



Instructor-Led Training Annual Report Fiscal Year 2024

Prepared for
Kansas Infant Death and SIDS Network

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July 2024



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Attendance

During Fiscal Year 2024, 285 Safe Sleep Trainings (Safe Sleep Parent and Caregiver, n=190; Safe Sleep Professional, n=95) were conducted in 40 Kansas counties, Arizona, Colorado, and nationwide. (Table 1). Attendance ranged from 1 to 217 (median=20). A total of 1,693 individuals attended these events (Safe Sleep Parent and Caregiver, n=469; Safe Sleep Professional, n=1,224).

Table 1. Safe Sleep Event Attendance

	Total		Parent and Caregiver		Professional	
	Events	Attendance	Events	Attendance	Events	Attendance
Allen	3	17	0	0	3	17
Anderson	1	9	0	0	1	9
Atchison	1	9	0	0	1	9
Bourbon	1	4	0	0	1	4
Butler	0	0	26	52	0	0
Coffey	0	0	2	11	0	0
Cowley	0	0	60	83	0	0
Crawford	2	7	0	0	2	7
Finney	4	22	2	22	4	22
Graham	1	12	2	12	1	12
Grant	1	6	0	0	1	6
Harvey	3	35	0	0	3	35
Jackson, MO	2	17	1	6	2	17
Johnson	6	54	0	0	6	54
Kearny	0	0	11	35	0	0
Leavenworth	2	13	12	13	2	13
Lincoln	0	0	1	1	0	0
Linn	0	0	1	4	0	0
Lyon	2	40	3	16	2	40
Marion	1	10	3	4	1	10
Miami	3	44	0	0	3	44
Montgomery	1	2	0	0	1	2
Morris	1	5	0	0	1	5
Nationwide (PREVCON)	1	43	0	0	1	43
Neosho	2	20	0	0	2	20
Pawnee	1	7	0	0	1	7
Pinellas, Florida	3	33	0	0	3	33
Osage	0	0	1	8	0	0
Reno	2	10	0	0	2	10
Republic	2	17	15	29	2	17
Riley	3	97	0	0	3	97
Rooks	1	13	0	0	1	13
Saline	2	32	3	4	2	32
Sedgwick	16	167	38	104	16	167
Shawnee	1	6	3	52	1	6
Sheridan	1	6	1	1	1	6
Stafford	0	0	1	5	0	0
Sumner	0	0	3	4	0	0
Multi-County (Saline, Montgomery, Douglas)	0	0	1	3	0	0
Woodson	1	11	0	0	1	11
Wyandotte	7	74	0	0	7	74
Unknown	6	114	0	0	6	114
Multi-County (Finney, Seward, Grant)	1	42	0	0	1	42
Multi-County (Franklin, Sumner, Cowley, Butler)	1	9	0	0	1	9
Statewide - Kansas (county not specified)	9	217	0	0	9	217
TOTAL	285	1693	190	469	95	1224

Safe Sleep Parent and Caregiver Trainings

During Fiscal Year 2024, 469 caregivers from 20 Kansas counties and 1 Missouri county attended a Parent and Caregiver training. Knowledge was evaluated for 398 caregivers. Of those, 31 (8%) completed the Spanish-language data collection form. Safe Sleep Parent and Caregiver Trainings ranged in size from individual trainings to presentations with 104 trainees (median attendance per training=11). Caregivers correctly identified safe sleep recommendations on 3.3 out of 5 questions (SD=1.5) prior to the training and 4.8 questions (SD=0.5) following ($p<0.001$).

Prior to the trainings, 284 (74%) participants reported they would place their baby only on the back to sleep (Table 2). Of the participants who indicated other responses, side ($n=51$; 52%), tummy ($n=41$; 42%), and not sure ($n=16$; 16%) were reported. When asked about anticipated sleep surface, 277 (72%) 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 ($n=48$; 45%), swing ($n=25$; 24%), car seat ($n=16$; 15%), toddler bed ($n=15$; 14%), couch/sofa/armchair ($n=10$; 9%), other ($n=9$; 8%), and don't know/not sure ($n=6$; 6%) were reported. When asked about items already in or planned for their baby's sleep areas, 202 (53%) reported only safe items (i.e., firm mattress, fitted sheet or wearable blanket). The remaining participants reported unsafe items such as loose blankets ($n=90$; 50%), pillow ($n=46$; 26%), bumper pads ($n=41$; 23%), stuffed toy ($n=37$; 21%), home cardiorespiratory monitor ($n=32$; 18%), other ($n=20$; 19%), a sleep positioner ($n=16$; 9%), lounger pillow ($n=9$; 5%), and weighted blanket ($n=8$; 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 ($n=388$, 99%; $p<0.001$), anticipated sleep surface ($n=382$, 97%; $p<0.001$) and anticipated crib items ($n=363$, 91%; $p<0.001$). Of the 4 (1%) who indicated unsafe sleep position, tummy ($n=2$; 50%) and side ($n=2$; 50%) were reported. Of those who indicated unsafe sleep surface ($n=14$; 3%), toddler bed ($n=8$; 57%), adult bed ($n=2$; 14%), other ($n=2$; 14%), couch/sofa/armchair ($n=1$; 7%) and swing ($n=1$; 7%) were reported. Unsafe items in the sleep environment reported by participants included home cardiorespiratory monitor ($n=10$; 29%), loose blankets ($n=7$; 21%), bumper pads ($n=6$; 18%), other ($n=5$; 15%), weight blanket ($n=4$; 12%), pillow ($n=3$; 9%), stuffed toy ($n=3$; 9%), sleep positioner ($n=1$; 3%), and lounger pillow ($n=1$; 3%). Most participants (97%) 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 (n=785)

	Pre-Survey n (%)	Post-Survey n (%)	Total Change <i>p</i>
Anticipated sleep position			$p<0.001^*$
Back only	284 (74)	388 (99)	
At least one unsafe position	98 (26)	4 (1)	
Anticipated sleep surface			$p<0.001^*$
Only safe surface (crib or bassinet only)	277 (72)	382 (97)	
At least one unsafe surface	106 (28)	14 (3)	
Anticipated crib items			$p<0.001^*$
Only safe items (firm mattress, fitted sheet, or wearable blanket only)	202 (53)	363 (91)	
At least one unsafe item	179 (47)	34 (9)	
Inclined Sleep Surface			$p<0.001^*$
Safe (no)	276 (74)	374 (97)	
Unsafe (yes, not sure)	97 (26)	11 (3)	
Anticipated Sleep Location			N/A
My/parent room	346 (89)	370 (93)	
Other shared room (with children or adults)	22 (6)	11 (3)	
Other private room (baby's room or nursery)	115 (30)	100 (25)	
Have or plan to discuss safe sleep with others			$p<0.001^*$
Yes	216	383 (97)	
No	169	11 (3)	

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

Missing data: position, pre ($n=5$), post ($n=6$); surface, pre ($n=4$), post ($n=2$); items, pre ($n=6$), post ($n=1$); inclined, pre ($n=14$), post ($n=13$); talk, pre ($n=2$), post ($n=4$)

Safe Sleep Professional Trainings

During Fiscal Year 2024, 1,124 professionals from 35 Kansas counties and 1 Florida county attended a Safe Sleep Professional Training. The trainings ranged in two to 217 trainees (median attendance per training=17). Surveys were completed by 1,164 professionals. Of those, 30 (3%) completed only the pre-survey and 51 (4%) completed only the post-survey and were removed due to missing data. Therefore, 1,083 pre- and post-surveys are included in analysis. Of those, 7 (<1%) utilized the Spanish-language data collection form. Participants identified as daycare/childcare provider (n=248; 23%), social worker (n=197; 18%), early childhood professional (n=141; 13%), nurse (n=124; 11%), social service worker (n=93; 9%), parent educator (n=78; 7%), home visitor (n=54; 5%), other (n=44; 4%), student (n=43; 4%), other healthcare professional (n=33; 3%), physician (n=20; 2%), educator (n=13; 1%), emergency medical service worker (EMS) (n=12; 1%), fire department (n=9; 1%), and law enforcement (n=1; <1%).

Prior to the trainings, professional trainees correctly answered an average of 7.3 questions out of 10 (SD=1.8; range=1-10). Participants demonstrated *highest* proficiency ($\geq 95\%$) on the question related to risk/surface and recommendations (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 9.3 out of 10 (SD=1.1; range=4-10). This improvement was statistically significant ($t=-38.16$, $p<0.001$). In addition, participants successfully demonstrated improved knowledge on all topics of safe sleep; achieving *highest* proficiency ($\geq 95\%$) identifying AAP recommendations related to position, crib surface, risk/surface, and recommendations.

Table 4. Comparison of Trainees Pre- and Post-Survey Performance by Question (N=1,083)

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:	907 (84)	986 (91)	7
Position	Per the AAP, infants should be placed on their ___ to sleep:	940 (87)	1061 (98)	11
Location	The AAP recommends that for at least the first six months of life infants sleep in the following:	815 (75)	1015 (94)	19
Risk/Surface	Which of the following increase the risk of sleep-related death?	1031 (95)	1067 (99)	4
Surface	Which of the following is NOT endorsed by the AAP as the safest surface for an infant to sleep:	874 (81)	1031 (95)	14
Pacifier	Which of the following statements is TRUE:	444 (41)	977 (90)	49
Recommendations	Which of the following does the AAP recommend?	1027 (95)	1024 (95)	0
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	515 (48)	984 (91)	43
Bedding	Of the following the only item allowed by the AAP for safe infant sleep is:	666 (62)	971 (90)	28
Temperature	To keep an infant warm when sleeping in a cool environment, the AAP recommends:	647 (60)	969 (90)	30

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=2.2) prior to the training to 9.3 (SD=0.9) following the training ($t=-41.91$, $p<0.001$). 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	629 (60)
...changed; I now agree with all of the AAP recommendations	238 (23)
...changed; I now agree with more of the AAP recommendations	169 (16)
...changed; I now question more of the AAP recommendations	11 (1)
...not changed; I still question the AAP recommendations	10 (1)

Missing data: n=26

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

Table 6. Participants Description of What They Learned

<ul style="list-style-type: none"> • 1. Deaths can occur in slings 2. pacifiers help 3. immunizations help • 1. Pacifier use reduces the risk of sleep-related deaths 2. first six months of life infants sleep in a safety-approved sleep surface in the own room • 1. babies are always sleep on their back 2. in safe firm bed 3. do not put toys in crib • 1. giving infant breastmilk reduces SIDS 2. Using a pacifier in allowed in infants cribs 3. that they sell sacks for older children to sleep with • 1. no incline 2. up to 6 months in parents room • 1. Breastfeeding can decrease SIDs BY 68% 2. Immunization reduces SIDs by 50% 3. Specific ethnicities have higher chances of SIDs • 1. flat surface 2. pacifiers can be used 3. human milk • 1. Incline is unsafe 2. Bumpers are unsafe 3. Pacifiers are safe in the crib • 1. Statistically, American Indians/Alaskan Natives & African Americans are more likely to experience SUIDS. 2. The rate of SUIDS increases when a child is placed with a non-parental caregiver. 3. Kansas has a fairly high rate of SUIDS. • 1. Babies are to be placed on their back when sleeping 2. Babies should be in a separate crib in the parents room for at least the first 6 months of life 3. Cribs should not have bumpers in them • 1. Card board boxes attracts roaches, etc 2. Breast milk for at least 6 months of life 3. pacifier use only at bed and nap time • 1. Babies should sleep on their backs in a crib, on a firm surface, with no blankets or additional items. 2. Babies should not have blankets in the crib 3. Pacifiers can reduce SIDs occurrences ' • 1. Babies need a FITTED sheet- NOT flat. 2. Babies need to be laid on their back ONLY- not side 3. It is recommended to sleep in own bed in parents room- not in separate room. • 1. Babies should not be sleeping in an inclined surface. 2. Babies should not be wearing hats besides going outside and it is cold 3. Pacifiers are okay when babies are in their crib. • 1. I learned that infants can lay on an inclined surface when they are awake and supervised by a caregiver. 2. Infants should not sleep on an inclined surface. 	<ul style="list-style-type: none"> • 1. Fans in room help 2. baby in sleep sack 3. lay on back only • 1. Feeding only human milk for the first 6 months 2. Pacifiers are recommended. 3. Dress infant with no more than one layer then yourself • 1. flat surface only 2. wearable blanket is ok 3. pacifier can help • 1. Good resources 2. 6 months breast feeding recommendation from AAP 3. research by Hannah C. Kinney, Harvard Med. School • 1. Hat not needed • 1. Hats are bad and bad. 2. Inclined sleep surfaces are bad. 3. Pacifiers reduce sleep related deaths. • 1. hats are not recommended 2. non weighted swaddles 3. immunizations reduce risk of SIDS by 50% • 1. Hats aren't to be worn when sleeping at home, 2. bumpers were recalled completely for being unsafe for babies, 3. multiple babies aren't allowed to co-sleep • 1. Hats or nothing in cribs • 1. have them sleep on their back in their own sleep space with no other people • 1. having kids and being a foster parent i knew all this stuff. Maybe the stats were new • 1. How long you should be breast-feeding. 2. The ABC's of safe sleep. 3. Wearing a hat increases your risk of SIDS. • 1. How to help parents access cribs 2. Resources available 3. Baby boxes aren't really researched. • 1. human milk for at least the first six months 2. Babies sleep in same room for at least the first six months 3. Carseat is safe for baby to sleep in while in a motor vehicle. • 1. I always thought a thin blanket was safe for a sleeping baby. 2. I never used them but I was not aware that crib bumpers • 1. I did not know that baby could not be placed in any inclined surface for sleeping. 2. I learned that baby boxes previously provided by hospitals have been done away with. • 1. I did not know that smoking can lead to more issues. 2. I learned that a pacifier is helpful and useful for safe sleep.
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- 3. It is recommended to offer a pacifier at nap times and other times of sleep.
 - 1. The purpose of safe sleep.
 - 2. How important safe sleep is.
 - 3. Guidelines of safe sleep.
 - 1. Use if a pacifier,
 - 2. no bumper in the crib,
 - 3. at least 6 months of human milk
 - 1. 68% decreased risk of SIDS for exclusively breastfed babies.
 - 2. You shouldn't put hats on sleeping babies.
 - 3. Pacifiers are okay.
 - 1. I learned that a combination of three things has to occur in order for SIDS to happen.
 - 2. I learned about products that have been banned or recalled due to unsafe sleep reasons.
 - 3. I learned about two great websites to share with parents. (kidsk.org and cpsc.com)
 - 1. You shouldn't incline a baby's bed
 - 2. Babies should be dressed in one layer more than an adult at night.
 - 3. Sleeping with a pacifier can reduce the risk of SIDS
 - 1. 68% decreased risk of SIDS for children who are exclusively breastfed.
 - 2. ABCs stand for alone, back, clutter free.
 - 1. 98% of sleep-related deaths was due to unsafe sleep factors.
 - 2. Follow ABCs of safe sleeping - alone, on back, clutter free
 - 3. Tummy time for 15-30 minutes daily by 7 weeks.
 - 1. A baby should sleep alone, clutter free and on their back.
 - 2. Babies regulate their temperature through their heads and a hat could not let a baby regulate temperature.
 - 3. Firm mattress is good for a baby.
 - 1. A pacifier is actually beneficial for the baby.
 - 2. The baby does not need a blanket, a swaddler is fine.
 - 3. It is okay to have a firm surface to sleep.
 - 1. A- alone, B-back, C-clutter free
 - 2. Don't force pacifiers.
 - 3. Infants should sleep in their parent's room for 6 months (in their own crib).
 - 1. A-alone
 - 2. B-back
 - 3. C-clutterfree The three ABCs of safe sleep.
 - 1. A-alone, B-back, C-clutter free
 - 2. Nicotine absorbed in clothes can affect the infant too.
 - 3. Babies release heat from their heads.
 - 1. A-alone, B-back, C-clutter free.
 - 2. SIDS - sudden infant death.
 - 3. Tummy time is to develop strong muscles.
 - 1. A-alone, infants should sleep in their crib not in their parents' bed.
 - 3. I did not know breastmilk can help prevent SIDS.
 - 1. I didn't know about baby box
 - 2. I didn't know pacifier could decrease sids
 - 3. Didn't know breast milk reduced sleep related deaths
 - 1. I didn't know that it is not recommended for babies to sleep incline,
 - 2. no hats on baby while sleeping, and no bumpers.
 - 1. I didn't know you needed to change the playpen
 - 2. You are not supposed to use a pacifier clip when sleeping
 - 3. Sleep sacks have less room for error than swaddling
 - 1. I didn't realize they always want you to put the baby to sleep on their backs
 - 1. I had no idea that crib bumpers were an issue.
 - 2. I had my daughter in 2009 and this was never an issue. I forget the name of the thing but it hold the baby in the middle to keep the baby from rolling I didn't know that later this became a problem either. I never had one but was always told to get one. So, I would just roll up towels and put them on the sides of my daughter worked like a charm but I guess that was a no no also.
 - 1. I have 5 children and have taken safe sleep courses before. But I learned... I was unaware of the bumper not being safe.
 - 2. Pacifiers help prevent SIDS.
 - 3. Breastfeeding no matter how long helps with safe sleep for infants.
 - 1. I learned about different hazards for babies
 - 2. best practices along with resources to provide to parents
 - 1. I learned about how SUID can happen and how it truly affects a lot of people throughout the year.
 - 1. I learned about the portable crib and how it can be set up as a bassinet,
 - 2. I learned that it is recommend to breast feed as it reduces the risk,
 - 3. I learned that twins or more should sleep in separate beds
 - 1. I learned about the Triple Risk SIDS Theory. I thought that information was very interesting I liked visiting the Consumer Product Safety Commission Website The additional resources were helpful
 - 1. I learned that a pacifier is still recommended when a baby is put down but not required after they spit it out.
 - 2. I learned that any incline sleeping is not recommended.
 - 3. I learned that breastfed babies (even only partially) have significantly less risk for SIDS.
 - 1. I learned that bumpers have been banned,
 - 2. back sleeping is safer,
 - 3. it is not safe to have babies sleep elevated.
 - 1. I learned that I did a lot of things wrong with my own babies, such as allowing them to sleep in swings and cars eats.
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- 2. B-back, infants should sleep on their back and not on their stomach.
 - 3. C-clutter free, infants should sleep with nothing in their crib, including pillows, blankets, toys.
 - 1. A-alone; B-back; C-clutter free
 - 2. Tummy time is essential to develop strong muscles, but the baby needs to be awake and monitored.
 - 3. Babies need to be sleep on their back until baby is one.
 - 1. A.B.C. - alone, back, clutter free.
 - 2. Do tummy time as soon as possible after hospital discharge.
 - 3. Breastfeeding at least 6 months of their lives.
 - 1. ABC - alone, back, clutter free.
 - 2. Do not wear hats on babies.
 - 3. Babies could over heat and call tell by checking if the nape on their neck is red and sweaty.
 - 1. ABC = alone, back, clutter-free
 - 2. Different cultures have different approaches to infant sleep.
 - 3. Use an overcoat if ou are gong to smoke so you can take it off.
 - 1. ABC acronym, how vital to baby positioning.
 - 2. Smoking increasess risk for SIDS.
 - 3. 32% of SIDS is unknown.
 - 1. ABC Alone / Back / Clutter free
 - 2. Pacifier help with sleep safety
 - 3. Bumpers no longer allowed in crib
 - 1. ABC's of sleep (safe)
 - 2. Share room until 6 months - 1 year
 - 3. Pacifier reduces risk
 - 1. AI/AN are more pront to having SIDS. Infants regulate heat through their heads.
 - 2. ABC- alone, back, clutter free. The 3 steps to provigin safe sleep.
 - 3. Tummy time should be limited to 15-30 mins/day.
 - 1. All things that are unsafe sleep environments.
 - 2. That pacifier are good for babies, it clams them down.
 - 1. Alone-back-clutter free.
 - 2. Pracifier after breast feeding, offer it.
 - 3. Outside factors have big impact.
 - 1. Always have an infant on their back.
 - 2. Pacifiers reduce SIDS.
 - 3. Never leave a baby in a car seat.
 - 1. An infant should sleep with nothing else in the crib.
 - 2. An infant regulates their temperature through their head.
 - 3. To check if an infant is overheated, touch the back of the their neck. If it is sweaty, they are overheated.
 - 1. babies cannot have bumpers on crib or stuffed animals in crib
 - 2. babies cannot co sleep with parents
 - 3. babies can't wear hats when sleeping
 - 1. Babies do not need a soft mattress to sleep.
 - 2. I did not know that breastfeeding exclusively had such a large impact on the risk of SIDS
 - 3. I also did not know that pacifiers were a protective factor against SIDS
 - 1. I learned that J-Lo had a beautiful nursery but it was not safe for her twins.
 - 2. I learned that pacifiers can reduce the risk of SIDS.
 - 3. I learned that SUIDs are the second leading cause of death in babies.
 - 1. I learned that loose blankets are a hazard to sleeping babies,
 - 2. pacifiers reduce the risk of sudden infant deaths,
 - 3. bumpers are not safe for use in infants
 - 1. I learned that pacifiers could help reduce SUIDS.
 - 2. I learned that SUIDS can happen even if you follow safe sleep due to other factors.
 - 3. I learned that there are a lot of factors that can play a role in SUIDS like what mother did during pregnancy, it is not just the current environmental factors that can cause SUIDS.
 - 1. I learned that pacifiers help with safe sleep
 - 2. I learned that wearable blankets are a safe sleep practice
 - 3. I learned that inclined surfaces are not safe for infants to sleep on
 - 1. I learned that there is some thing in the brain stem that indicates a babies inability to awake.
 - 1. I learned that there's a lot of unsafe places for infants to sleep.
 - 2. Infants are no longer allowed to inclined.
 - 1. I learned the significance of the breast milk,
 - 2. importance of sleep position,
 - 3. importance of the sleep environment.
 - 1. If you are going to smoke wear an overcoat
 - 2. Hats are not safe sleep
 - 3. Weighted sleep sacks are not approved
 - 1. Importance of teaching prior to pregnancy.
 - 1. Incline for acid reflux is not AAP approved.
 - 2. One additional layer of clothing more than an adult.
 - 3. breast milk for six months no hats how to find a cheap, portable crib and the basics of safe sleep.
 - 1. Incline sleep objects...bouncer and swing no longer suggested.
 - 2. pacifier is now recommended.
 - 1. inclined
 - 2. weighted sleepers
 - 1. Inclined sleep is not safe
 - 2. Bumper pads are banned
 - 3. Infants should sleep in the same room, separate for 6 months
 - 1. inclined surface is not safe sleep
 - 2. non-weighted blankets are safer than weighted
 - 1. Infants are allowed to sleep in parents room in a separate safe bed.
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- 2. It is best to not store any toys or supplies in, near of under the crib.
 - 3. You do not need to buy baby swings (not safe for sleep).
 - 1. Babies need a hard surface to sleep on.
 - 2. Tummy time only when awake.
 - 3. Babies heads hold alot of heat.
 - 1. Babies shouldn't sleep in swings, bouncers etc.
 - 2. Pacifiers reduce the risk of SIDS
 - 3. Babies should no be swaddled
 - 1. Baby should sleep on a firm surface.
 - 2. Best to breastfeed if you can.
 - 3. Don't trust yourself bedsharing - you could fall asleep accidentally.
 - 1. Babys need to sleep on their back.
 - 2. Clutter free crib.
 - 3. Not talked about.
 - 1. Back is better.
 - 2. There's a swaddle thing (sleep sack) that's so helpful.
 - 3. Smoke gets on your clothes and to the baby.
 - 1. Bedsharing
 - 2. Blanket
 - 3. Human milk
 - 1. Benefits of breastfeeding (reducing risk of SIDS).
 - 2. What the ABS of safe sleep are.
 - 3. Smoking can increase the risk of SIDS even after birth.
 - 1. Breastfeeding for the first 6mos reduces risk of SIDS.
 - 2. A fitted sheet is acceptable for safe sleep.
 - 3. Nothing is better than attentive, caring parents.
 - 1. Breastfeeding is proven to reduce risk of SIDS.
 - 2. I knew pacificers were allowed, but I did not know that they reduced risk as well.
 - 3. I did not know that it is recommended to sleep in the same room as baby.
 - 1. Breastfeeding reduces chance of SIDS.
 - 2. ABC (Alone, Back, Clutter free)
 - 3. Pacific can reduce chance of SIDS.
 - 1. Breastfeeding reduces the risk of infant death.
 - 2. Tummy time is recommended once home from hospital.
 - 3. Banned Items.
 - 1. Breastfeeding Statistics
 - 2. SUID & SIDS statistics
 - 1. Cannot use bassinet in portable crib in childcare
 - 2. No sleeping in swings
 - 3. Be careful swaddling...or just don't
 - 1. Community baby showers exist.
 - 2. Alone, back, clutter free
 - 3. Have a comfortable temp in the room.
 - 1. Critical anatomy of infant airway and supine position
 - 2. ABC - Alone, on back, clutter free crib
 - 3. Updated AAP recs
 - 2. Breastfeeding is recommended for at least the first 6 months of life.
 - 3. A pacifier is safe to offer at bedtime.
 - 1. Infants are safer when sleeping in their own firm space.
 - 2. Infants should sleep with a pacifier to help reduce SIDS.
 - 3. We should educate others on the importance of infant sleeping habits.
 - 1. infants should not sleep on an incline
 - 2. infants should not wear a hat to bed
 - 3. multiples should not sleep in the same bed
 - 1. infants should not sleep on inclined surface
 - 2. should use wearable blankets instead of loose blankets
 - 3. immunizations reduce risk of SIDS
 - 1. Infants temperature regulation is through their heads,
 - 2. so hats indoors or while sleeping are not recommended.
 - 3. Only letting children sleep on their back in and approve sleeping setting and not on a couch.
 - 1. Information about breatfeeding
 - 2. Biden new Law
 - 3. Recalled unsafe baby items
 - 1. It's always good to have a refresher and for me to share with others so that they may learn about safe sleep as well.
 - 1. it's best to only breastfeed but any amount of breastmilk beats no breastmilk,
 - 2. cribettes don't need sheets,
 - 3. the wedge isn't safe
 - 1. Kansas Quit Line
 - 2. Safety recalls website
 - 3. kidsks.org
 - 1. Kansas SIDS rates are higher than I expected
 - 2. Wearable monitors I've always been iffy about but this solidified that!
 - 3. It is so interesting people get information from Tim Tok these days!
 - 1. Kids cannot have the binkie cord
 - 2. keep the room at temp for everyone
 - 3. call you if we have more questions
 - 1. Kind of knew all this because I previously took a safe sleep training for by daycare.
 - 1. Learned the ABC's of safe sleep (Alone on their Back in a non-cluttered crib.
 - 1. loved learning about the cpsc website for recalls
 - 1. mattress should be replaced for each child
 - 2. hats are not recommended
 - 3. owl monitors are useless
 - 1. More about safe sleep,
 - 2. more about breastfeeding for safe sleep
 - 3. more about swaddling infants for safe sleep.
 - 1. multiples should sleep in separate beds
 - 2. no hats
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- 1. Dressing the baby without a hat during bed time is not good.
 2. Breastfeeding reduces the risk of SIDS.
 3. Smoke/nicotine stays on clothing.
 - 1. Firm surfaces are best.
 2. No blankets, only a sleep sack.
 3. Pacifiers are okay where offered not forced.
 - 1. Heat comes from their head.
 2. Sleeping on the back is safer than the stomach.
 3. SIDS is common.
 - 1. I did not know the terms SIDS or SUID.
 2. SIDS has to do with race and ethnicity.
 3. 98% of the deaths are related to unsafe sleep practices.
 - 1. I didn't know that back that back in the day it baby slept on stomach than back.
 2. ABCs : A- Alone. B-Back.C-Clutter-free
 3. 1-800-CHILDREN
 - 1. I have learned how to put down a baby on their back and that cribs should be in the parent's room.
 2. I have learned how to move things off the crib. So remove the blankets, diapers, little blanket and pillow because it is not safe for the baby to sleep.
 3. We the baby gets hot make sure to check on them or put on another layer if they get cold.
 - 1. I learned about sleepsacks. I had heard about them, but didn't know how safe they were.
 2. I learned about more SIDS statistics.
 3. I learned about more resources I could give to those having baby showers.
 - 1. I learned about the increase in SIDS with drugs and alcohol.
 2. No blankets in the bed with the child.
 3. The baby should sleep in the parent's room for the first 6 months.
 - 1. I learned what the ABCs mean.
 2. I learned that temperature regulates through the head of a baby.
 - 1. I learned you have to lay them in their crib without a cover.
 2. Can't let them sleep in a rocker.
 3. Don't have a lot of stuff in the crib.
 - 1. In 2020 of the 57 infant deaths, 98% were sleep related.
 2. Pacifiers can reduce risk.
 3. SIDS is related to external stress factors, physiological responses, development.
 - 1. Infant things are not good.
 2. Infant carriers are not good.
 3. Swings are not good.
 - 1. Infants should sleep on firm surface for back support.
 2. They shouldn't sleep with heavy blankets.
 3. They shouldn't sleep with fluffy pillows.
 - 3. good advice to model sleep
 1. Never sleep with a baby
 2. never smoke around a baby
 3. always have baby sleep in crib or play pin by themselves
 - 1. New aap recommendations
 2. ABC of safe sleep
 3. Kids network
 - 1. New guidelines for baby sleeping in parents bedroom
 2. Items that are not approved for safe sleeping
 3. where to go for resources
 - 1. no bed boxes
 - 1. No bottle with baby in bed
 2. no hats
 3. the amount of deaths that occur.
 - 1. No bumpers
 2. no bed sharing
 - 1. no clutter/objects in crib
 2. SID is up to 1 year
 3. only safe swaddlers allowed
 - 1. No crib bumpers
 2. No hats
 3. No rock n play
 - 1. No crib bumpers,
 2. separate beds for sleeping,
 3. pacifiers are ok to leave in the crib
 - 1. no hat
 2. 6 month breast feed
 3. no twins
 - 1. no hat
 2. non weighted sleep sack
 3. baby boxes have not met safety standards
 - 1. no hats
 - 1. no hats
 2. dress baby 1 layer warmer
 3. how high ks rate is
 - 1. No hats
 2. Resources for cheap affordable cribs
 3. ABCs of safe sleep .
 - 1. No hats after the hospital for sleep
 2. Check for recalls online
 3. Community baby showers for free items and resources
 - 1. no hats during sleep
 2. no crib bumpers
 3. immunization reduces the risk of SIDS by 50%
 - 1. No hats for sleep
 2. only one child per crib
 3. breastfeedin reduces the risk for sids
 - 1. no hats on baby in bed
 2. do not let baby sleep on incline
 3. pacifiers to sleep with
 - 1. No hats,
 2. back to sleep
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- 1. Introduce the pacifier after the child is consistently latching during breastfeeding .
 - 2. Infants should be breastfed for the first six months.
 - 3. Don't over swaddle an infant.
 - 1. It's unsafe for a baby to sleep in a stroller.
 - 2. The ABCs of safe sleep: A-alone, B-back, C-clutterfree
 - 3. SIDS - sudden and unexpected death
 - 1. Need to provide safe sleep messages throughout preconception, prenatal, birth, and the first year.
 - 2. Avoid use of commercial devices that are inconsistent with safe sleep recommendations. (I learned this should be verified before purchasing.)
 - 1. Nicotine exposure as risk factor for safe sleep.
 - 2. Rates of SUIDS in Kansas.
 - 3. Childcare training for safe sleep.
 - 1. No blankets in the crib.
 - 2. Make the temperature in the babies room comfortable for the parents as well.
 - 3. The baby is supposed to sleep in the parents room for the first six months.
 - 1. No hats
 - 2. Owlets bad
 - 3. Pacifier good
 - 1. No hats (that's something new).
 - 2. Bumper pads are banned.
 - 3. I learned its now called SUIDs and no longer SIDS.
 - 1. No hats when child is sleep in a cool environment.
 - 2. Pacifier decreases the risk of sleep related death.
 - 3. AAP recommends breast feed for at least 6 months.
 - 1. No hats while inside (can regulate own temp).
 - 2. No bed sharing - only room sharing.
 - 3. Pacifiers are okay in bed (reduces risk of SIDS/SUID).
 - 1. No sleeping in car seats or swings.
 - 2. No holding baby after smoking.
 - 3. SIDS and SUIDS are a bit different.
 - 1. No unfitted bed sheets.
 - 2. Bedsharing
 - 3. No Blankets
 - 1. Nothing should be in crib with the baby.
 - 2. Place baby on back to sleep.
 - 3. Infant should never sleep in parent's bed.
 - 1. One layer of clothing
 - 2. Sleep sack
 - 3. Pacifier is helpful to prevent
 - 1. Pacifiers reduce risks
 - 2. Babies are at risk for 12 months
 - 3. Playpens are not designed to be used for multiple children.
 - 1. Pacifier is okay to be in the crib with baby and can reduce risk of death.
 - 2. Swings are not safe sleep approved.
 - 3. nothing in crib but pacifier
 - 1. No hats!
 - 2. ABC's
 - 3. Pacifier's good after breastfeeding is well established.
 - 1. no incline on the
 - 2. breastfeed for at least 6 months
 - 3. use a sleep sack and pacifier for baby
 - 1. No incline sleeping
 - 1. no incline surface
 - 2. no hat
 - 3. SUID term
 - 1. no incline surfaces
 - 2. breast/chest fed
 - 3. sleep sack
 - 1. No inclined sleep
 - 2. breastfeeding for 1st 6 months
 - 3. they can have a binkie with nothing attached to it
 - 1. No inclined sleep surfaces at any point
 - 2. Hispanic population has the lowest SIDS rate
 - 3. Breastfeeding at all anytime reduces the risk
 - 1. no inclined sleeping
 - 2. 6 months of human milk decreases SIDS
 - 3. babes in parents room for 6 months
 - 1. No inclined sleeping.
 - 1. no inclined surface
 - 2. No weighted blankets/swaddles
 - 3. baby should be in parents room for 6 months
 - 1. no inclines,
 - 2. pacifiers support safer sleep,
 - 3. no blankets in the bed until 1 year of age.
 - 1. No inclines,
 - 2. pacifiers,
 - 3. crib bumpers
 - 1. no more laying babies on their sides
 - 2. no inclined position for sleeping
 - 3. pacifier use is encouraged
 - 1. No sleeping with a hat on
 - 2. overcoat for smokers to wear outside when smoking and take off before coming back indoors
 - 3. no sleeping in inclined positions (swing)
 - 1. no swaddling,
 - 2. childcare providers need to be very aware and stay close to a sleeping new born
 - 1. no weighted sleep sack
 - 2. no co sleeping
 - 3. baby should sleep in parent's room for 1st 6 months
 - 1. Non inclined
 - 2. Only human milk for the first 6 months of life
 - 3. Use of same brand of crib mattress and sheets
 - 1. Not enough data to prove the machines and special mattresses effectively reduce risk, even though they dont hurt either though.
 - 1. not inclined
 - 2. no weighted sleep sacks
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- 3. There is a website to inform what products for infants are safe and not safe.
 - 1. Pacifiers help strengthen lungs.
 - 2. Alone, back, clutter-free.
 - 3. Sleep sacks are gold!
 - 1. Pacifiers reduce risk of SIDS.
 - 2. Breastfeeding reduces risk of SIDS.
 - 3. Firm bed only, no unsafe swing.
 - 1. Prenatal smoking increases risk
 - 2. Use fitted blankets/ sleep sacks
 - 3. blank
 - 1. Proper sleep techniques
 - 2. What is and isn't recommended for a child's bed.
 - 3. Different swaddle types.
 - 1. Race and ethnicity do affect SUID, due to other environmental risks, and especially affects Native Americans.
 - 2. Always consider culture and tradition when it comes to infants and sleep.
 - 3. Tummy time should occur until around 7 weeks, but when done it can help with developing and strengthening muscles.
 - 1. Rate of child death in the state.
 - 2. Race/ethnicity does make a difference in rate.
 - 3. How many risks there are during sleeping; A=alone, B=back, C=clutter free
 - 1. Safe Sleep
 - 2. Baby sleep in parents room in their own crib
 - 3. Baby back sleep is the safest
 - 1. Safe sleeping not to put baby on stomach.
 - 2. No blanket in the crib.
 - 3. No things on the side of the crib.
 - 1. SIDS - sudden infant death syndrome.
 - 2. A-alone (in parents' room), B-back, C-clutter free
 - 3. A child regulates their temperature out of their head.
 - 1. Sleep in a clutter-free environment.
 - 2. Breast fed babies have a lower risk of SIDS.
 - 3. Infants should sleep on a flat, firm surface.
 - 1. Sleep sacks are good for infants while sleeping.
 - 2. No toys or anything else in the crib.
 - 3. No crib bumpers.
 - 1. Smoking in a room where a child sleeps increases the risk for SIDS.
 - 2. Always make sure the child sleeps alone.
 - 3. Make sure the crib is in a place there are will be able to reach anything.
 - 1. Solely breast-fed babies have a lower risk for SIDS.
 - 2. Pacifiers reduce the risk for SIDS.
 - 3. 1/3 SIDS deaths in childcare occur in child care - 1/2 occur on first day.
 - 1. Some children are born with an enzyme that puts an infant at higher risk of SIDS.
 - 2. SIDS is rare in the US, but it still happens.
 - 3. no hats
 - 1. Not to incline bassinets at all
 - 1. Not to let a baby sleep inclined.
 - 2. Breast feed for 6 months with no other food
 - 3. Have baby crib in the same room as parent for first 6 months.
 - 1. Not to let an infant wear a hat unless they are premature.
 - 1. Not to put a hat on baby,
 - 2. no crib bumpers,
 - 3. tummy time during the day
 - 1. not to put hat on sleeping baby
 - 2. baby should sleep in parents room in own crib
 - 3. pacifier reduces SIDS
 - 1. not to put hat on sleeping baby
 - 2. pacifiers reduce risk SIDS
 - 3. weighted sleep sacks = not recommended
 - 1. nursing babies have less chances of SIDS in first 6 months than bottle fed babies
 - 2. Baby boxes should be temporary if hard surface
 - 3. No weighted sleep sacks should be used
 - 1. ok for pacifier.
 - 2. no blanket.
 - 3. breast milk is better than formula
 - 1. on back alone in a crib in a call no clutter
 - 1. On their back
 - 2. No loose blankets
 - 3. Ask your childcare provider their policy
 - 1. Only approved swaddle and pacifier allowed in crib.
 - 2. only sleep on back
 - 3. Recommended 6 months breastfeeding, sleeping in parents room.
 - 1. Our state is above average in SIDS deaths.
 - 2. Babies should not wear hats to bed.
 - 3. A lot of nice resources.
 - 1. Pacifier decrease SIDS
 - 1. pacifier help with safe sleep
 - 1. Pacifier if they'll take it,
 - 2. no hat,
 - 2. there are portable cribs that exist
 - 1. Pacifier use
 - 2. Tummy time at 7 weeks
 - 3. No hats after 24 hours
 - 1. pacifier use (breast vs bottle)
 - 2. weighted blankets
 - 3. ABC's
 - 1. Pacifier use can help with SIDS
 - 2. 1/2 of children who have a sleep-related death happen in the first day of childcare
 - 3. The website for a crib and other safety recalls.
 - 1. pacifier use is good,
 - 2. crib bumpers are no longer allowed,
 - 3. hats are not recommended.
 - 1. pacifier use reduce SIDS
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- 3. Sleep sacks are a good resource as compared to loose blankets.
 - 1. SUID - 3 related impacts
 2. ABC
 3. They regulate their temp through their head.
 - 1. That a hard surfact is good for baby to sleep on.
 2. You can tell if baby is overheating by the nape of the neck, it it's red and sweaty.
 3. Consumer Product .gov; CCPS.GOV
 - 1. That sleep sacks are good for babies.
 2. That pacifiers can help reduce SIDS.
 3. If the mother can offer milk they should breast feed as long as possible.
 - 1. That temperature can affect safe sleep.
 2. Hars can overheat the child.
 3. There is a 32% decreased risk of sleep related deaths when child is breast fed.
 - 1. The ABC method.
 2. There is a 68% decreased risk of SIDS for infants who are exclusively breastfed.
 3. You should not put anything on the baby to sleep other than a wearable blanket - sleep slack.
 - 1. The baby's bed needs to be clutter-free.
 2. The baby needs to sleep on their back.
 3. The baby needs to sleep on a firm surface.
 - 1. The dangers of smoke on clothing.
 2. Swings are an unsafe sleep environment.
 3. Most sleep products are a waste of money.
 - 1. The number of SUID deaths.
 2. About approved portable cribs.
 3. And to never leave baby in car seats or baby chairs while they sleep.
 - 1. The three specific things I learned were sleep-related deaths.
 2. Bedsharing along with environment.
 3. A=alone, B=back, C=clutter free.
 - 1. There are specific brands of fitted sheets to use in the crib that are safe.
 2. Breast milk reduces the risk of SIDS by 68%.
 3. Babies regulate their temp from their head. So hats aren't recommended.
 - 1. There is a 68% decreased risk of SIDS in children who are breastfed.
 2. The ABCs - alone, back, clutter free.
 3. Tummy time can be started shortly after hospital discharge.
 - 1. There should not be anything else in the crib.
 2. Blankets, burp rags, etc. shouldn't even be draped over the side.
 3. Breastfeeding for first 6 months decreases the risk of SIDS by 68%.
 - 1. To check for overheating, check the nape of the neck for seatiness and redness.
 2. Tummy time is beneficial.
 - 2. No not inline basinets
 - 3. No hats during sleep
 - 1. Pacifier use reduces risk of sleep related death
 2. Breastfeed for at least 6 months
 3. Never in an inclined surface
 - 1. Pacifier use reduces the risk of sleep related deaths.
 1. Pacifiers are allowed in crib without clip
 2. Sleep sacks with hand in is okay
 3. Inclines are not used unless by doctors
 - 1. Pacifiers are encouraged
 2. swaddle safe sleep is encouraged
 3. breastfeeding decreases sids
 - 1. pacifiers are okay when sleeping
 2. breast milk until 6 months
 3. owlet type devices are not okay
 - 1. pacifiers are safe for babies
 2. babies should not sleep in an inclined position
 3. hats are not recommended
 - 1. Pacifiers can reduce the risk of sleep related deaths.
 2. Breast-feeding for at least the first six months of life can reduce the risk of sleep related deaths.
 3. It's recommended that an infant sleeps in the parents room for the first six months of life.
 - 1. Pacifiers decrease SIDS
 2. There is a higher rate of SIDS in daycares
 3. There is a such thing as a wearable blanket
 - 1. Pacifiers help prevent SUID
 2. Breast Milk helps to prevent
 3. no hats on the baby indoors
 - 1. Pacifiers help reduce risk
 2. Smoking has a big impact on baby's sleep safety
 3. Swaddling done wrong can be dangerous
 - 1. Pacifiers help reduce SIDS
 2. Breastfeeding reduces SIDS
 3. Smokers should wear a jacket or different shirt
 - 1. Pacifiers help reduce SIDS.
 2. Breast fed babies are less likely to have SIDS.
 3. Most SIDS related deaths in childcare settings happen on the first day.
 - 1. Pacifiers help reduce sleep related deaths
 2. sleep sacks are preferred over light blankets
 3. it is now referred to as SUID not just SIDS
 - 1. Pacifiers help reduce SUID
 2. fitted sheets must be very
 3. breastfeeding is recommended for 6 months
 - 1. Pacifiers help with safe sleep
 2. sleepsacks vs swaddling
 3. no bumpers
 - 1. Pacifiers help,
 2. not using the carseat covers or letting them sleep in the swings.
 - 1. pacifiers reduce risk
 2. bed boxes were a thing
 - 1. Pacifiers reduce risk
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- 3. Infants should not sleep in car seats, strollers, swings, infant carriers or infant slings.
 - 1. To do tummy time as soon as coming home from hospital and gradually increase the time each day.
 - 2. How common SUID deaths are in the US.
 - 3. The importance of the ABCs of safe sleep.
 - 1. To have crib clear of items.
 - 2. Tummy time after discharge from hospital.
 - 3. Breast fed infant is less at risk.
 - 1. Using a pacifier can decrease the possibility of SIDS.
 - 2. Babies naturally are really hot.
 - 3. 1/3 of SIDS related deaths in childcare occur in the first week.
 - 1. Where to send parents who don't have a safe sleep environment for baby.
 - 2. Alone, back, clutter free crib.
 - 3. Don't trust Facebook marketplace.
 - 1. Pacifiers help prevent SUID
 - 2. Breastfeeding helps prevent SIDS
 - 3. never put a hat on a sleeping baby
 - 1. Pacifiers reduce the risk of SIDS
 - 2. Tummy Time should always be supervised
 - 3. Don't swaddle if the infant is able to roll over
 - 1. 1/2 of all deaths at day care occur on first day
 - 2. Recommendations are updated every 5 years
 - 3. Kansas is in the middle of the amount of deaths in all the states
 - 1. 20 % of SIUDS cases occur in child care
 - 2. There is a discrepancy on use of sheets
 - 3. pack and plays should only be for one child, pad breaks down
 - 1. 20% of SUID happens in non parental care
 - 2. Smoking while pregnant can cause a lot of harm in the future
 - 3. Many families don't have the knowledge/resources about suid and safe sleep
 - 1. 35 deaths reportedly fell asleep while brst/bottle feeding
 - 1. 6 months of breastmilk reduces risk of SIDS
 - 2. fitted sheets from cribs for kids
 - 1. 68% decrease risk with breast-feeding for six months by 32% reduce risk for any length above that.
 - 2. Breast-feeding and pacifiers related to lighter sleeping for infants.
 - 3. Triple risk of SIDS related to psychological external stress factors, and development.
 - 1. A B C of safe sleep
 - 2. Pacifier use helped during sleep
 - 1. A- Alone B- Back C- crib free of clutter
 - 1. A-alone B-back C-crib no clutter
 - 1. A.B.C. - alone, back, crib;
 - 2. websites for recall information, safe sleep recommendations, and resources;
 - 2. Importance of breastfeeding helping reduce risk
 - 3. Positioning - when parents request they sleep on side when they need to sleep on back
 - 1. Pacifiers reduce risk of SIDS,
 - 2. 20% in child care centers die of SIDS
 - 3. dressing baby in light clothing when maintaining temperature.
 - 1. Pacifiers reduce risk of SIDS.
 - 2. Breastfed babies have reduced risk of SIDS.
 - 3. Twins should not co sleep together.
 - 1. pacifiers reduce SIDS risks,
 - 2. the decrease in risk of SIDS for kiddos who are breastfed,
 - 3. fact that inclined sleepers are banned.
 - 1. pacifiers reduce sleep related deaths
 - 2. sleep boxes are not approved
 - 1. pacifiers reduce the risk of sleep related deaths
 - 2. no incline
 - 3. feeding only human milk until 6 mo. of age
 - 1. pacifiers reduce the risk of sleep-related deaths
 - 2. 6 months of human milk can also reduce the risk
 - 1. pacifiers reduced SIDS
 - 2. infant carriers not recommended for sleep in newborns
 - 3. SIDS reduced with any breastfeeding
 - 1. Pacifiers use decrease SUID risk.
 - 2. 6 months breastfeeding recommend
 - 3. No incline is new
 - 1. Pacifiers use reduces SIDS
 - 1. Pack and play lifespan use
 - 2. Baby swings are not safe if not watching the child
 - 3. Disconnect between regulations and safe sleep
 - 1. Pack n play for one baby only
 - 2. fitted sheet not necessary
 - 1. Pack n plays are good for one child
 - 2. no swing sleeping
 - 3. babies should sleep in parents room
 - 1. pack n plays need to be replaced
 - 2. weighted sleep sacks are not safe
 - 3. SIDS cases in child care tend to happen in the 1st 2 weeks of starting care
 - 1. Parents with tobacco use can pass to baby from their clothes
 - 2. They recommend breast feeding up to 6 months
 - 3. Do not incline baby when asleep
 - 1. Percentage of deaths due to unsafe sleep have risen.
 - 2. New update guidelines that bumpers and incline sleepers are banned.
 - 3. Human milk first six months.
 - 1. Physiology
 - 2. Development
 - 3. No hats
 - 1. Placed on back every sleep
 - 2. Pacifier reduces risk of SIDS
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- 3. pacifier is a protective factor even when child spits it out after falling asleep
 - 1. AAP recommendations for the first six months of life.
 - 2. AAP recommendations for breastfeeding.
 - 3. AAP recommendations for sleep sacks.
 - 1. AAP recommends only human milk for at least 6 mo. of life
 - 2. Harvey County has the highest mortality rate in KS.
 - 3. Baby's heads are to remain uncovered during sleep
 - 1. ABC
 - 2. Kids with parents who smoke shouldn't sleep together
 - 3. Awareness of safe sleep
 - 1. ABCs of safe sleep
 - 2. triple risk for sids
 - 3. no co sleeping
 - About pacifiers About breastfeed babies have a lesser chance of this happening Incline beds are a no-no
 - 1. Alone , Back , Clutter Free
 - 1. Alone, on back, and Crib
 - 1. Always recommend separate seep method
 - 2. No crib bumpers
 - 3. Binkies are okay but once they fall out of mouth do not put back in.
 - 1. Always supervise your child, better sleep knowledge, and more info
 - 1. amount of time recommended for breastfeeding to decrease SIDS
 - 2. not using an inclined surface
 - 3. baby can use a box in a situation where a separate crib is unavailable
 - 1. Any amount of breast-feeding reduce the risk of SIDS.
 - 2. Immunizations are a protective factor.
 - 1. Appropriate position for infant sleeping.
 - 2. Appropriate items permitted in a crib.
 - 3. How to prevent sleep related deaths amongst infants.
 - 1. Babies are to sleep on their back in a safe approved bed that is not inclined with nothing in the crib
 - 2. Pacifiers are good to use at nap and bed time
 - 3. Wearable blankets are the best to use
 - 1. babies can't sleep with anything in the crib,
 - 2. baby can sleep in a wearable blanket,
 - 3. Babies are less likely to die from SIDS if breast fed
 - 1. Babies do not leave the hospital until they can regulate their body temperature
 - 2. SIDS vs SUIDS
 - 3. Swaddling is approved outside Project Eagle.
 - 1. Babies fed breast milk exclusively for 1st 6 months of life have a reduced risk of SIDS
 - 2. Pacifiers at bedtime reduce the risk of SIDS
 - 3. Babies should wear no more than 1 layer of clothing than an adult wears.
 - 1. Babies regulate on their own
 - 2. Pacifiers reduce risk
 - 3. Immunization reduces risks
 - 1. playpens need to be switched out between kids
 - 2. only human milk for 6 mos
 - 3. owlet not accurate -haven't had one or a parent with one before
 - 1. Pretty sure I knew it all :)
 - 1. Proper sleep attire, unsafe sleep environments, and that pacifiers reduce SIDS risk
 - 1. Put them in one layer more than an adult.
 - 2. EBF until six months.
 - 1. recalled inclined sleep products
 - 2. stats for KS
 - 3. stats for minority populations
 - 1. Reminded of the sleep sacks,
 - 2. no longer endorsing inclined sleeping,
 - 3. bumper pads are 100% forbidden!
 - 1. reminder about inclined sleepers
 - 2. Triple Risk SIDS Theory
 - 3. 2020 Kansas mortality numbers
 - 1. Reminders about wearable blankets
 - 2. Do not leave the baby in a carseat if they are asleep when getting home
 - 3. Reminder to keep talking to parents about smoking, vaping or e-cigs
 - 1. Resources from DCF
 - 1. Safe sleep
 - 2. Lay on back for sleep
 - 3. one baby in a crib
 - 1. safe sleep
 - 2. sleep surface
 - 1. Safe sleep for babies
 - 1. Safety approved cribs - Graco pack&plays
 - 2. Baby should sleep in parents room in separate bed for first 6 months
 - 3. Pacifier use helps limit SIDS
 - 1. Safety approved sleep surfaces in parents room
 - 2. help prevents SIUDS
 - 3. Playpens expire
 - 1. Same sheet brand as the mattress brand
 - 2. Can swaddled with hands /arms covered.
 - 1. Sheets are not really necessary---however state required
 - 1. SIDS
 - 2. Statistics
 - 3. AAP Conception
 - 1. SIDS id 20.1% infant deaths in KS
 - 2. Triple risk theory
 - 3. Crib bumpers were banned
 - 1. SIDS is now called SUIDS
 - 2. Breastfed for 6 months reduces the risk of SUIDS
 - 1. sleep boxes
 - 2. SIDS is up to 25% of unexpected deaths.
 - 1. sleep environment
 - 2. clothing
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- 3. Smoke jackets are real
 - 1. Babies should be in their parents room for the first 6 months but in a separate bed.
 - 2. Incline for infants is no longer recommended.
 - 3. Babies are less likely to choke on their back than on the stomach
 - 1. Babies should not wear hats when sleeping.
 - 2. Babies that are fed human breastmilk have reduced chance for SUID.
 - 3. Did not know where the blankets were a thing before this training.
 - 1. Babies should sleep on their backs.
 - 2. Babies should not wear hats indoors.
 - 3. There are many factors that should be considered when putting a baby to sleep.
 - 1. Babies shouldn't be sleeping with inclined because they need to be able to breathe
 - 2. That you should tell parents if they need more assistance they can ask for help from DCF.
 - 3. There shouldn't be anything in the bed
 - 1. baby box not safe
 - 2. protective - pacifiers
 - 1. baby can not sleep inclined d/t underdeveloped neck muscles
 - 2. only sleeping on back rather than back and side
 - 3. pacifiers can decrease risk of SUID
 - 1. Baby in parents room up to 6m
 - 2. The stats on breastfeeding and sids
 - 3. you can search for specific items around sleep safety on cpsc.gov
 - 1. Back sleep for every slaeep
 - 1. back to sleep
 - 2. no inclines
 - 3. pacifiers help reduce risk
 - 1. Back to sleep for every sleep.
 - 2. Consumer Product Safety Standards website.
 - 3. Kansas Quit incentives for prenatal and postnatal moms.
 - 1. Bedsharing with infants less than 4 month old
 - 2. Infants should be placed on their back to sleep
 - 3. At least first six months of life in a safety place can sleep in parent's room
 - 1. Biden's ban on items
 - 2. No inclined sleeping
 - 3. Breastfeed for 6 mos
 - 1. box cribs are a thing
 - 2. sleeping in strollers= bad
 - 3. sleeping in one rockers = bad
 - 1. box to sleep in
 - 2. pacifier decreases sids
 - 3. breastfed babies have a decrease in sids
 - 1. Brain stem indicates babies inability to awake
 - 1. breast fed for at least 6 mo
 - 2. dont incline replace pack n plays
 - 3. pacifier use
 - 1. sleep position
 - 2. pacifier use
 - 3. bedding recs
 - 1. Sleep Sack
 - 2. pacifier use
 - 3. Flat surface
 - 1. Sleep sack is acceptable in a safe sleep environment
 - 2. Statistics on sleep-related deaths
 - 3. Breastfeeding up to 6 months increases safe sleep
 - 1. Sleep Sack safety
 - 2. Cultural Sleeping characteristics
 - 1. Sleep sacks are better than swaddling
 - 2. pack n play use for one child
 - 3. breastfeeding is best for 6 months
 - 1. Sleep sacks are good for sleeping
 - 2. pacifiers are also good for sleeping
 - 3. talk to all parents about safe sleep
 - 1. sleep sacks are ok to wear
 - 2. pacifier reduces SIDS
 - 3. do not let baby sleep in swing long periods of time
 - 1. Sleep sacks are ok.
 - 2. No weighted blankets.
 - 3. The percentage of deaths occurring in day care settings.
 - 1. sleep surface types
 - 2. no hats
 - 3. sharing room, not bed
 - 1. sleeping in parents room
 - 2. breast feeding reduces SIDS
 - 3. pacifier can help reduce SIDS
 - 1. Sleeping in the parents room for the first 6 months.
 - 2. Pacifiers can reduce infant death
 - 3. The websites for families
 - 1. Sleeping on back is safest.
 - 1. sleeping with a baby at night is not safe
 - 1. Slings are not safe for sleeping,
 - 2. infant carriers not safe,
 - 3. where Kansas sits along the numbers between other states
 - 1. smoking increases SIDS risk
 - 2. NMC has pack & plays for those in need
 - 3. Human milk alone for the first 6 months, reduces risk
 - 1. Some safety sleep in other specific item instead of crib.
 - 2. They shouldn't sleep inclined
 - 3. How long they should be breastfeeding
 - 1. Statistics
 - 1. SUID=SIDS+Sleep related deaths
 - 2. same message of safe sleep
 - 1. Swaddling
 - 1. Swaddling is okay
 - 2. New resources to share with families
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- 1. Breast feeding reduces the risk of SUID
 - 2. Kansas has 224 deaths a year from SUID
 - 3. Some approved mattresses have carbon dioxide reducers
 - 1. Breast is best
 - 2. sleep in same room as parent
 - 3. sleep alone in a uncluttered crib in parents room
 - 1. Breastfed children have reduced SIDS risk
 - 2. pacifiers reduce SIDS risk
 - 3. sleeping children should be moved to a safe environment
 - 1. Breastfed infants significantly less risk for SIDS
 - 2. No incline
 - 3. % of Deaths related to SIDS
 - 1. Breastfeed children have different sleep patterns than formula fed babies
 - 2. Portable cribs should only have crib sheets if they were provided with the crib.
 - 1. breastfeed for at least 6 months
 - 1. Breastfeeding decreases risk of SIDS
 - 2. Babies should not sleep in swings or car seats
 - 3. Immunizations decrease risk of SIDS
 - 1. breastfeeding decreases the risk of SUIDS significantly
 - 2. home day cares have increased risk
 - 1. Breastfeeding for first 6 months reduce SIDS
 - 2. Incline sleeping is not safe
 - 3. babies can regulate their temperature
 - 1. breastfeeding helps prevent ovarian cancer
 - 2. cannot rest baby on inclined surface.
 - 1. Breastfeeding is related to a lower rate of SIDS
 - 2. There is a law now where certain items are no longer allowed for use
 - 3. It is recommend that baby sleep in the same room (in their own bed) until 6 month of age.
 - 1. Breastfeeding makes SUID less likely.
 - 2. That even smoking tobacco outside but having it on your clothes can cause harm.
 - 3. pacifiers benefits
 - 1. Breastfeeding only human milk is recommended for the first 6 mo. of life
 - 2. Infant carriers classify as unsafe sleep environment
 - 3. Supine position does not increase the risk of choking
 - 1. Breastfeeding babies still need to follow safe sleep practices
 - 2. Pacifiers will help
 - 1. Breastmilk for the first six months.
 - 2. No hats inside outside. Use only once leaving the hospital.
 - 3. There are three factors for SUID.
 - 1. Bumpers & inclined sleepers have been banned.
 - 2. Breastfeeding for 6 months decreases the risk of SIDS the most.
 - 1. Bumpers are not recommended.
 - 3. It is ruled SIDS when other factors have been eliminated
 - 1. that 20% of SIDS occurs when the infant was with someone else care,
 - 2. 1/2 of the death first day of child care
 - 3. Information on baby boxes as a last resort
 - 4. where to get safe sleep parent material
 - 1. that a safe sleep law or act was passed in 2016.... that bumpers are outlawed but not mesh siding
 - 2. pacifiers are approved for sleep
 - 1. That an inclined surface should not be used when sleeping
 - 2. A pacifier reduces the risk of death while sleeping
 - 1. That breastfeeding can reduce the risk of sleep related deaths
 - 2. That you are supposed to throw away a pack and play after you are done using it for a child
 - 1. That it is ideal for infants to sleep in parent's room, in separate bed, for the first 6 months.
 - 2. Baby slings are not good, depending on how it's used.
 - 3. Pacifiers and immunizations decrease the risk of SIDS.
 - 1. That it is not safe to allow a baby to sleep in a baby seat, car seat, swing for an extended period of time.
 - 2. It isn't safe to incline the crib.
 - 3. Babies that drink breastmilk for the first six months have less of a risk of SUID's
 - 1. That many weren't already aware of these already.
 - 2. That people are still using bumpers- that was scary.
 - 3. And pretty much already knew all of these things.
 - 1. that pacifiers help reduced SIDS
 - 2. to always check the updated criteria for safe sleep
 - 3. immunizations can help reduce SIDS
 - 1. That SIDS is unpreventable in all cases
 - 2. There could be an underlined disease or deformity that could lead to in infant death
 - 3. Babies should not sleep on their sides at all
 - 1. That sudden infant sleep deaths occur more often in a childcare setting.
 - 2. That babies should not wear hats to sleep in.
 - 3. That you shouldn't incline the crib.
 - 1. That they recommend 15-30 minutes daily incrementally by age 7 weeks.
 - 2. Sleeping on the back does not increase an infants risk of choking during sleep.
 - 3. It is recommended to share a room not a bed for the first 6 months of life of an infant.
 - 1. that tummy time should be monitored
 - 2. have baby sleep in parents room for 6 months
 - 3. swaddling
 - 1. That using a binkie or breast feeding a child can actually reduce the risk of SIDS.
 - 1. That you can use wearable blanket instead of those blankets.
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- 2. 20% of SIDS occurs at Daycare.
 - 3. Only dress the infant in one more layer than an adult would wear.
 - 1. Bumpers are now banned
 - 2. 68% decrease by exclusively breastfeeding
 - 3. 35 deaths occurred in caregivers arms
 - 1. Can use sleep sack
 - 2. Pack and plays need to be replaced
 - 3. Pacifiers reduce SIDS
 - 1. Can wear sleep sack
 - 2. You should replace pack and plays with new infants, then throw out old ones
 - 3. Breastfeeding reduces SIDS
 - 1. Car seat covers should be taken off once inside.
 - 2. Shawnee Country has a high number of SUIDs
 - 3. Any amount of breast feeding helps reduce it
 - 1. car seats are not a safe place to sleep,
 - 2. pacifiers help babies and are safe,
 - 3. there's no evidence that heart monitors can prevent this.
 - 1. Cardiorespiratory monitors aren't necessarily recommended.
 - 2. inclined sleep is dangerous
 - 3. babies should sleep in parents room for 6 months
 - 1. categories of SUID
 - 2. pacifier reduces risk
 - 1. Charlie's House might have free sleep sacks or pack n plays
 - 2. Bumpers are recalled. I knew they were not to be used, but I didn't know they were recalled. I knew the rest.
 - 1. check on sleeping babies every 15 minutes
 - 2. tummy time 15-30 minutes total daily by age 7 weeks
 - 3. swaddling increases core body temperature
 - 1. child should not sleep on inclined surface
 - 2. what SIDS is
 - 3. keeping child warm
 - 1. Children can't sleep in a car seat for very long
 - 2. Inclined is not good for when babies sleep
 - 3. Bassinets aren't good to sleep in
 - 1. Children in child care settings can be at a high risk during the first day to a week after beginning child care attendance.
 - 2. Offering a pacifier can help with safe sleep.
 - 3. Smoke exposure increases SUID risk.
 - 1. Children under the age of one year cannot sleep in an inclined position,
 - 2. can use a sleep sack to maintain warmth,
 - 3. and for the first 6 months, infants should sleep in their own flat, firm safe bed in the parent's room.
 - 1. Clutter free crib
 - 2. no blankets
 - 3. Put baby in the crib to sleep.
 - 1. consider offering a pacifier at naptime and bedtime
 - 2. That pacifiers help reduce risks.
 - 3. That SIDS can actually be tested for in the brain stem after the fact.
 - 1. The 3 intersecting causes: external, environmental and developmental
 - 2. Exposure to alcohol, smoking, drug use prenatally as well as after birth are factors
 - 3. The amount of tummy time those first 7 weeks.
 - 1. The amount of infant SIDS and SUID impacts
 - 2. No hats after they leave the hospital
 - 3. Pacifiers can be a good thing
 - 1. the banned items-rock and play, bumpers
 - 2. do not ever put hats on to sleep
 - 3. inclines of any sort on not recommended (infant could slide)
 - 1. The banning of bumpers and inclined sleeper
 - 2. Pacifier use
 - 3. Reducing Infant mortality
 - 1. The binki reduces risk of SIDS
 - 2. Breastfeeding is recommended for 6 months
 - 3. Car Seats are not safe for sleeping(I figured as much but never knew it was banned)
 - 1. The diagram of how if a baby spits up when laying on tummy it could go in their lungs a lot easier.
 - 1. The dramatic decrease of SIDS in exclusively breastfed babies.
 - 2. Room sharing for 6 months is best.
 - 3. The recommended use of a pacifier to reduce the risk of SIDS.
 - 1. The high rate of Sleep-related deaths in infants.
 - 2. High percentage of breastfeeding infants who do not experience SIDS
 - 3. Supervised tummy time decreases the incidences of SIDS.
 - 1. The importance of sharing knowledge.
 - 1. The issues with choking in regard to stomach vs back.
 - 2. No loose blankets in crib.
 - 3. Having the crib in the parent's room for the first period of time.
 - 1. the pacifier for sleeping
 - 2. no rock n play
 - 3. no hats for sleeping
 - 1. The pacifier helps reduce the risk of SIDS,
 - 2. that heat really does affect safe sleep
 - 3. watching baby's temperature closer.
 - 1. The pacifier is approved.
 - 1. The programs around Leavenworth
 - 2. The situations that parents can avoid to keep from harming their child
 - 3. Kids like being swaddled
 - 1. The use of swaddle blankets and breast-feeding for at least six months.
 - 1. The visual of the airway and esophagus.
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- 2. 1/3 of SIDS related deaths in child care occur in the first week, 1/2 of these on the first day
 - 3. Over 200 babies dies before 1st birthday
 - 1. Cribs are only good for one child
 - 2. cannot use bassinet attachment in child care
 - 1. Death in childcare- on the first day and first week was very interesting.
 - 2. Breastfed babies are 60%less likely to die of sleep related death.
 - 3. Binky, even if fallen out during sleep is still known to be a good protector against sleep related deaths.
 - 1. didn't know about a sleep sack
 - 2. didn't realize bumpers had been outlawed
 - 3. wasn't aware pacifiers were being pushed
 - 1. Different sleep surface.
 - 2. Mattress should be / fitted sheets should be/ no sheet needed
 - 3. crib bumpers not safe use item but just as long as baby is awake.
 - 1. discuss safe sleep with child care providers
 - 2. 6 months in room with parent
 - 3. over coat when smoking outside
 - 1. Do not incline mattresses,
 - 2. no hats(meaning the small cloth ones from the hospital,
 - 3. that breastfeeding significantly reduces the risk of SIDS
 - 1. do not incline sleeping surfaces
 - 2. breastfeeding for @ least 6 months helps reduce risk of SIDS
 - 3. no hats while sleeping
 - 1. Don't ever incline a baby
 - 2. There's no limit on breastfeeding
 - 3. Don't co sleep
 - 1. don't incline bed
 - 2. 6 month human milk decrease risk
 - 3. no burp rags at edge of cribs
 - 1. Don't use heart monitors on baby's foot.
 - 2. High number of deaths in daycares.
 - 1. Don't use weighted sleep sacks,
 - 2. don't place infants on couch to sleep,
 - 3. don't force pacifier if baby doesn't want it.
 - 1. Even if babies have GERD,
 - 2. bassinet does not need to be inclined.
 - 3. Anatomy is protective against aspiration
 - 4. Human milk only recommended for the first 6 mos of life
 - 5. No hats when sleeping
 - 1. Exclusive breastfeeding for the first 6 months greatly reduces the risk of SIDS by 68%
 - 2. There are a couple infant physiological responses that may lead to SIDS such as arousal response deficit and subtle brainstem dysfunction.
 - 3. SIDS in childcare - it is astonishing that 1/3 occur in the first week and half of those on the first day. :(
 - 2. going to use the kidsks.org website
 - 3. Using a pacifier helps to reduce the chance of sids
 - 1. they changed to no incline
 - 1. they use SUID now
 - 2. breast milk is better
 - 3. hats are not needed inside the house
 - 1. Things are sold when they are not considered safe,
 - 2. an infant sleeping in a box actually happens,
 - 3. crib bumpers have been taken off the market.
 - 1. Thought pacifiers were not that save while sleeping before this.
 - 2. I did not realizes foot monitors were not save.
 - 3. I didnt know that tummy time was also beneficial for safe sleeping.
 - 1. To lay baby on back
 - 2. To swaddle instead of a loose blanket
 - 3. are available for parents who take the training
 - 1. To not place babies in rocking seats.
 - 2. To remove babies from car seats, if they have fallen asleep.
 - 3. Babies need a firm mattress.
 - 1. To reduce the risk of sleep related death, the AAP recommends feeding only human milk for at least the first 6 months of life
 - 2. Its safe for infants to sleep in a wearable blanket, sleep sack
 - 3. Breastfeeding moms sleep lighter as wells as breastfeeding babies
 - 1. tummy sleeping is not good for child that spits up
 - 2. pacifiers are good for sleeping babies
 - 3. swaddling is confining the arms
 - 1. Updates on slings and inclined sleeper
 - 2. physiology of gerd reflux
 - 1. Use binky to help with SIDS
 - 2. Replace cribs
 - 3. Don't need to have a fitted sheet
 - 1. Using a pacifier helps reduce sleep related deaths.
 - 2. It's not okay to cover the carriers unless its during short transportation.
 - 3. You can buy breastmilk.
 - 1. wearable blankets are recommended by the AAP
 - 2. Dress baby in no more than one layer than an adult to keep them warm
 - 1. What SUID is.
 - 2. Proper bedding for babies.
 - 3. How babies should sleep (on their back)
 - 1. You should not put anything in the crib
 - 2. Don't co-sleep
 - 3. No incline
 - 1. your body temperature is regulated from your head
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- 1. exclusively offering breast milk for first 6 months reduces risk of sleep related death
- 2. pacifiers are protective against SIDS
- 3. safe sleep for babies act
- 1. Explain the ABC Safe Sleep to parents by using the ABC explanation Baby is Alone, Back to Sleep, In a Crib

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"> • 1. Side sleeping is not ok 2. swaddle your bby • 1. do not put too many layers of clothes on baby 2. always on their back • 1. Introduce info differently 2. Share new information • 1. Make sure to discuss in more detail the safe sleep requirements, focusing on the safe bedding and environments. 2. Connect the importance of tummy time to SUIDS reduction. • 1. post safe sleep practices next to crib 2. have a section on how and why babies should sleep on their back in my contract • 1. I will introduce the topic of safe sleep prior to the arrival of the baby. 2. I will ask more open-ended questions to learn about the sleep environment for the baby. • 1. You shouldn't incline a baby's bed 2. Babies should be dressed in one layer more than an adult at night. 3. Sleeping with a pacifier can reduce the risk of SIDS • 1. ABC - keeping paper alone, on their back and in a clutter free crib. 2. Being aware of tummy time recommendations. • 1. After BF baby back alone / back 2. Use pacifier @ sleep • 1. Ask parents where their child is sleeping. 2. Inform all client/caregivers of best safe-sleep practices. • 1. Be aware when babysitting. 2. Check on babies. • 1. Be more mindful of where children are put down for naps. 2. Share this information with people I encounter. • 1. Be sure the crib is clutter free. 2. Make sure no one smokes around any infants in my care. • 1. Buy a sleep sack for my baby. 2. Try and breast-feed my children for at least the first 6 months of life. • 1. Check for items in a crib 2. Inform parents about the hazards of cosleeping • 1. Completely clutter free crib/environment. 2. CPSC.GOV - research before purchasing | <ul style="list-style-type: none"> • 1. I will ask more questions to families about their child's sleeping environment. • 1. I will be doing all of the things I learned correctly. • 1. I will be more confident in terms of educating parents. I will be more proactive. • 1. I will be more proactive about making sure our program shares up to date sleep safety information and resources with our families. • I will be sure to inform parents of the benefit of a pacifier when putting a baby to sleep. I will be sure to inform parents about safe swaddling and the recommendations on how to do so as well as wearing blankets instead of loose blankets. • 1. I will encourage pacifier use for sleep until six months or so and I won't let an infant sleep in a car seat • 1. I will explain safe sleep better to parents and have more information if they have questions. • 1. I will follow the guidelines and implement it with my work 2. Give education to my patients • 1. I will give sleep sacks and pacifiers to new parents. 2. I will offer safe sleep tips to new parents. • 1. I will go and check my grandchildren sleep areas • 1. I will go more in depth about safe sleep with families and provide information even if they already say they know about safe sleep and what they need to do for baby while sleeping. 2. I will also make note when parents are following safe sleep and acknowledge that. • 1. I will have robust conversations about safe sleep with families 2. I will refer families to the website to check for recalls • 1. I will help provide information to families who need it by showing them different techniques and providing informational resources. • 1. I will make sure family and friends have this knowledge as well. • 1. I will make sure to encourage the pacifier for nap-time/bed-time, in order to reduce the risk of SIDS. 2. I will be sure to encourage tummy time for the child while awake and BEING observed. • 1. I will make sure to spread awareness that not all baby products that are sold are safe, and encourage parents/anyone should take safe sleep training |
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- 1. CPSC.GOV to check for recalls.
 - 2. No other blankets.
 - 1. Don't hang/drap anything on the side of the crib.
 - 2. Offer a pacifier, don't demand it.
 - 1. Don't let kids sleep in swings.
 - 2. Don't let them sleep in car seats.
 - 1. Educate more frequently and earlier.
 - 2. Investigate safe sleep recommendations before purchasing or advocating for products.
 - 1. Encourage parents to breastfeed.
 - 2. Use sleep sack instead of swaddling
 - 1. Ensure the crib is clutter free.
 - 2. Use sleep socks.
 - 1. Follow instructions on safe sleep.
 - 2. Let them use pacifier.
 - 1. Give advice to others for education.
 - 2. Apply this knowledge when it is applicable.
 - 1. Give more consistent info to clients
 - 2. blank
 - 1. have an empty crib and wear a sleep sack.
 - 2. Safe sleep should be informed to everyone and I could let others know.
 - 1. Have child sleep on back.
 - 2. Have child sleep in sleep sack.
 - 1. Help my clients come get educated at SCHD.
 - 2. Encourage my clients to ask questions and can trust doctors and health care professional than their friends.
 - 1. I have a better understanding of what to look for when doing walk throughs for safe sleep
 - 1. I will always put the baby down to sleep on their back with nothing else in the crib.
 - 2. I will pay attention closely to commercial products for infants. They are not safe and many have recalls.
 - 1. I will buy a Merlin sleepy sack.
 - 2. I will make sure to brush-up on safe sleep practices when I have a baby.
 - 1. I will ensure infants sleep on their backs, not stomachs.
 - 2. I will not demand or insist the child take the pacifier, will offer it instead.
 - 1. I will follow these guidelines when I have a baby.
 - 2. I will tell my friends with babies about this.
 - 1. I will inform my family/friends who are expecting a child to be educated in safe sleeping and SIDS.
 - 2. I will not purchase a bundle of the extra sleeping contraptions, such as wings, just on the safe sleeping surface.
 - 1. I will look closely on whether there is a lot of bedding in the crib/ toys
 - 2. Make sure parents and babies are not sleeping in the same bed together.
 - 1. I will make sure a child sleeps on their back.
 - 2. I will be more aware of a child over heating and will know where to check if I notice this.
 - 1. I will never get crib bumpers or recommend them to others.
 - 2. I don't ever plan to have another child however when my daughter gets old enough to have one I hope to be able to share this information with her.
 - 1. I will not be using blankets with infants or sharing beds with infants
 - 1. I will not bed share with the baby that I am currently pregnant with.
 - 1. I will not incline bassinets
 - 1. I will not place any blankets over babies to sleep.
 - 2. I will not place a baby in a rocking seat.
 - 1. I will not use a blanket for a sleeping baby and make sure the baby sleeps on a flat, clear surface.
 - 1. I will personally look up family's equipment on the site.
 - 2. I will explain position or tummy and esophagus during back vs prone sleeping.
 - 1. I will refrain from inclining the bassinets
 - 2. Remind parents of safe sleep
 - 1. I will replace my pack and plays
 - 1. I will share safe sleep practices with new and expecting moms.
 - 2. I will also gently alert parents to potential unsafe practices as I see them.
 - 1. I will share the above items for sure and do so earlier in the pregnancy
 - 1. I will share the slogan Back to sleep, Every Sleep more often
 - 2. I will share more resources
 - 1. I will share the statistic if a Month is able to breastfeed that by breastfeeding it can reduce SIDS by 68%.
 - 2. I also will be more prone to encourage parents to describe their child's sleep environment and then talk about what needs to change
 - 1. I will spread more awareness and also state that second or third hand smoking is also hazardous
 - 1. I will talk to parents and give them things written down about it
 - 1. I will talk with family & friends about safe sleep
 - 2. I will not have baby's face covered in the sling
 - 1. I will train parents and staff on the ABCs of safe sleep
 - 2. Purchase sleepwear for babies
 - 1. I won't let babies sleep in anything inclined
 - 2. I will try pacifiers with babies who tend to not sleep long
 - 1. I won't use crib bumpers or loose blankets
 - 1. I would not put more than one baby in the same bed
 - 2. I would not use crib bumpers
 - 1. Implement more of sleeping on the back during nap time as much as during bedtime.
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- 1. I will make sure the child is on his/her back when sleeping.
 - 2. No toys in the crib.
 - 1. I will make sure to check the back of the babies neck to se eif they are over-heating.
 - 2. Keeping blankets out of the crib, even though you think they might be cold.
 - 1. I will not allow children in my care to sleep in a swing.
 - 2. I will be sure to check that infant is sleeping on back.
 - 1. I will not let children/infants sleep with a hat.
 - 2. I will not be strict about an infant's use of a pacifier.
 - 1. I will not put a blanket on the baby.
 - 2. I will give my baby a pacifier.
 - 1. I will not put blankets on sleeping babies.
 - 2. I will not clutter the crib.
 - 1. I will offer a pacifier at nap time fo the kids I nanny.
 - 2. I will continue to use a sleep sack on kids I watch.
 - 1. I will talk with friends and family that are going to have a baby soon about what I have learned and the importance of learning these safe sleeping habits for a newborn.
 - 2. I will be confident when I have kids about safe sleeping and not buy all the technology things out there.
 - 1. I will tell my aunt, who has twins) about thos sleep sacks.
 - 2. I will make sure babies sleep clutter free.
 - 1. I will use tummy time more often and sooner.
 - 2. Have clutter-free bed/crib.
 - 1. If they need pacifiers to soothe them I will give them theirs.
 - 1. Increase the risk of sleep related deaths. (?decrease?)
 - 1. Keey an eye out for unsafe sleeping.
 - 2. Tell people about SIDS.
 - 1. Lay babies on backs.
 - 2. Place them in their own bed not mine.
 - 1. Let them sleep on a firm surface.
 - 2. Use a sleep sack.
 - 1. Let those know who have infants about safe sleep.
 - 2. Checking on baby while sleeping and never bedshare.
 - 1. Make sure baby is sleeping in a empty firm bed.
 - 1. Make sure my own children follow safe sleep protocol.
 - 2. I will advocate for others to learn safe sleep practices.
 - 1. Make sure the crib is clutter free.
 - 2. Looking into sleep sacks is a good thing.
 - 1. Make sure there aren't any extra things in the babies crib.
 - 2. Put the baby on their back for sleeping.
 - 1. make sure there is a sheet in the crib for child care rules
 - 2. ceiling fan is ok
 - 1. Make sure there is not clutter in the crib.
 - 2. Encourage using a pacifier during sleep but letting parents know that they don't have to keep the pacifier in the mouth the whole sleep time.
 - 1. Incorporate the safe sleep planning guide with families of even older babies
 - 1. inform friends of safe practices.
 - 1. Inform parents of the need for safe sleep.
 - 1. Inform the parent I work with of safe sleep.
 - 1. Instruct parents over safe, sleep when children and an appropriate age ranges, and look for signs.
 - 1. Instruct parents to find out their daycare's sleep policy.
 - 2. Start talking about safe sleep prenatally. Help families create safe sleep environments.
 - 1. Just being more informed to share this information in a home visit.
 - 1. Keep bassinets flat even w/ GERD
 - 1. keep loose blankets, pillows, stuffed toys out of the sleep space
 - 1. Keep the fans in the room
 - 2. Make sure sheets are tight and fitted
 - 1. keep the noise machine stuffy out of the crib at night and not overdress the baby
 - 1. Lay my grandbaby on his back for sleep
 - 2. only swaddle a baby.
 - 1. Letting parents know about the back all the time and maybe the layers of stuff when they sleep
 - 1. Leverage partners. Identify partner weaknesses for collaborative relationships.
 - 1. Look more in the crib and what the child is wearing while sleeping.
 - 1. Make sure I have resources available for myself and others on how to keep a baby safe.
 - 1. Make sure my parents have handouts. Go through safe sleep paperwork during interview.
 - 1. Make sure the crib is empty.
 - 2. Do not pace a hat on the childs head when sleeping.
 - 1. Make sure to move baby to a safe sleep environment when they fall asleep and offer a pacifier to reduce sids.
 - 1. Make sure to not leave anything hanging over the side of the crib
 - 2. Remove anything attached to pacifiers before they are in the crib
 - 1. More Education to family
 - 2. No incline
 - 1. more tummy time
 - 2. Order a lifevac
 - 1. move sleeping children to a safe surface
 - 2. not use pacifiers with stuffed animals for naps/sleep
 - 1. My explanation of safe sleep, and I will be sharing this info with people in my personal life.
 - 1. Nap with a baby in arms on. couch lay Abby on their side
 - 1. Never incline a baby at sleep time
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- 2. Not waste money on electric commercial devices, they're not needed and not completely safe.
 - 1. Make sure to have the temp correct in the room.
 - 2. Educate those who have/care for infants about safe sleep.
 - 1. Making sure the child's sleep area is clutter free.
 - 2. Being more careful about the supplies I will buy for infants.
 - 1. No bedsharing
 - 2. No blankets
 - 1. No blankets in the crib.
 - 2. Do tummy time.
 - 1. No co-sleeping.
 - 2. Place baby on back while sleeping.
 - 1. No crib bumper.
 - 2. Car seat isn't a safe sleep environment.
 - 1. No crib bumpers.
 - 2. Learn how to swaddle baby.
 - 1. No items in crib.
 - 2. Swaddle.
 - 1. No items in crib.
 - 2. No attachment on pacifier.
 - 1. No more swaddling with a receiving blanket.
 - 2. Tummy time everyday.
 - 1. Not allow kids to sleep in swings (never have allowed this, but I will prevent it.).
 - 2. For my future kids I will breastfeed for at least 6 months.
 - 1. Not always have a hat on a child.
 - 2. Keep crib without clutter.
 - 1. Not busy equipment/devices that are not necessary.
 - 2. Not use loose cloths, blankets, etc. on sleeping baby.
 - 1. Not put a hat on a baby while in carseat so it won't get hot.
 - 1. Not sleep next to a baby.
 - 2. But the right products for babies.
 - 1. Not store diapers in crib even if they're under baby.
 - 2. Not leave a blanket in crib with my baby.
 - 1. Not to buy a swing.
 - 2. Not to buy a sling.
 - 1. Not to glorify my child's room.
 - 2. Creating a perfectly safe sleep environment
 - 1. Not use banned items.
 - 2. Lay infants on their back.
 - 1. Pacifier use after establishes BF.
 - 2. Direct parents toward resources for safe sleep.
 - 1. Pay attention to the sleeping environment of children.
 - 2. Further education on the sleep knowledge each year.
 - 1. Pay more attention while kids are sleeping.
 - 2. And don't let kids sleep or lay with their hats on.
 - 1. Practice more tummy time with kids.
 - 1. Put an infant down to sleep on their back.
 - 2. Don't have an blankets or toys in the crib.
 - 2. make sure parents know about safe sleeping habits. Give parents a checklist they are doing
 - 1. Never leave toys or a blanket loose in a crib.
 - 2. Bumpers will not be used when putting an infant to sleep.
 - 1. no binky with lovey attached
 - 2. only use one pack n play for one baby
 - 1. No blanket
 - 2. do not hold a sleeping baby
 - 1. no blanket use a wearable blanket.
 - 2. no sleeping with adults
 - 1. no blankets
 - 2. no incline or side positions on newborns in hospital
 - 1. No blankets in the crib
 - 2. No sleeping on boppy
 - 1. no blankets when sleeping for the infants
 - 1. No co sleeping
 - 2. No hats when sleep
 - 1. no crib bumpers
 - 1. no hat while sleeping
 - 2. not to incline the mattress
 - 1. No hats
 - 2. No burp clothes on crib rails
 - 1. no hats
 - 2. Assess need for hospital provided safe-sleep surface, help patient get resources
 - 1. No hats
 - 2. No pacifier clips
 - 1. no hats
 - 2. replace playpen
 - 1. no hats during sleep
 - 2. no inclined surface
 - 1. No hats while sleeping
 - 2. Encourage parents not to use anything attached to the pacifier during sleep time
 - 1. No hats while sleeping, and encourage pacifier use.
 - 1. No hats! R
 - 2. replace cribs after each user/baby--and tell parents
 - 1. no incline and sleep sacks
 - 1. no incline crib
 - 2. encourage mom to set timer/activity to stay alert while feeding
 - 1. no incline w/o dr. order ?
 - 1. No inclined babies
 - 2. Showing pt.'s the correct way to sleep
 - 1. no inclines, no sleeping in car seats-share this with parents as most of the parents I work with allow this
 - 1. No inclining for swing sleeping
 - 2. Use sleep sacks
 - 1. No longer placing infants on side unattended if 'spitty'
 - 2. Recommend, same room separate bed for at least the 1st 6 mo. to pts.
 - 1. No more bed sharing
 - 1. no more sleep in a car seat and have a safe sleep sack
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- 1. Read motherhood books before giving birth so I can be best prepared.
 - 2. I don't need to buy all of these expensive things for my baby, so long as they are getting safe sleep then I'm fine.
 - 1. Recommended pacifiers
 - 2. Discourage bed sharing
 - 1. Rocker
 - 2. Human milk
 - 1. Share information with family, friends, parents.
 - 2. Be sure I always practice safe sleep techniques.
 - 1. Sleep sacks.
 - 2. Nothing in the crib.
 - 1. Swaddle longer.
 - 2. Offer pacifier.
 - 1. Tell others about safe sleep.
 - 2. Make sure relatives use this information.
 - 1. Train myself and others about sleep training.
 - 2. Be aware and become helpful for others that might not know.
 - 1. Try to give children pacifiers less.
 - 2. No different, but I'll continue to keep the crib clutter free when babies are napping.
 - 1. Use pacifiers.
 - 2. Put multiple kids in separate sleep areas (i.e. twins)
 - 1. use sleep sacks instead of loose blankets
 - 2. take stuffed animals out of cribs
 - 1. Using only wearable blankets in cribs.
 - 2. Making sure that they crib is completely clutter free.
 - 1. When I have children I will invest in sleep sacks.
 - 2. I will also breastfeed.
 - 1. Will not bed share.
 - 2. Will not have anything in crib - wearable blankets are a thing.
 - 1. Yes, I will learn differently in the future how I will take care of a baby. This has been very helpful.
 - 2. I will make sure that I check if children are okay and make sure they have not suffocated themselves.
 - 1. Yes, paci
 - 2. No blankets
 - 1. I would not decorate an infant's crib with unnecessary and dangerous decor
 - 2. I would not leave an infant unsupervised during tummy time
 - 1. advise new parents against co sleeping
 - 2. advise against hats
 - 1. Advocate for no objects in the crib,
 - 2. to not put hats on infants.
 - 1. Allow pacifiers
 - 2. Encourage sleep sacs
 - 1. already doing it all
 - 1. Always allowed children (0-12) on their back
 - 2. Make sure babies are not covered with a blanket
 - 1. no more use of loose blankets in cribs
 - 2. encourage moms to limit time in swings/car seats
 - 1. No sleeping in a swing
 - 2. no baby wearing
 - 1. no swaddling
 - 2. share this info with others
 - 1. no swing sleeping
 - 2. no baby wearing
 - 1. No weighted sleep sacks. Tell parents
 - 2. Start doing tummy time more often
 - 1. None. I have always tried to spread safe sleep information.
 - 1. Not allow items to be place in their crib.
 - 2. Ensure the firmness of the sleeping bed for an infant.
 - 1. not co sleep,
 - 2. no loose blankets in crib
 - 1. Not co-sleep and don't use blankets
 - 1. Not have babies wear a hat
 - 1. Not incline a bassinet
 - 2. No weighted sleep sack
 - 1. not incline bassinet
 - 2. refer to video in book
 - 1. not incline bassinets!
 - 1. not incline my patients who are spitting up
 - 2. re-educate on safe sleep after finding an unsafe environment
 - 1. Not keep anything in childs bed.
 - 2. Give child pacifier to help reduce risk
 - 1. Not lay a child in a Boppy
 - 2. Not drape burb clothes over the side of the crib
 - 1. not lay with an infant and be more aware of crib
 - 1. Not leave a clip or animal on binkis
 - 2. throw away old pack and plays
 - 1. Not let babies sleep in a car seat
 - 2. Check on the baby every 25 minutes
 - 1. Not let kids have cord for pacifer
 - 1. Not put a hat on a newborn in bed.
 - 1. not recommend the owlet devices
 - 2. discuss sleep in a wearable sling
 - 1. Not swaddle the baby
 - 2. make sure the baby is laying on it's back while sleeping.
 - 1. not to co sleep with baby
 - 2. give information to friends and family
 - 1. Not to encourage heart monitors on foot.
 - 2. Enforce more strongly about not breastfeeding in bed!!
 - 1. Not to invest in items that promotes safe sleep
 - 1. not to put hats on infants during sleep time
 - 1. not to put hats on sleeping baby
 - 2. better educate parents on safe sleep
 - 1. Not use a swing with an infant as I have done before, and 'swaddle' an infant
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- 1. Always ask or explain your sleep routine with caregivers
 - 1. Always keeping baby's crib clear of extras
 - 1. always lay babe on back in cribs (bassinets)
 - 2. don't put burp rags in bassinets
 - 1. approach grandparents similarly to parents.
 - 1. Assess parents information about safe sleep
 - 1. Attempt to try and breast-feed.
 - 2. Trying to sleep on back at all times.
 - 1. Awareness and checking with families how they put their children to sleep.
 - 1. Be able to tell my families about resources and fell confident sharing information about safe sleep
 - 1. Be aware that nothing in the crib or around 2.
 - Be aware of things on or off the baby
 - 1. be mindful of cultural practices when discussing safe sleep;
 - 2. be more intentional when discussing safe sleep
 - 1. Be mindful of the way I dress babies
 - 2. Research things for safety.
 - 1. Be more active about informing parents of safe sleep.
 - 1. Be more aware of kids when they are asleep in car seats, swings and things like that.
 - 2. Make sure that other parents/guardians are aware of these thing.
 - 1. be more aware of risks
 - 1. Be more aware when it comes to sleeping
 - 2. And their beds shouldn't be inclined
 - 1. Be more comfortable talking with others about the safe sleep guidelines.
 - 2. Include safe sleep recommendations with baby shower gifts.
 - 1. Be more persistent about people not bedsharing especially with children under 4 months of age since it doubles the risk of death.
 - 2. Ask families if I can observe the sleep environment or have them tell me about it and discuss possible changes to it.
 - 1. Be more proactive in educating parents
 - 2. Rethinking room placement of where infant sleep.
 - 3. Keeping them closer to other children during nap.
 - 1. Better inform parents of safe sleep environment
 - 2. Provide referrals to those in need for safe sleep resources
 - 1. Breast-feed at least once
 - 2. ensure baby sleep flat on their backs.
 - 1. breastfeed
 - 1. Breastfeeding for 6 months
 - 1. change out play pens every year
 - 2. I will not use a binky clip
 - 1. change out playpen
 - 2. inform parents more about the safe sleep rules more, ones they may not think of. already do so but just more
 - 1. check dates and recalls on my cribs and playpens
 - 1. not use sheets in the cribette,
 - 2. use sleep sacks instead of blankets
 - 1. Nothing in crib
 - 2. not to many layers of clothing
 - 1. nothing in cribs
 - 2. safe sleep priority
 - 1. nothing in the bed with the baby and no incline sleeping
 - 1. Nothing really? I don't have a baby, and my grandbabies are grown
 - 1. Nothing. I don't let infants sleep anywhere but a crib
 - 1. Offer to help parents with recall sources/information
 - 1. only use sleep sacks
 - 2. order special sheets for pack n play
 - 1. Only wear a sleep sack when a child is sleeping
 - 1. Place babies on their back with no added items in the crib.
 - 2. Tummy time 15-30 minutes/day by 7 weeks
 - 1. Place baby to sleep on back only
 - 2. supply baby w/pacifier
 - 1. place nothing but baby in the crib
 - 1. positioning in crib
 - 2. clothing/blanket consideration
 - 1. practice more safe sleep techniques and share them with parents that need the information
 - 1. Promote pacifier use in infants.
 - 2. Recommend taking any bumpers out of crib.
 - 1. Provide education regarding pacifier use while sleeping
 - 1. provide more information to families about co sleeping
 - 1. Provide more information to parent's.
 - 2. Provide statistics to parent's
 - 1. Provide safe sleep information prenatally and again after baby is born.
 - 1. Provie education to clients
 - 2. Make sure we have safe sleep training for our families.
 - 1. Put the baby on his back; use pacifier if he likes.
 - 1. Really emphasize the importance of safe sleep.
 - 1. Recommended pacifiers for all babies, but waiting 2-3 weeks after birth for breastfed babies.
 - 1. Refer to the AAA recommendations
 - 1. remember to share this education with future parents, and to share the resources available
 - 1. Remind to use wearable blanket
 - 2. Use percentages to talk to parents
 - 1. replace pack n plays
 - 1. Replace playpens for each new infant
 - 1. Same sheet brand as the mattress brand
 - 2. Can swaddled with hands /arms covered.
 - 1. Scan environment for safe sleep
 - 2. look for burp clothes on cribs
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- 2. use sleep sacks
 - 1. Check sleeping child every 15 minutes
 - 2. no weighted sleep sacks
 - 1. co sleeping
 - 1. Communicate what I've learned to others and be mindful when using a sling.
 - 1. Communicate with parents safe sleep message and create and post in room
 - 2. Daily check and make sure all crib sheets are tight fitting
 - 1. Continue to educate my patients
 - 2. Continue to show a safe sleep environment while they are in the hospital
 - 1. Continue to push safe sleep and present to the community via our group.
 - 1. Continue to teach AAP recommendations
 - 1. Demonstrate what a safe, sleep bed looks like and connect parents with more resources for this.
 - 1. Discourage hats
 - 2. Encourage sleep sacks
 - 1. Discourage sleep surface container on bed
 - 2. Encourage breastfeeding mothers to set a timer so they don't fall asleep with infant in bed and stay in bed.
 - 1. discuss more often
 - 1. Discuss prenatal
 - 1. Discuss risk of SIDS when baby sleeps on the couch even if older than 6 months. (I have a mom who insists on her baby napping on the couch). We've discussed importance of ABC and bedtime routines. I'll add the risk of SIDs to the discussion. Baby is also now rolling so that is also an added risk of injury. Encourage use of a pacifier with bedtime to reduce risk of SIDS.
 - 1. discuss SIDS more in depth with bed sharing families
 - 2. Discuss baby boxes and safety
 - 1. Discuss this with mom's who are expecting but didn't want to enroll prenatally but have older children in the program.
 - 2. Share the cpsc website with parents.
 - 1. Discuss with parents in room in separate bed until 6 months
 - 2. child care protocol
 - 1. Do not incline sleep surface
 - 2. Encourage pacifier once breastfeeding is established
 - 1. document when I go out anytime I see an infant in the home about safe sleep,
 - 2. be understanding to cultural differences.
 - 1. don't put infant in box
 - 2. no bumpers
 - 1. Don't put the burp rag on the crib
 - 2. I will talk to family & friends about co sleeping
 - 1. Educate families on the new information I learned and increase awareness of SUIDs. Breast milk for 6 months .
 - 1. share all this info with all my families
 - 1. Share breastfeeding information more intensely as it relates to sleep.
 - 2. Encourage families to share safe sleep info with childcare when leaving an infant.
 - 1. Share flyers and images to see safe sleep environments.
 - 2. Share more information about sleeping in the parents room until 6 months.
 - 1. share info with other mothers
 - 2. no co sleeping
 - 1. Share information and ask parents if they would like information.
 - 1. Share more about the breastfeeding positives and sids
 - 2. share the 6m stat share the cpsc link
 - 1. share more resources with parents
 - 1. Share more safe sleep with families
 - 2. stay educated about changes and recalls
 - 1. Share more statistics with families to be more impactful about the dangers of not following guidelines.
 - 2. Be more adamant about sharing with families how dangerous it can be to not follow the guidelines, especially when they say, I co-slept with my other kids, and they are fine.
 - 1. share recalled incline sleep products
 - 2. encourage child care providers to share the safe sleep ks video as part of an enrollment process
 - 1. Share the visuals- those are great!
 - 1. Share the web sites with our families' and the print outs.
 - 1. Share the word
 - 1. Share with Parents safe sleep procedures
 - 2. Not recommend commerical devices
 - 1. sheets
 - 1. Sleep sacks for baby showers and binkies
 - 1. Sleep same room different space.
 - 2. Not let my kid sleep in his swing
 - 1. sleep surface bare
 - 2. use a sleep sack or swaddling
 - 1. Speak with pregnant clients about safe sleep, provide them and caregivers with resources if the need help.
 - 1. Start community baby shower
 - 1. Switch pack and plays
 - 2. don't used weighted sleep sacks
 - 1. Take baby out of the car seat when they arrive
 - 1. Take infants out the car seat when sleeping
 - 2. Layer instead of using a sleep sack
 - 1. Take the baby's hat off
 - 1. Take the information about sleep environments to our families-even those whose culture advocates some of the unsafe practices.
 - 2. Advocate back to sleep for all sleep
 - 1. Talk about safe sleep on all prenatal visits
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- 2. No hats inside only outside once leaving hospital . My kids should be dead at this point . There are three factors for SIDS.
 - 1. Educate more
 2. continue to remove items from bassinet
 - 1. educate more on supervised tummy time
 2. do better at modeling safe sleep w/ my patients
 - 1. educate parents
 2. remove crib bumpers
 - 1. Educate parents on the benefits of immunizations and showing parents how to use the crib/bassinet properly.
 - 1. educate parents to not use weighted blankets/swaddles
 2. educate parents pacifiers help reduce SIDS
 - 1. Educate parents w/ clear/concise instructions
 2. Reiterate importance of safe sleep
 - 1. educate ppl better
 - 1. Educate the families on the new information, I learned and increase awareness of SUID's.
 - 1. Educating people of safe sleep
 1. education at each appt
 2. Talk about babys sleep environment at each appt
 - 1. Education of new guidelines
 2. referral to health dept
 - 1. encourage baby in crib next to bed
 2. encourage sleep sacks
 - 1. Encourage families to attend safe sleep training.
 2. Remind teachers ABC/ Pacifier Straps
 - 1. Encourage families to not use extra products such as Docketot , car seats, and no incline in the crib.
 - 1. Encourage more.
 2. attempt to breastfeed.
 - 3 Train to sleep on back at all times.
 4. No more babies for this person.
 - 1. encourage pacifier
 2. should sleep in room with parent for 6 months
 - 1. Encourage pacifier use
 2. educate on danger of inclined sleeping/co sleeping
 - 1. encourage pacifier use.
 - 1. Encourage parents to limit infant tobacco exposure (specifically because of SUID risk).
 2. Mention a single layer more than what adults would wear is recommended for safe sleep.
 - 1. Encourage parents to talk to doctor BEFORE baby's arrival,
 2. talk to hispanic families about danger of 'cobertura'
 - 1. Encourage parents to use safe sleep at home
 2. help educate parents about safe sleep
 - 1. encourage safe sleep
 - 1. Encourage safe sleeping
 2. Will contact kids safe sleep for new clients.
 - 1. encourage separate sleep space, inform of concerns about co-sleeper bed devices
 2. offer resources to check for recalls and safe sleep recommendations
 - 1. talk about safe sleep with everyone I know that it applies to, speak to my clients about it if it applies to them
 - 1. Talk about sharing information to childcare providers and grandparents.
 - 1. talk about Sleep sacks
 2. no cardboard boxes
 - 1. Talk about swaddling
 1. Talk more openly about what is safe sleep ,
 2. Talk about breast feeding even at the beginning
 - 1. Talk to clients about the 'ABCs' of safe sleep, talk about how pacifiers can be helpful.
 - 1. Talk to families more about the actual science behind the safe sleep practices.
 2. Encourage parents to use a pacifier
 - 1. Talk to parents about setting up a safe sleep location for their baby in the parent's room.
 2. Include the information about the reduced rate of SIDS when talking with parents about the benefits of breastfeeding.
 - 1. talk to parents more about safe sleep
 - 1. Talk to people about safe sleep.
 - 1. Teach parents more about safe sleep
 2. educate on swaddling/wraps.
 - 1. Teach this
 - 1. Tell mom's not to breast feed while laying down in bed.
 - 1. tell more people about sid
 - 1. tell my pregnant sister about safe sleep
 2. no more sleeping with babies
 - 1. Throw away old pack and plays
 2. Take off binkie clips
 - 1. To follow safer sleeping techniques and how to tell others what is safe
 - 1. To point out explicitly about skin to skin tummy time should be while baby and care giver is awake and should not be the only method of tummy time. When I smell Marj. I should address risks and unknowns.
 - 1. To recommend the separate sleeping method to avoid suids.
 2. Not to have a air breathable mattress for babies, you will want a flat firm mattress.
 - 1. Train and educate others on the importance of infant safe sleep.
 - 1. Try harder to get in the home before baby is born to talk about safe sleep prior.
 - 1. Try not to co-sleep w/ my own kids
 2. set alarms while breastfeeding to hopefully not fall asleep
 - 1. Try to keep bassinets level - not inclined
 - 1. Uncluttered crib
 2. no swing/car seat sleep
 - 1. use a pacifier for sleeping and spread the word about hats not being recommended.
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- 1. encourage sleep sacks
 - 2. provide several of the resources
 - 1. Encourage teachers to use the command hooks/cubby hooks to secure burp cloths so they aren't left on the side of the cribs
 - 2. Remind teachers to take clips off of binkies before placing infant in crib.
 - 1. Explain difference in sleep sacks and swaddlings
 - 2. discuss safe sleep with each family with infants
 - 1. explain the importance of not co-sleeping, and smoking while pregnant or after baby.
 - 1. explain to parents how not to co sleep
 - 2. change playpen out when I get a new infant
 - 1. Find safe sleep ambassadors
 - 2. Share educational tools
 - 1. give baby pacifier
 - 2. no hat on sleeping baby
 - 1. give handouts on the safe sleep
 - 1. Give kids parents under 1 safe sleep info
 - 2. Make sure parents know what safe sleep looks like
 - 1. give more education to pt parents
 - 1. Give more information when parents are expecting
 - 2. See if my city has a community baby shower
 - 1. Go more into depth on specifics of safe sleep
 - 1. Have baby sleep in the same room for the first 6 months.
 - 2. Babies will not need hats
 - 1. Have nothing inside or around the crib
 - 1. Help moms navigate safe sleep differently
 - 2. Find more resources
 - 1. I can pass this message on to the families we see.
 - 1. I don't believe I would be doing anything differently.
 - 1. I don't really have anything I would change
 - 1. I have four kids and will not be having anymore.
 - 1. I haven't got a chance to go over this with a family, but I definitely know what to say and how to word the conversation about safe sleep.
 - 1. I learned that it is important to remain vigilant when an infant is falling asleep, and they should be moved so a safe sleep surface when they are asleep.
 - 2. I also learned that infants should not sleep with a pacifier that has a stuffed animal attached to it.
 - 1. I will advocate for our program to provide safe sleep sacks for new and expecting parents
 - 2. Encourage parents to gather information on their child care's safe sleep policy
 - 1. Use a pacifier when baby is young.
 - 2. Breast milk only the first 6 months.
 - 1. Use a pacifier, and
 - 2. NO bumper in the crib
 - 1. Use a sleep blanket.
 - 2. Will definitely use a pacifier during sleep.
 - 1. use fans in rooms with sleeping infant
 - 1. Use proper sleep attire,
 - 2. not co sleep
 - 1. Use sleep sack
 - 2. Lay on back
 - 1. Use sleep sack
 - 2. Replace crib after a year
 - 1. Use the statistics I learned from this session about sleep-related deaths in infants at present.
 - 2. Tie breastfeeding and tummy time to reduced risk of SIDS>
 - 1. use wearable swaddles in the hospital
 - 2. not place infants on sides to sleep
 - 1. utilize pacifiers
 - 2. have infant sleep flat on back
 - 1. Wearable blanket instead of a loose blanket
 - 2. pacifier over 1 month of age if breastfeeding
 - 1. What I have learned is the clothes they sleep in
 - 1. When discussing sleeping habits of families I will ask about pacifier use and I will let them know about sids statistics
 - 1. When I am in the home of a parent with a sleeping infant, I will check the sleeping infants sleep situation and follow AAP recommendations.
 - 1. When laying my nephew down, I will swaddle rather than use loose blankets, and I will help educate mothers on the risks when bed sharing at such a young age.
 - 1. will be only be using mattress for one child
 - 1. Will not leave sleeping baby in swing or car seat once at destination
 - 2. Will not put any additional objects in sleeping area
 - 1. Work harder to get a Community Baby Shower in our community
 - 2. Print materials and insure PEs are taking the info to families
 - 1. work harder to keep cribs clear
 - 2. be more consistent with messages to parents
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Table 8. Questions Participants Have After Completing Training

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- Are any kind of bouncers safe?
 - 'recommend a tv commercial/ad on social media like other ads I've seen for DCF Services'
 - *breast feed for first 6 months of life
 - After companies make baby products, what evaluations and safety protocols do they have to meet to make sure it is safe for a baby?
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- All of my questions were answered.
 - Are pillows okay to support child while not sleeping?
 - Are there any leads on future technology that will allow a parent to know a baby may be at risk for SUID?
 - Are there more risk factors we should be aware of?
 - Are there programs available for parents to have someone assess their infants sleeping arrangements prior to bringing the infant home?
 - Are there specific physical issues with children that increase the risk?
 - At this time I don't have any questions.
 - At what age can they start using loose blankets?
 - Back about 3 years ago, federal money was provided to DCF - CPS as well as every hospital in Kansas to provide a short video and booklet with contact information for help if needing something in their home for baby. I know of several mothers having newborns in different areas in Kansas and this is not even brought up while in hospital, clinic and feel that it does no longer get pushed to new parents as much as it should. Thank you for your time in making sure this gets out to the community and new parents. It was helpful to me as being a grandparent of 16 grandchildren.
 - Breast feeding is not always an option, would getting breast milk from someone else be effective?
 - Can a normal crib still be used if it meets safety requirements even before the child is a year old
 - Can I please get some brochures?
 - Can [SSI named removed] just always be available for patient questions? :)
 - Can TFI staff get the information from our local DCF office if needed.
 - Can the surface ever be too hard for the baby?
 - Do all the statistics mentioned in the beginning about infant deaths also include those that have genetic components or abuse.
 - Do any of these still hold true when your kids is sleeping in their carseat? Is it okay to give them toys?
 - Do cardiorespiratory monitors have any type of impact on reducing SUIDS?
 - Do children prefer sleeping on their back? Or, will it have to be forced, generally?
 - Do we get a certificate for CDA?
 - Do you have a FaceBook ad for the Safe Sleep Baby Shower give away?
 - Do you need to wake a child sleeping in the car?
 - Do you still use the wedge for inclined sleep positions if recommended by a pediatrician?
 - Does caffeine affect SIDS
 - Does every SUID case concludes from autopsy? How about cases where parents didn't allow it?
 - Does having a fan within the room decrease the risk of SUID?
 - Does the AAP have any recommendations about floor beds/cribs?
 - Does the mother using drugs/alcohol post partum introduce toxins in breast milk?
 - Does the Owlet sleep sack work?
 - Does the size or width of the crib matter? What is the child rolls and hits their head on the crib?
 - Does vape smoking with 0% nicotine content still affect the same as vape WITH nicotine?
 - Does vaping have the same effect as smoking cigarettes?
 - Encourage pacifier use when putting infants to sleep
 - For breast feeding is it better to directly do it or can you use a bottle.
 - For tummy time, how acceptable is the use of pillows specific for tummy time?
 - Has the rate of SIDS gone down or stayed the same as we learn more about sleep-related deaths?
 - Has there been any more research about genetic testing for SIDS
 - How are they teaching the public about this. It is the first time I have heard of it, but I am not typically around babies.
 - How can get training in KY?
 - How can I better promote this to parents
 - How can there be deaths that are 'unknown circumstances' but not be categorized as SUIDS?
 - How can we encourage families to safely 'co-sleep' (pictures would have been nice). So many families co-sleep and I want to meet them where they're at culturally.
 - How can we get more families on board?! It can be such a challenging topic at times.
 - How can we instill this to all parents and childcare providers?
 - how can we make parents understand to always put them on their back to sleep
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- How can we make this mandatory for new parents?
 - How can we promote the safest sleep possible with families that we know will continue to bedshare? What are the indicators of the safest bedsharing practices?
 - How can you help a mother struggling with postpartum depression?
 - How can you start this conversation to parents to inform them on safe sleep? How can you word safe sleep without offending parents/ caregivers?
 - How do i know if it is too hot or cold for the baby
 - How do you tell parents its not good to sleep babies on you.
 - How do you handle co-sleeping when it is cultural .
 - How do you identify whether the baby is lactose intolerant without actually giving dairy to a child?
 - How do you know what bed is approved for safe sleep?
 - How do you transition a child from back sleeping to sleeping on their stomach as they reach age one?
 - How does a pacifier not create a risk for suffocation during sleep?
 - How does an infant having their own room affect them compared to those that sleep in their parents' room?
 - How does breastfeeding reduce the risk
 - How does DCF investigate SIDS deaths?
 - How is SIDS a syndrome? It seems like most cases are negligence.
 - How long can baby sleep alone? When can co-sleep after one?
 - How long does a kid need to do tummy time?
 - How long is too long to co sleep?
 - How long should a mother breast feed up to?
 - how long should babies be in the crib for and how long can babies be on their back for
 - How many babies have to die before a product is pulled ? Why are so many unsafe products marketed?
 - How much risk is there when all things are done correctly?
 - How much sleep should babies be getting?
 - How often as a child care center does every provider HAVE to get safe sleep training? I feel it should be mandatory for providers once a year (refresher) especially long time daycare providers when practices have changed.
 - How often will I run into this in the field?
 - how old do baby have to be before they stop sleeping in a crib
 - How old is the infant when you don't have to worry about SIDS as much?
 - How pacifiers are beneficial in safe sleep practices?
 - How to become a safe sleep instructor
 - how to better educate providers and community
 - How to communicate (modeled) to people who are culturally different in their sleep practices.
 - how to encourage families not to cosleep!
 - How to get children with major reflux to safely sleep.
 - How to get parents to totally understand the SIDS suggestions/guidelines
 - How to start a community baby shower in my county?
 - How to supervise tummy time to best help infants grow upper body strength?
 - I am not sure I have any questions I can currently think of off the top of my head.
 - I can't think of any. The last safe sleep class i took talked about fans reducing SIDS and I don't recall that being talked about.
 - I do not have any further questions at this time. I appreciate this interactive training!
 - I don't think anything. [SSI name removed] answered all my questions!
 - I don't think I have any questions. I think all topics were covered very well.
 - I heard that mothers that are pregnant can have a small glass of wine at the 39th week point is okay. Is this true?
 - I just want to know more about what other states are doing to help reduce SUIDS/SIDS
 - I know that pacifiers help strengthen lurch, but does it reduce chance for sleep-related deaths?
 - I never knew that babies couldn't sleep in a car seat for very long. So is that because it's inclined, because they are on their backs but a little inclined?
 - I read that wearable blankets were not advised, when did that change?
 - I still don't agree with the immunizations and new infants...
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- I still don't understand how sleeping on your back prevents death. I just feel like a lot of these things are due to neglect, not the fact it is unsafe.
 - I think more information for older children as well that have problems with sleep.
 - I would be interested in seeing the studies on the 3rd hand smoke on clothing.
 - I would like to learn more about how to get sleep sacks/swaddles to give away to our new babies
 - I would like to see the stats on the diversity of the child who has been taken by SIDS. Cultural background should never increase the risk of SIDS, no matter the push back from the child's parents, PERIOD.
 - I would really like to know more about how race could play a part in SIDS.
 - I'm just still shocked the the numbers are so high in death rates with this topic.
 - If a sleep sack is better for the infant or a blanket swaddle?
 - If Parents dont believe in Vaccines and something happens to them in our care are we held liable?
 - If safe sleep instructors are training doulas, hospitals, and birthing centers in my local area to these practices.
 - If the baby keeps rolling over on their stomach during sleep what should you do?
 - In childcare how often should they replace mattress
 - Information on wether swaddles are safe or not
 - Is breast feeding directly related to SIDS?
 - Is it okay to put baby sleep while drinking the bottle
 - Is it okay to your child sleep on you while your doing something
 - Is it safe for a baby to sleep in a car seat on a road trip or long car ride?
 - Is it safe for a child to sleep with a sleep sack with their arms out?
 - Is it safe for Toddlers to sleep on their tummies or should they also be sleeping on their backs?
 - Is it safe to have an infant sleep on their side?
 - Is it unsafe for the infant to fall asleep in one of the environments mentioned in #3 of question 12?
 - Is there a way to make it mandatory that daycare providers must take the child out of the car seat as soon as they are dropped off?
 - Is there is a resource for providing pack and plays to families in need
 - Is there support for infants struggling with acid reflux, given that inclined positions are not recommended.
 - It was answered in the chat after the training
 - It's personal but why did I have two micro-preemies and they both survived but my first full term baby died.
 - Lay baby on back Tummy time is important Pacifiers reduce sids
 - liability in the event of an infant death in the center
 - Licensing requirements
 - Maybe what all falls under the category of SUIDS. I wasn't quite clear.
 - More information about general tummy time
 - More information about the certification program
 - More ways to stay awake while feeding?
 - N/A all my questions covered.
 - Need more of other trainings related to help parents in baby's health / eating.
 - No, I got a lot of information. If I did have a question it was answered in the course.
 - None really, but I know where to go if I do have a question.
 - None- Great Job presenting!
 - None, I believe the trainers did a great job going over the information. My favorite part was the Triple risk SIDS Theory!
 - None, it was a really great training with a lot of good information.
 - none, training was very thorough.
 - none! I thought this was very in depth and super helpful to inform my foster homes of!
 - NONE. EVERYTHING IS EXPLANATORY BY NOW. LEARN TO KEEP BABY SAFE
 - Not really questions but would love to explore the science behind SIDS
 - Nothing really the trainers did a great job.
 - Nothing right now.
 - nothing, I'm very good at keeping babies safe.
 - nothing, speaker was very good at covering all info.
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- Nothing, the trainer did great!
 - on the slide sudden unexpected infant death by race and ethnicity - I don't understand what races are shown and where.
 - Pacifier recommendations, only at night?
 - Pay attention to pacifier use prior to effective breastfeeding latching
 - Question was answered :)
 - Rates of SIDS for other states
 - Reference to immunization to increase the risk of sleep related death.
 - Should the child continue to sleep on its back once it can raise its head?
 - Should you let a baby fall asleep while drinking out of a bottle.
 - SIDS rates in babies who were preterm/high risk vs. 'normal' babies
 - sleep apnea?
 - Sleep in car seats on long trips.
 - SMSD Parents as Teachers is hosting a safely fair in May - could someone be available to have at the training to pass on info to Parents?
 - So the baby can sleep next to anyone as long as there in their own bed that is safety approved?
 - Statistically, has the rate of SUIDS decreased since the information like in this course has been introduced to parents, daycares, etc?
 - Stores are still currently selling mesh crib bumpers, are those safe to use?
 - SWADDLING
 - Temperature/air flow requirements for baby to sleep safely. How do I know if my room has enough airflow?
 - Thank you for the lesson! No question
 - The cultural issues can be challenging when a family from another culture really believes in bed sharing and it's something that is widely done in their country or culture. I'd be interested in statistics regarding that.
 - The length of baby's tummy time is 30 min/day
 - this was all good info,
 - Tummy time mats--safe?
 - What about big kids? 3-5?
 - What about mothers who are unable to breastfeed?
 - what about the enzyme
 - What age do they sleep in toddler bed?
 - What age does sids actually stop being a reason for infant death?
 - What age should parents stop swaddling their baby to sleep?
 - What are other good ways to reduce risk
 - What are some differences in culture that causes more risk of SIDS?
 - What are some examples of the culture influences that increase the risk of SUID?
 - What are the most effective conversations for convincing parents who are not safe sleepers to become safe sleepers?
 - what are the statistics of twin co-sleeping SUID
 - What brand of mattress is better or worse? are expensive mattresses gimmicky or not?
 - What can Dad's do?
 - What can we do if it is really chilly in the room? Can we put on hat?
 - what causes those 'unknown causes'
 - What did the Hyatt story have to do with secondhand smoke?
 - what do we do if the parents actually bring a doctor's note to say that their baby has to sleep on their stomach
 - What evidence do we have that immunizations are absolutely not a possible cause of SIDS?
 - what happened to my grandson to die of SIDS
 - What happens when infants fall asleep in their car seat on a long (40 minute) ride, for example?
 - What if parents refuse to follow rules for safe sleep.
 - What if they won't sleep in their crib?
 - What is ABC so important but culturally one-on-one touch/sleep is so popular?
 - What is it about the infant anatomy specifically that protect against aspiration
 - What is the best approach to overcome cultural barriers?
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- What is the ideal room temp to keep when sleeping in the same room as the infant?
 - What is the most common form of SUID.
 - What is the risk of SIDS with a single mother who breastfeeds and bed shares. 1 infant in a bed with 1 mother.
 - What items were banned in the safe sleep for babies act in 2021?
 - What percentage of the new research and recommendations is having an impact ?
 - What should we tell parents who we can smell are using weed without offending them?
 - What studies demonstrate that vaccinations do not cause increased risk of SIDS? I've heard this multiple times but wonder if any studies have been completed or if it's just rhetoric. Thanks!
 - what's the percentage on how many deaths occur in home based centers
 - When is a good time to remove infants from a crib?
 - When is it okay for the child to sleep on their own?
 - When was SIDS first discovered/reported?
 - Where can you find a list of not recommended items that are very popular now, ex. the Owlette.
 - Where can you get sleep training certified?
 - Where to access the power point used for this training.
 - Where to get resources to hand out to parents.
 - which cribs to use
 - Why are breastfed babies at less risk for SUID?
 - Why are breastfed babies less likely to suffer from SIDS? Does it have to do with nutrition, or is it something to do with parenting style? Maybe parents/moms who breastfeed their children as per doctor's suggestions are also more likely to follow safe sleep practices?
 - Why are items allowed to be sold if they are not approved for use?
 - Why are people allowed to sell items that are not safe for children to use?
 - Why are the AAP's Safe Sleep recommendations not the same as the WHOS? Just curious.
 - Why are the monitors on baby's feet (Owlet) not helpful?
 - Why are there so many 'unknown' deaths?
 - why are weighted sleep sacks not recommended
 - Why aren't pacifiers considered clutter if not in the infant's mouth?
 - Why can't they determine exactly what SIDS is?
 - Why can't babies have on sleep sacks even if their arms are out?
 - Why do certain ethnicities have higher risks?
 - Why do most infant related deaths in daycare occur in the first day? I'm just curious as to why that happens compared to later on.
 - Why do parents not seemed to follow stuff they know?
 - Why do some hospitals discourage pacifier usage when it is known to decrease the incidence of SIDS?
 - Why does a pacifier reduce the risk of sleep related death?
 - Why does breastfeeding decrease SIDS?
 - Why does breastfeeding lower the risk of SIDS
 - Why does pacifier use lower the rate of SUIDS?
 - Why does possibility of sids decrease with immunization? Why does breastfeeding reduce the risk of sids?
 - Why is a firm surface better than a mattress?
 - Why is breastfeeding more protective vs. formula-fed infants?
 - Why is there nothing talke about on this topic at the hospital to parents after a child is born?
 - Why is this not taught in hospitals?
 - why is this survey so long
 - Why isn't this info shared at all OB appointments.
 - Why not weighted sleep sacks?
 - Will providers be criminally charged for a sudden death not related to environmental causes?
 - Will swaddling a baby with a loose blanket cause any distress with the baby giving effort to sleep?
 - Will there be more community baby showers in NE Kansas? Doniphan, Nemaha, Jackson, Jefferson, Shawnee, Leavenworth, and Douglas Counties?
 - Yes, won't the baby have a flat head if but on the back all the time?
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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 8 hospitals certified: 5 (63%) at gold level and 3 (38%) at silver.

Conclusion and Recommendations

Overall, the Safe Sleep trainings held in Fiscal Year 2024 were successful. Some caregivers ($\leq 5\%$) still planned to use sleep items, locations or positions that are not recommended by the AAP. 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 all questions and self-assessed their knowledge higher following the trainings. A few professionals questioned more of the AAP recommendation or still questioned the recommendations following the training. Make sure to address all questions and emphasize why the AAP has implemented the recommendations.

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

The Professional post-test data collection form was modified on December 11, 2024, to reduce response burden on participants and data entry burden on SSIs. Specific changes to note included removal of the open-ended questions, *Describe three specific things you learned* and *Describe two things you will do differently in the future based on what you learned at this training*.

Participants were encouraged to complete the pre- and post-surveys in their entirety. However, due to the voluntary nature, 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 9, 2024 at 12:00pm.

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.