping. • Improve safe sleep teaching. Educate on benefits of breastfeeding • No inclining on sleep surfaces. Continue providing and demonstrating safe sleep environments • Will not place cribs in the inclined position. No co-bedding with twins • Be more cautious with the caring for infant sleep. Be more open minded • Breastfed babies have a lower chance of SIDS. No Bed Sharing • Check on kids more. Check safety. • Communication with parents; Encourage the binky. • Discuss how to do tummy time; The importance of not co-bedding. • Don't encourage cosleeping or falling asleep while feeding the baby; dress baby according to temperature, no hats and don't overdress • Don't keep baby in their car seat while sleeping. Encourage breastfeeding for at least 6 months. • Educate families who aren't aware. Use these practices in my facility • Educate my clients. Educate my family/friends | <ul style="list-style-type: none"> • I will not use crib bumpers or inclined sleep surfaces with babies in the future and advise others not to as well • I will not use used baby items as I don't know the history of them. I will not have baby bumpers. • I will now share the recall info w/ my families; When talking bout smoking I will suggest wearing a jacket that can be removed • I will offer more reminders about not leaving sleeping infants in different containers; Encourage up to a year to always start on the back. • I will review safe sleep practices more often with the families- so it is a reminder to them each time we meet. I will also discuss the new baby's furniture and crib to review safe sleep. • I will share information and links more often. • I will speak up more to family about their unsafe sleep practices and why it is important • I will talk more in depth with families about safe sleep. I will talk with families about sleep positions • I will tell parents their infants cannot sleep with blankets and that their babies should be sleeping in their own bed. • I won't use bumper pads in cribs. I will place infants on their back to sleep. • I won't use the sleeping swings, et. with my own child due to the recalls. I will attempt to educate the public, my friends, and family on Safe Sleep. • I wont put babies on my bed; I will try using different way to introduce tummy time • I'll try to use different approach with the client from different cultures. Explain importance of portable cribs • I'm a soon to be parent so I will definitely make sure to follow the AAP guidelines when the little one arrives. - Wait until breastfeeding is established before introducing the pacifier. Making sure the bassinet or crib is always bare. • If giving out infant hats, will also include message about using them safely; try to provide more people with safety recall information that comes out • If they dont have nothing for the baby to sleep in use something that the baby will be safe in. • In my 20 years of providing care, experience and taking a sleep safe class every other year to stay updated I think I am doing everything I am supposed to do and wouldn't need to change anything • Infant in the room with you • Inform my son and daughter about this information as they are having first babies soon. No hats while baby is sleeping. • Inform new mothers the dangers of co-sleeping and dress the baby in warm one layered clothes. |
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- Educate parents on safe sleep practices. Stay on top of safe sleep recommendations.
 - Encourage or offer a breast-feeding room for mothers; Educate parents on safe sleep practices and why it's benefit of both parents and provider being on the same page.
 - Explain to parents that pacifiers can help prevent sids. Teach any new employees all safe sleep practices
 - Follow all the sleep recommendations when putting infants to sleep. Update my safe sleep policies and give them to parents
 - How to put babies in bed; How to babies sleep surface
 - I will make sure infants in my care are not sleeping in unsafe places (swings, bouncers, inclined seats, etc.); I will make sure to appropriately dress infants for sleep in my care.
 - I will make sure that when watching infants I will make sure they are in a safe sleep environment. I will make sure not to have the baby sleep next to me in the same bed
 - I will not bed share with an infant. I will attempt to breast feed with my child that is due in May.
 - I will recommend that there is a room for parents who wants to breastfeed. A place where they can feel comfortable. I will also recommend that there is adequate storage for the breast milk, so parents can store more bottles.
 - If baby falls asleep in a car seat or swing move them to crib; Never put anything in the baby's crib
 - Introduce pack and play expiration dates to families; Encourage families to do the training
 - Letting the infant sleep with a pacifier if they need one; Getting information out to parent and coworkers
 - Make sure products are CPSC certified; Inform parents of safe sleep practices
 - Make sure to move the infant as soon as they fall asleep. No inclined sleep without doctor's note
 - More tummy time for infants. Remember the arm rule for 3 months and over in sleep sack
 - Never leave babies in a swing when sleeping; Not to put blankets in babies crib
 - No more sleep when the kids arrive in day care; Share the information with parents
 - Not constantly move infant back on their back because its ok if they move on their own; not letting infant sleep in car seats and move them to a safety approved sleep surface as soon as possible
 - Not let a blanket even hang off a crib; Not allow hats
 - Not place blankets on the cribs. Continue to educate parents and staff on the importance of safe sleep.
 - Promote pacifiers; Keep closer eye on my sleeping babies
 - Put babies to sleep in a empty bed; Put babies to sleep in a smoke free environment
 - Inform others of the knowledge. Always double check the sleep safety.
 - Inform parents and educate others about safe sleep
 - Inform parents in further detail on the importance of Safe Sleep Practice.
 - Inform parents of the risk factors letting children sleep in their car seats and making sure the child is not using a hat while sleeping.
 - Inform people I personally know of safe sleep and use the practice if watching others' children
 - Inspect clients baby's sleeping area; Educate more on tummy time
 - instruct families - show visual anatomy of infant respiratory/esophagus; explain how breastfeeding can decrease SUID
 - Keep babies flat even when sick; no co-sleeping no matter what the reason
 - Keep baby in parents room for 6 months
 - Keep baby's bed clear of pillows, blankets, etc; sleep babies always on their backs
 - Keep safe sleep information with me for every home visit, demonstrate how to set up the portable cribs
 - Keep the crib empty; refrain from putting hats on
 - Keep toys and baby bumpers away from my baby, and away from curtains.
 - Keep toys out of kids bed; take down wall decor above or around kids beds.
 - Know it and post it, very helpful. Share information and resources and be proactive in getting them to new parents.
 - Lay babies on there back, even if they always roll over to their tummys
 - Learn a lot will use it all. I will work a little harder to help.
 - Learning how to really be cautious with SIDS or SUID; Always make sure that you check an infant sleeping every 15 minutes. Take care of your babies! Always!!
 - Let clients and family members know about recalled items. Look up the law so that I can refer back to it.
 - let my baby seep in my room but not with me; use a pacifier
 - Let parents know to take anything that didn't come with the car seat off. To let everyone know about ABC if watching kids.
 - Let parents know to wrap arms only until they start rolling to side, continue giving parents info
 - Letting parents know it is ok to have baby sleep in their room. Continue to teach things to parents the way the new ways
 - Look for inclined bassinets/swings and advis against paci additions that can suffocate
 - Look for proper sleeping position and look over sleeping environment more
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- Share information with families; Have the crib empty with only pacifier
- Strict adherence to safe sleep example in the hospital; Encouraged corrected encouraged
- Suggest safe sleep training for pregnant mothers and those with a new baby; Ensure safe sleep practices are covered with families in more detail during home visits
- Use pacifier when sleeping; If you have multiple kids, get new crib
- Use sleep sacks more often; Be more mindful of child wearing and ensuring that their air ways are not blocked.
- What not to put in a crib; Tummy time when awake
- When I have infants use the wearable blanket, sleep sack over blankets.
- When I have my own children I will know what to expect as a first-time parent due to this training. I will better be able to explain SIDS to first time parents.
- Won't clip pacifiers to babies clothing or anything else when they sleep. I will make sure to clear the crib.
- Won't have bumpers in the crib because they are a risk for infants to stop breathing. Will use a sleep sack instead of swaddling a baby so the baby can move their arms around and they aren't restrained.
- Check child more often when sleeping
- Don't let babies sleep in swings; Do not put the baby to sleep with a blanket
- Educate safe sleep to family and patients; Be able to confidentially educate about safe sleep
- Effectively telling parents about safe sleep
- No blankets in crib or accessories; Sleep on back only
- No incline sleeping; Using a pacifier during sleep
- No inclined sleeping; No sleeping in car seat
- No sofa sleeping
- Not bed share; Have abby sleep in my room, in their own bed
- Promote pacifiers; Promote sleep sacks
- Share this information with parents I work with; Help them set up spaces that follow safe sleep
- ABC (Alone, Back, Crib). Not to sleep with your baby no matter how tempting it is.
- Above items learned
- Add one layer of clothing; do not put hats on
- Adjustable crib and no crib bumper
- Advised parents of safe sleep practices for the crib. Where to allow baby to sleep and tummy time.
- Advocate for safe sleeping; tell others
- After rocking an infant to sleep place the blanket under the crib, not to hang over the side of the crib.
- After rocking baby to sleep put them down
- Always carry information on SUID on me. Encourage others to take the course.
- Make a printout of safe sleep statistics - in case parents have questions. - always keep safe sleep pamphlets in my binder
- Make it a priority to discuss tobacco use with parents with infants. Be more intentional about discussing bed-sharing
- Make sure that the child does not have anything with them napping. In form parents about safe sleep.
- Make sure everybody knows how important safe sleep is. Encourage new parents to take a safe sleep course.
- make sure I have phone numbers and handout available to mail or give moms the website to get more information on recall baby items
- Make sure I keep up to date
- Make sure I'm stressing importance of not letting babies fall asleep in a swing. Asking to see where a baby sleeps
- Make sure kids are always in safe sleeping positions, and always check on them every 15 minutes while asleep
- make sure sleep sacks are tight, be aware of everything in and around the crib
- Make sure that I share my knowledge with mothers that are expecting or have infants. Speak up when I see that I can make a difference in what I see but do it effectively.
- Make sure the crib is clear. Check on them every 15 minutes.
- Make sure the cribs are always empty
- Make sure the providers I serve use only the bottom part of the pack and play and not the bassinet part.
- Make sure they have pacifier. Pass along updated recommendations to parents
- Make the concepts of safe sleep a priority to talk about, showing clients what a safe sleep environment looks like
- Making sure always have fitted sheets, no stuff animals on biki
- Making sure back to sleep. Having a pacifier is okay just after feeding is established.
- Monitor sleeping areas more closely, ensure proper sleep clothing
- More education to community. Share messages of safe sleep
- More vigilant with infants sleeping, encourage pacifier at nap-time
- My son slept with me while he was an infant but going forward with future children they will sleep separately. i might consider a pacifier. MIGHT. -lol
- Need to look things up and show a video during training.
- Never co-sleep with children, never use a hat unless its cold outside
- Never leave baby inclined.

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- Always lay baby in sleeping bed when they fall asleep in arms. Baby should never sleep with parents
 - always lay on back not side; sleep sacks/light clothing only
 - Always make sure kids are on their back; Make sure not blankets in their bed.
 - Always making sure kids are on back to sleep and no blankets over the crib
 - Always on back; Different surface same room
 - always provide resources on safe sleep, help families ensure they have cribs when necessary
 - Always put babies on their backs to sleep, never co-sleep
 - Always put the baby on their back for sleep. Using a sleep sack for safe sleep.
 - always recommend separate sleeping & use of pacifier is recommended
 - Ask about baby's sleep area; talk with parents about safe sleep and tummy time
 - Ask more questions about current sleeping environment of baby.
 - Ask more questions about the family's infants sleep situation; talk about a plan for sleeping early in pregnancy
 - Ask more questions while assessing about sleep routines; More recommends to parents about safe sleep
 - Ask more sleep questions especially with babies
 - Ask parents to bring sleep sacks; Really educate parents on safe sleep
 - Asking family to talk about it and ask them to make at least one change. Dig dipper when family tell u the co sleep
 - At interview with new families talk about no weighted sleep sacks or blankets; tummy time 15-30 min total daily by age 7 weeks
 - At my own home i will make sure the surface is flat not inclined with a fitted sheet. no swing sleeping or carseat sleeping.
 - Avoid bumper pads; be extra sure there's nothing potentially dangerous in the crib area
 - Baby on Back
 - Baby only sleeps on back in firm crib; Tummy Time
 - Baby sleep in parents room; Don't use cosleepers
 - Bare minimum crib. Share information w/ new moms.
 - Be able to explain why sleeping on the back; is best and why that is important
 - Be able to set up portable crib; promote safe sleep better
 - Be able to show what a safe sleep environment looks like, and go over this with every family
 - Be aware of crib surroundings; never let my child sleep with a blanket
 - Be better able to explain safe sleep - back to sleep tummy to play
 - Never put a blanket on a baby while they are in their crib always use a wearable blanket and never put a sleeping baby in a swing or sling.
 - No allow babies to sleep in a swing
 - No bed sharing
 - No blanket to sleep swaddling
 - No blankets in bed and no hats in bed
 - No co sleeping, nothing in the crib
 - No extra blanket needed
 - No extra blankets in a crib and not using bumpers in a crib
 - No extra blankets in cribs. Nurse longer
 - No extra items in bed. Tummy time
 - No hat and no incline
 - No hats. Discourage unsafe surfaces
 - No hats for bed. If my infant falls asleep place in safe crib not on couch or unsafe bedding
 - No hats in the crib. Pacifiers for babies who need it.
 - No hats on babies
 - No hats on babies. No wedges
 - No hats, not sleep sharing
 - No hats. No bumpers.
 - No incline sleeping. No bed sharing
 - No inclined sleeping. Check equipment for recalls
 - No inclines for sleeping. No swaddling once baby can roll over
 - No loose items in the crib, make sure parents know that crib bumpers are not recommended
 - No matter how hard it gets, do not co-sleep! I always dressed my babies warmer to go to sleep. Now learning they just need no more than 1 layer, I will do that!
 - No paicifer chains, make sure baby are on there backs
 - No poner cobijas en la cuna de mis nictor o ninos que vaya acuidar no dormir a un nino en el carseat
 - No sleeping in bouncers or swings
 - No sleeping in bouncers or swings, no swaddling to sleep after 3 months
 - No sleeping in rockers or swings, no co sleeping
 - No sleeping in swings/bounces. Educating others.
 - No taking baby to bed. Telling parents about third hand smoke
 - No wearable blankets
 - No wipes and diapers inside the crib.
 - Not allow sleeping in bouncers. Not re-inserting binkies.
 - Not be scared to still tell the parents you know that bed share the risks. Tell families about recall sites.
 - Not bed share with my nieces or nephews when watching them or leave them to sleep in their car seats
 - Not co-sleep, don't overdress the infant
 - Not cover a baby up with blankets or use a hat
 - Not covering the child in a blanket. Start the child to sleep on their back
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- Be better about talking to families about safe sleep and provided families with necessary information,
 - Be more aware of how the child is put to bed and what in their bed! Tell others about the ABC and what to change.
 - Be more aware of what a child is dressed in so he is not to warm; light blankets should not be used
 - Be more observant around homes and to know what I am looking for.
 - Be more passionate in my education
 - Be more vocal about baby sleep
 - Be more vocal to parents; Put up sleep safe ABC posters
 - Be purposeful to educate parents
 - Be sure to share Safe Sleep information with families
 - Bedsharing with infant
 - Better discussion on safe sleep to individuals who's backgrounds differentiate from my own and more aware of products which do not align with safe sleep
 - Better educate; Use visuals
 - Better education to pts; Do not send hats home with pts and encourage them not to use them at home.
 - Blanket sleep sack; swaddle
 - breastfeeding longer; be more aware what things that could cause harm
 - Buy a sleep sack; Stress Safe Sleep to Parents
 - Buy sleep sacks as baby gift so people know about them; Encourage parents not to leave sleeping baby in car seat
 - Change how I do things at home; change what I tell people
 - Check consumer products site; talk more about co-sleeping
 - Check infants sleeping in crib every 10 minutes. If they roll over themselves to let them stay that way.
 - Check on knowledge of parents with babies in the home.
 - Check recalls. Safe place for parents to feed their babies.
 - Communicate effectively about sleeping in car seats. Give families resources - checklists & kids & community baby showers.
 - Communicate knowledge to new staff members. Share knowledge w/first-time parents.
 - Communicate with parents. Not purchase certain items from baby registries.
 - Compliment parent on what they are doing well with education.
 - Confirm my clients are not over-wrapping their infants. Confirm my clients are not feeding their infant anything other than breastmilk or formula in the first 6 months.
 - Consistent education with parents; Refer to Health Dept for sleep sack
 - Not have a bumper pad. Use a wearable blanket
 - Not have anyone buy cardiorespiratory monitors. Make sure i get the right info for new parents or any parents
 - Not incline the crib when kids is sick. Dress with one more layer
 - Not let an infant remain asleep in a car seat after arriving at a destination. Make sure infants are not wearing hats when put to bed.
 - Not let infants sleep on their tummies and make sure they have no loose blankets
 - Not let smokers hold baby unless free from nicotine
 - Not place on inclined surface, and not use blankets in crib
 - Not put baby in swing to sleep! Not have blankets
 - Not put bumpers on cibs
 - Not put my granddaughter on my bed.
 - Not raising one end of crib when baby is congested.
 - Not recommend families incline crib from below the mattress. Add pacifier use may be beneficial to prevent SIDS
 - Not sleep in bed with my baby and not put things in their crib
 - Not sleep next to the baby, share information with those who may not know
 - Not sleep with my infant in my bed. talk/tell others about SIDS
 - Not swaddle as tightly at the legs and
 - Not to dress a baby with a lot of clothes. Put a baby in a firm place
 - Not to have child to sleep with anybody. Bumpers out
 - Not to put baby on tummy while sleeping. Don't use bumper pads
 - Not to share bed with baby. Not to put anything in bed
 - Not use an incline and tell parents to not use an incline. Check manufacturers label for wt limit on portable crib.
 - Not use any type of loose blankets. Not to use any pacifiers with cords or anything attached to them.
 - Not use hats for sleeping at all. Make sure baby does not sleep in car seat
 - Not use loose blankets while child is in crib. Encourage tummy time for 15-30 mins/day after age of 7 weeks
 - Not use weighted sleep sacks. Be more hands on; educational with families
 - Not using swings or using bumpers
 - Notes/Prep form the training will be shared with others
 - Offer criblets to clients in need of a safe sleep environment. Keep safe sleep information easily accessible to our clients.
 - Offer pacifiers to my grand children and let people know about 3rd hand smoke
 - On back only. No blankets. Not reclined
 - only a fitted sheet on the bed
 - Only dress in 1 layer warmer than adults
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- Continue educating at every chance, model great behavior
 - Continue safe Sleeping strategies for new parents.
 - Continue to discuss sleep w/ moms before baby is born; 3rd hand smoke - continue to share w/ families
 - Continue to explain the pro/cons of pacifier use with breastfeeding families. Make education materials more readily available to our clients.
 - continue to spread the consistent message.
 - Convey the importance of safe sleep to parents; Make sure babies always sleep on back
 - Crib Area Research up to date guidelines
 - Crib sheet or no sheet; I usually do all the things I have learned.
 - Did not put caps on children while sleeping.
 - Discourage infants from wearing hats to sleep; Encourage 30 minutes of tummy time awake and supervised
 - Discuss A,B,C when speaking with parents of babies.
 - Discuss the above that I learned; continue to teach that which I already knew but make sure that patients aren't relying on monitors/sensors
 - Discuss this topic more in depth during home visits (prenatal and infants); review topic for parents with children under 1 year
 - Discuss with pregnant parents safe sleep; Handouts and posters up in clinic
 - Discussing with parents how to talk with child care providers. Encouraging breastfeeding for safe sleep when mother is able.
 - Do more tummy time. If the baby gets cold use a sleep sack rather than a blanket.
 - Do not let baby sleep in car seat; place baby firm and flat when sleeping
 - Do not put baby on stomach to sleep, and no sleeping in a swing
 - Doctor's note for inclined sleeping and incline the whole bed not use a Bobby; Do not place blanket on side of the bed as it can still fall into the crib while baby is sleeping
 - Don't cover sleeping babies with loose blankets; use sleeping sacks
 - Don't place on stomach let the baby do the rolling when they are ready; Don't swaddle too tight
 - Don't put infant in a box; No bumpers
 - Don't use inclined sleepers; no hats while sleeping
 - Download materials and share with parents; I will get a baby for emergencies
 - Educate all my families
 - Educate clients; Use safe sleep handout
 - Educate families; promote safe sleep
 - Educate my day care parents more than in the past regarding SIDS; Be more aware of the infant's
 - Only put a child on his or her back to sleep. Not allow toys or blankets in crib.
 - Only using an approved swaddle/sleep sack,
 - Openly communicate about safe sleeping spaces for infants with families. Ensure that call caregivers are aware of the ABCs for safe sleep.
 - Pacifiers are okay to sleep with; will not use crib bumpers at home
 - Pay attention to room temperature. Place pack'n play for infant in same room as children
 - Pay more attention to people around babies. Do research before buying baby products.
 - placing baby on back, and the type of blankets I use
 - Position of infant when put down to sleep
 - Posters share information with all parents often no matter age
 - Preach more on safe sleep. Use sleep sacks.
 - Pretty much doing all of the things we learned today.
 - Promote safe sleep
 - Promote safe sleep education to clients, encourage use of ABC of safe sleep
 - Provide pg/pp families with safe sleep pamphlet
 - Provider resources to parents that need a safe place for their baby to sleep. Increased knowledge in safe sleep. Able to give parents advisement and recommendations
 - Put baby in a sleep wrap. That pacifiers are ok
 - Put in crib after they fall asleep.
 - Put the baby to sleep in it's back. Encourage breastfeeding even more.
 - Reach safe sleep. Encourage resources to parents
 - Recommend Pacifiers for safe sleep Recommend Babies to sleep in care givers room for the first 6 mon.
 - Recommend pack n play to families who struggle with buying full size crib
 - Recommend supine position, ensure that if cribs are broken no attempt to fix them and completely destroy
 - Refer people over to safe sleep resources. Explain my knowledge on safe sleep to those who are not practicing it with their infants
 - Refer to AAP recommendation when caring for infant when come to produces and safety
 - Relay info about smoking to parents. Relay info about daycare stats to parents
 - Remember pacifier. I haven't had any parents use sleep box, but if I do, I will let them know.
 - Remind providers to use sleep sack and do tummy time when awake
 - Remove a baby's hat and not put anything in the crib
 - Remove any items in bed use pacifiers
 - Remove pacifier clip during nap. Use pacifier at nap
 - Removing the babies from swings etc. when sleeping to safe sleeping environments
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- environment including clothing during sleep to avoid over heating and applying safe sleep at all times.
- Educate new moms
 - Educate on sleeping in parent's room; Encourage not to allow sleep in carseats
 - Educate parents about safe sleep methods; educate parents about using pacifiers
 - Educate Parents and Educate friends
 - Educate parents before baby is born; Recommend same room separate sleeping surface
 - Educate parents on allowable and improper bedding (eg., portable baby bed vs. bed cots); Ask families more questions about their sleep environments and tools they use for sleep routines.
 - Eliminate rocker; Post safe sleep regulations
 - Emphasize back only, emphasize no bed sharing
 - Encourage breastfeeding for at least 6 months and the idea of room sharing instead of bed sharing.
 - Encourage families to keep their infant in their room for the first six months. Discuss with families the importance of transferring an infant to a safe surface if they fall asleep in a sitting devices.
 - Encourage more safe sleep when parents are in the hospital. change my discharge teaching verbiage
 - Encourage no mattress cover; go over what reduces risk of sids with families
 - Encourage safe sleep training for new moms.
 - Encourage safe sleep, teach abc
 - Encourage the use of pacifiers more; Create a quiet/private space where mothers can breastfeed
 - Encourage the use of pacifiers. Encourage parents to not have babies wear hats inside.
 - Ensure a clutter-free crib!
 - Ensure clients with infants are practicing safe sleeps, offering cribettes to those clients that show a need
 - Ensure foster homes are following all AAP recommendations. Ensure that I myself, am following AAP recommendations.
 - Ensure sleeping in same room as parent and breast feeding until 6 months of age
 - Ensure that friends and families have the resources they need for safe sleep for their infants. Advocate for breast feeding.
 - Every infant need to sleep alone; share information with parents
 - Explain and observe safe sleep
 - Explain babies need to sleep on their backs; make sure beds are firm
 - Explain smoking concern to parents with more intensity. Twin parents, babies in separate spaces.
 - Explain to parents
 - Explaining to parents how to shop for daycare centers and what to look for, what questions to ask
 - removing the bumper pads and getting rid of my rocking cradle.
 - Report what I learned to new mothers
 - Rock to sleep with blanket, then remove it. Require doctors not for non back sleepers.
 - Routinely ask parents about current sleep environment. Routinely discuss the ways to reduce the risks of SUID
 - Safe sleeping is a topic I will bring up to my prenatal moms from the beginning of our services. I will try to touch base on it consistently with all my moms who have children young enough to sleep in a crib.
 - Safest is ... (rather than just agreeing w/ the family preference
 - Say back to sleep. Sleep in same room but separate bed.
 - Share community baby shower with all families and the recall resources to all expecting families
 - Share ABC's with children
 - Share additional info with parents during home visits, such as pacifier use, importance of sleeping in the same room on different surfaces
 - Share all of this information with both prenatal and newborn families. Check recall website.
 - Share benefits of breastfeeding and encourage use of portable cribs as a safe sleep environment
 - Share info on recalls and the importance of following guidelines. Mention more of the 3rd hand smoke info
 - Share information with parents. Baby sleep alone
 - Share more (and correct) info with families: pacifier use decreases chances, no hats at bedtime, multiples in their own bed
 - Share new information with others. Tell others babies should be in parents room in a crib.
 - share recall website. Share community baby shower info
 - Share safe sleep information during breastfeeding discussions. Share more resources for professionals that work with families who need safe sleep education.
 - Share Safe Sleep prenatally. (the Video) Talk about Baby box and breathable baby Bumpers.
 - Share safe sleep tips with all parents, not just new parents. Check baby items being marketed for sleep to ensure they are actually approved.
 - Share that strictly nursing for 6 months decreases risks
 - Share the diagram and use safe sleep video to my parents
 - Share the information. Try sleep sack!
 - Share this information with my new mothers Continue to provide the resources provided in the training to clients
 - Share with all parents safe sleep information Be sure any crib set up is always clear of all items
 - sharing it with other parents, showing them the safe way
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- Fun things for tummy times. Give parents educational papers about safe sleep.
 - Get rid of outdated equipment
 - Get rid of rocker; wear a cover you remove when you see one
 - Give all my families the safe sleep handout
 - Give better advice to families; Have informative info and handouts for families
 - Give families more information, inform others on where they can find resources
 - Give more information to families on home visit, continue to check in on safe sleep practices and not leaving it at one conversation
 - Give new information to families. Show families videos of a safe sleep environment.
 - Give resources to new parents and provide assistance to those in search for a safe crib for their baby.
 - Give science behind sleeping on back. trach on top esop on bottom
 - Go over safe sleep more in depth
 - Google safety of items, give more awake tummy time
 - Have all this info in the baby room here at the center. Have notes by that infants crib like 'I can roll' or anything special about that child.
 - Have parents bring sleep sacks for babies with arm holes. Have conversations with parents.
 - Have people not smoke around baby. Leave hat off baby when sleeping in bed.
 - Have separate beds for babies make sure all babies sleep on there back
 - Help educate others when a proper time occurs. Check center standards.
 - Help families learn more on safe sleep
 - Help smoking parents understand the increased risk; Teach more about wearable blankets
 - Help that family we discussed get another portable crib; Educate on not using any blanket except a sleep sack
 - How I demonstrate and explain safe sleep to parents.
 - How I explain the 'why' to parents when talking about sleep safety
 - How I speak to parents about safe sleep
 - How to explain safe sleep better and i feel better about speaking up to family about non safe sleep practices
 - How to explain SIDS and SUIDS better
 - How to explain the mechanics of safe sleep and how to better explain it
 - I am able to explain why it's ok to sleep on back when baby has reflux
 - I am doing everything that was talked about.
 - I am the day care substitute, haven't done anything yet.
 - I can't have babies and don't work with them, but will pass on advice to other moms on the safe practices,
 - Sharing my new knowledge with all new parents. Use a wearable blanket
 - Sharing the information that I know with others, as my best friend is a Labor and Delivery Nurse.
 - Show the parents a video of safe sleep
 - Sleep baby with no blanket. Use sleep sacks
 - Sleep sack. Dress kids appropriately for warmth
 - Sleep sack with loose arms. No bumper
 - Sleep sacks. Always on back
 - Sleep surfaces and bedding
 - Sleep with children
 - Speak to parents more. Be more aware of home environment
 - Speak up if I see something amiss, share learned info with literally everyone who will listen
 - Specifically ask what baby sleeps in clothing wise and how bed is set up. No rocker/bouncer sleeping
 - Spread the facts about safe sleep and keep up with the statistics.
 - Spread the knowledge. Always check on the child often 10-15 min.
 - Spread the word of safe sleep and banned products. Practice safe sleep with my own children if/when I have them
 - Start discussing Safe Sleep with my families as soon as possible prenatally. Share the '3 specific things' I learned with my families.
 - Start tummy time earlier. Not hook pacifiers on baby clothes .
 - Stay up to date on the current studies regarding SIDS. Inform my future clients of these risks.
 - Stop swaddling infants. Check on babies every 15 minutes.
 - stress the importance of safe sleep with families prior to the baby is born and check in regarding sleep situations at each visit
 - Suggest portable cribs to families since they are cheaper and can be used on the go.
 - Supervise infant every 10 minutes while sleeping. Nothing in an infant's crib.
 - Supervised tummy time. Never have items in crib
 - Swaddle. No blankets
 - Swaddle or safe sleep wrap. Use pacifiers
 - Take all the stuffed animals out of cribs.
 - Take baby out of car seat when they arrive. Talk to parents about their sleep practice
 - Take out blankets until they move to a cot. Talk more openly about breastfeeding in my center.
 - Talk about not sleeping in carsats - no hats indoors
 - Talk about where baby sleeps and have discussions about same room but separate bed. Ask more questions during RBI
 - Talk more about safe sleep with anyone
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- such as the smoking being a risk factor, not using bumpers, not using blankets
- I did not know pacifiers were idea at nap time and bedtime so I will recommend that. Cribette are a good option and more affordable
 - I do most of these things already but the one thing I would say is I wouldn't use an owlet.
 - I do not use these, but I think knowing what works and doesn't work is good to use in the future when we open an infant room.
 - I do things according to this class now.
 - I don't have children, but this is still excellent current practice knowledge to have!
 - I don't work with infants but when I did I was doing everything that was taught today so I know to keep up practicing those safe practices
 - I feel more comfortable teaching safe sleep; i will be teaching my daughters the same message we learned today
 - I have always planned to take parenting classes when I am a dad
 - I have taken this class before so I didn't really learn anything new, but it was a good review.
 - I know now not to let babies sleep in car/swing seats and also not to cover babies heads with hats when they are sleep
 - I really prefer in person
 - I still let my spoiled daughter have a thousand stuff animals and blankets in her bed all the time. she is 2 1/2 so I will not be doing that anymore/
 - I think it will be important to take into account each family situation, background, beliefs, etc. when having this discussion. Low income families don't always have the education or resources for safe sleep. Having the posters - ABCs handy I think will be helpful. Maybe even as handouts.
 - I will always be sure babies are on their back alone in their crib and I will be sure to always make sure they are in a safe sleeping environment.
 - I will always remind parents of safe sleep practices, and I will check CPSC.gov for any safety practice questions.
 - I will ask parents how they have their infants sleep during interviews. I also know how to have my children sleep once I have kids in the future.
 - I will ask that our home visitors provide more training on a safe sleep environment prior to the baby's arrival. I will be more confident in having conversations with expectant families about safe sleep environments.
 - I will be able to explain the sleeping arranges for the first 6 months and more information on breastfeeding in the first six months
 - I will be able to explain why back sleeping is best and why side sleeping is risky.
 - Talk more with parents. Encourage back sleeping to all
 - Talk more with parents about safe sleeping habits. Use sleep sacks
 - Talk to all parents about safe sleep practices and encourage sleep sacks for infants.
 - Talk to families about safe sleep.
 - Talk to moms more. Inform myself
 - Talk to my parents that I work with more often.
 - Talk to parents about babies sleeping habits and be more stern with what they need to know
 - Talk w/ caregivers about sleeping temperatures. Talk w/ caregivers about safe sleep @daycare
 - Talk with parents about toys in the crib.
 - teach abc, encourage breastfeeding to reduce sids
 - Teach families the ABC's. Stress no one should use smoking drugs or vaping in vicinity of infant home.
 - Tell clients about ABC of safe sleep. Teach about pacifier use for fighting against SIDS.
 - Tell clients about safe sleep practices
 - Tell parents not to use a Baby Merlin Magic Sleepsac. I of course don't use them but I have parents who want to use them at home.
 - Tell parents of the risk of the carseat covers - should only be used from point a to point. Remind parents of hats and other items in carseat being moved around - need fresh air in carseat
 - Tell people to consider pacifiers. Also remind them to not have anything in the crib no stuffed animals
 - The graph that explains why babies should sleep on their backs was life-changing. I can easily teach that part to parents
 - The importance of child care providers setting the tone upon enrollment of safe sleep practices.
 - the pacifier and dress them appropriately for bed
 - The way babies are dressed when sleeping. Not using any edges or bumpers
 - There is nothing different between what I would do and what was covered today
 - Things are so different from raising my kids. Pacifier
 - This class helped me feel more comfortable talking to parents and other family members about safe sleep
 - This training was very informative and learned some new things.
 - To dress an infant warmer, oppose to using blankets and to place child on their back only
 - Train new moms
 - Transfer a child from a swing to a crib if they fall asleep in it. Have the baby sleep on a firm surface
 - Try to use a pacifier more. Increase breast milk supply to be able to stay breast feeding.
 - Try to use pacifiers more often. Add more info about safe sleep in my room.
 - Tummy time, ABC all the time

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- I will be able to explain why those products are marketed as safe sleep but are not, scary
 - I will better be able to explain safe sleep and who to prepare at home as well as other's homes
 - I will definitely give the safe sleep brochure and educate on safe sleep
 - I will educate providers and other parents on the material I learned today.
 - I will encourage my daughters and any other child I interact with to follow safe sleep while playing; I will not put a hat on my own baby if our family has another.
 - I will endorse breastfeeding over formula and wearable blankets over loose blankets.
 - I will follow all recommendations
 - I will give families information regarding this.
 - I will keep everything I learned today in mind.
 - I will know more information to provide to families who ask questions, and I will make sure to cover this info with any family who has a child under the age of 1.
 - I will lay baby on back to sleep, and not let baby sleep in a swing.
 - I will make sure my niece and nephews don't have a wedge in their bed to give them an inclined sleep and make sure my sister doesn't use a weighted sleeper with them.
 - I will make sure that infants are sleeping on their backs and get an adequate amount of tummy time
 - I will make sure the baby is in the room with me and I will make sure that nobody that smells like smoke is around the baby.
 - I will make sure to spread the current and safest information to families I work with.
 - I will not be putting anything in future children's crib. I will also keep in mind and put into practice that children shouldn't wear more than one layer of clothes more than an adult.
 - I will not cover the car seat when traveling. I also will do differently how to care for a baby when not feeling well.
 - I will not give my kids blankets at bedtime; I will also be more aware of nursery hazards
 - I will not have the child inclined when they're sleeping, not to have the baby sleep in the bed with me and my husband because it is easier for the baby to possibly suffocate or fall off of the bed.
 - I will not let a baby sleep in a carseat or put a hat on them when there sleeping.
 - I will not put anything in my baby's crib or put them to sleep with a hat
 - I will not recommend or approve of bed sharing; I will recommend and approve tummy time.
 - Understanding the safety precautions to take when babies are sleeping and using their head as a temperature guide.
 - Update staff training
 - Use a bunch of blankets. No bumper pads
 - Use a wearable blanket when I have a child, and make sure to use pacifiers after breastfeeding has been introduced
 - Use examples to inform parents when visiting with them
 - Use of wearable blanket
 - Use pacifier to sleep.
 - Use pacifiers. Avoid using bumper pads
 - Use pacifiers with no strings attached. No hats on babies when going to bed.
 - Use Safe Sleep practices when I have children
 - Use sleep sack. Have more in depth discussion with infant parents
 - Use sleep sacks
 - Watch and share with clients on safe sleep updates I learned in this class, not promote bumpers
 - Watch incline surfaces all the time. Use a pacifier more during sleep
 - Wearable blankets. No bumpers
 - Wearable blankets. Talk with Parents about sleep separately with child.
 - What about addressing the fact that moms, and parents have limits, and despite a consistent message, eventually sleep deprivation must be remedied? Maybe focusing on reasons for exhaustion, support for getting more sleep.
 - When buying gifts for baby showers consider this safety tips.
 - When visiting a house with a baby make sure to check the crib. Make sure and give parents safe sleep pamphlet
 - When watching a baby, I will make sure their crib is clear of items and the baby is sleeping on it's back. I will also ensure to tell friends about this!
 - Will be able to regurg the importance of safe sleep on many different levels
 - Will be able to speak to patients about the dangers of not being vigilant more comfortably then before, thank you
 - Will be asking our local childcare center for their safe sleep policy. Create a strong boundry for washing hands especially after smoking.
 - Will give information to parents on the car seat cover. Have someone at The Center traine
 - Will not listen to some parent about how the want their child to sleep.
 - Wont use bumpers in the bed with infant. Always putting the infants on the back when putting them in the crib.
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Table 8. Questions Participants Have After Completing Training

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- Are any kind of bouncers safe?
 - 'Nothing yet, enjoyed the training. But I see that consumers need to be aware of buying all the new and latest (may not be SAFE)'
 - # of deaths in licensed centers, licensed homes, and unregulated settings
 - Are there specific blankets to use if baby will not sleep in a sleep sack?
 - About outlet sleep socks
 - Any info to give parents/grandparents about second hand smoking risks?
 - Any other ways to prevent SIDS?
 - Are car seats
 - Are docatot safe for infants to sleep in?
 - Are SIDS still a risk after 2 years of age?
 - Are the negative effects of not breast feeding or is the impact neutral for parents who don't breastfeed (so no impact when parents use formula milk)?
 - Are there any tests or risk factors signs for the babies potential for arousal deficit?
 - are they ay safer alternative out there other than crib bumpers
 - At what age can children have pillows at home or daycare.
 - At what age should a child be out of a crib and into a bed?
 - Autistic children needs making it more difficult to follow guidelines
 - Breastfeeding for any length of time helps reduce SIDS
 - Can I take more trainings on this subject?
 - Can mom/baby safely do baby wearing
 - Can there be a cure for SIDS?
 - Can they fall asleep while having a bottle?
 - Can this be in person in the future?
 - Can you use the pacifier chains
 - Cultural sleep habits differences
 - Curious about ages of parents demographics
 - Curious about how nicotine triggers SIDS
 - Do you have to have a safe sleep contract in your policy?
 - Do you have to use a fitted sheet on pack'n play
 - Do you know about any other legislation state or federal that is going through actively right now involving anything to do with Safe Sleep.
 - Does air circulation play into SUIDS
 - Everyone that I know that has a baby still does things that they said not to like having bumpers and other things in the baby's crib.
 - Exclusive breast feeding to 6 months-some start baby foods at 4-6 months
 - For parents we know will bedshare, what tips can we give for safer bed sharing
 - Gloves for smokers yes or no is that something we should do?
 - Hoping everyone receives the message when caring for a child
 - How can you make sure an infant is not too hot?
 - How do pacifiers help decrease risk of suids?
 - How do you keep kids safe in life when people smoke? (Grocery store, on a walk, etc.)
 - How does babies diet affect the sleep (breast/formula)
 - How does breastfeeding help decreased the risk of SIDS so drastically in the first year.
 - How does feeding only human milk for the first 6 months decrease the risk of SIDS?
 - How does our office get sleep sacks to go along with the cribettes?
 - How effective is this training in reducing SUIDS?
 - How fans affect SIDS/SUID
 - How frequent is true SIDS, and how much is due to unsafe sleep practices or a health condition?
 - How immunizations really prevent SIDS?
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- How long pacifier use is helpful in SIDS?
 - How old does the baby have to be until you are able to sleep with it.
 - How safe are using monitors.
 - How to best communicate with parents and people around children.
 - How to explain to different cultures the safety of safe sleep
 - How to find out if a product is CPSC certified
 - How to talk to upset parents?
 - I think I would just like more training on confrontation when a parent does not agree or is offended by safe sleep suggestions.
 - I want to know more about how children who are older than 6 months should sleep and the rules for the ages later on.
 - I wish we had better options for the homeless
 - I wonder what scientists will learn more about SIDS in the future
 - If infants sleep lighter with a pacifier, do they still get quality sleep..? Didn't think of it before.
 - If studies were done on co sleeping with not overtired breastfeeding mothers who don't smoke and if they had adverse results.
 - If the baby falls asleep in the car seat how quickly should you move them to a safety approved crib
 - Infant seat covers
 - Is it OK to allow baby to sleep in their room?
 - Is there a book or other online module/reading that the trainers recommend on Safe Sleep?
 - Is there a protocol or resources that CHC offers to families that have lost an infant to SIDS?
 - Is there any recommendations for how far apart the slats on the side should be? I know not too far apart cause baby could slip head through, but is there a too narrow range?
 - Is there risk with wearable blankets?
 - is there certain material that should be used for a fitted sheet?
 - Just wondering about the parents getting enough info on the sleeping.
 - More information about what all is in the recommendations
 - More on the importance of nursing
 - My baby came home on feeding tube and monitors, How should I have kept everything clear of her
 - My question which could not be answered was: Can I fix small holes in the mesh in the pack and plays ?
 - Newborns wearing a hat for first 24 hours?
 - One of the questions on the test states baby's should wear one more layer than adults in a comfortable room (not too hot not too cold) so would that be like a onesie and a swaddled blanket to wear to bed? Or could it just be the swaddled blanket to wear be enough to sleep in (as it's a blanket)?
 - Other country stats
 - Other possible resources for low income families
 - Positioning for plagiocephaly
 - Questions on vaping and nicotine
 - Recommendations for positions for infants who have more than normal spitting up.
 - Resources
 - Sleep sacks specifically zipadee zips, are they approved for safe sleep after they can roll.
 - Sleepsacs
 - So many questions.
 - So, if CPS goes into a home and sees a baby sleeping on their stomach or in a swing, what course of action do they take?
 - Still wondering why babies sleep in hats at the hospital, but not recommended at home.
 - The difference between SIDS and SUID
 - There's a category for unexplained deaths but isn't that basically what SIDS is?
 - To give more training to people.
 - Umbilical cord deaths. and why no hats is not said in video and posters
 - Unsure about use of monitors considering they could alert parents if there was an issue.
 - Is there a safe way to share a bed with a baby
 - What about socks to sleep in?
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- What are infant death rates like in other countries that do culturally cosleep?
 - What are some other benefits of breastfeeding
 - What cribs are the best
 - What do you say to parents who are concerned the baby rolls over from back to side on its own
 - What else/more causes of sids
 - What if a baby just won't sleep on their back?
 - What is a safe sleep temperature?
 - What is safe? Everything seems wrong or not approved
 - What is the appropriate sleep outfit
 - What is the best main temperature during the winter?
 - What is the best way to approach parents who are against immunizations?
 - What is the biggest misconception about safe sleep?
 - What is the practice for montessorie bed sleeping.
 - What is the science behind the breastfeeding decreasing the risk?
 - What things can I do to encourage parents not to co-sleep and how can I help infants coming from a smoking home?
 - What things to use for infant besides play pen
 - What to tell parents that are using banned products.
 - When and where are the classes held for trainer certification.
 - When is the right time to let children sleep with a stuffy
 - Where can parents best access safe sleep information?
 - Which type of sleeping surface is the best
 - Why and how would companies sell items that a banned?
 - Why are crib bumpers dangerous?
 - Why are numbers low with Asian population even though that culture often co-sleeps
 - Why are people still putting babies in drawers if travel play pens are a viable option and are offered at most DCF/Heart choices offices for free?
 - Why are some states in the US so much higher in percentage of infants who died from SUIDS than other states?
 - Why can you buy dangerous items.
 - Why did you pick to teach about safe sleeping
 - Why do drs not follow this after birth.
 - Why do pacifiers help
 - Why do pacifiers reduce the risk of SIDs? What is so magical about them?
 - Why do so many adults still not follow safe sleep event with all of the studies?
 - Why do you feed infants milk only for 1 year
 - Why does a pacifier not propose a choking hazard after the baby spits it out.
 - Why does breast milk work to help decrease SIDS.
 - Why don't we use or give out sleep sacks to parents in the hospital setting. We still use blankets to swaddle. Shouldn't we model the correct behavior?
 - Why formula fed infants are at so much more at risk of SIDS
 - Why hasn't the hospital stop putting hats on the newborns yet.
 - Why is survivor bias for safe sleep so prevalent in older generations?
 - Why monitors are recommended?
 - Why not hats
 - Why only sleep on back what about vomiting
 - Why pacificers are actually being promoted (kinda)
 - Will we see a decreased number of changes in the statistics?
-

Safe Sleep Star

The KIDS Network currently has 7 certified Safe Sleep Start clinics; 2 (29%) at gold level, 1 (14%) at silver, and 4 (57%) at bronze. In addition, three SSIs were working with clinics on the certification process.

Hospital Certification

Currently, there are 6 hospitals certified: 6 (86%) at gold level and 1 (14%) at bronze.

Conclusion and Recommendations

Overall, the Safe Sleep trainings held in Fiscal Year 2023 were successful. Some caregivers ($\leq 5\%$) still planned to use sleep items, locations or positions that are not recommended. If possible, address all questions during the training and help individuals address any barriers they may experience in following the safe sleep recommendations.

Professionals demonstrated high proficiency ($>90\%$) on most questions, except for safe sleep location. Make sure to focus on the AAP recommendations and address any concerns during the training as misunderstanding by professionals may lead to inaccurate advice being provided to families.

Evaluator Recommendations

- Make sure training staff check surveys for completeness and have participants answer missed questions, if willing. For virtual trainings, send reminder emails to participants with survey links.
- Utilize the most common responses in Table 8 to identify areas of focus for the recertification training seminars.

Technical Notes

Data collection forms were updated in Fall 2022 to align with the updated American Academy of Pediatrics Safe Sleep Recommendations. The updated forms were launched on November 1, 2022. Specific changes to note included modifications and or new questions on the Professional data collection forms. The Parent and Caregiver data collection forms increased to 6-items. One question, *What room(s) will baby sleep in at home? (check all that apply)*, is not included in statistical analysis.

Participants were encouraged to complete the pre- and post-surveys in their entirety. However, due to the voluntary nature of participants, respondents had the right to skip questions. With the transition to virtual data collection, participants may only complete pre- or post-surveys. Also, participant data may be excluded due to non-matching Participant ID. Any missing responses were excluded from statistical analysis. All reported data is based on collected data as of July 10, 2023.

Pre- and post-test data were collected, deidentified and entered into a secure REDCap database by Safe Sleep Instructors or direct data entry by participants. As such, the University of Kansas Medical Center Institutional Review Board determined the evaluation activities by KUSM-W CRIBS to not be human subjects research. Descriptive statistics were summarized using frequencies (percentages). Comparisons between pre- and post-surveys were made using independent t-test, paired samples t-test and Mann-Whitney U test. Statistical analyses for this report were performed using SPSS for Windows, Version 26.0.