



Safe Sleep Community Baby Shower and Crib Clinic Report

Fiscal Year 2025

Prepared for
Kansas Infant Death and SIDS Network

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Executive Summary

The Kansas Infant Death and SIDS (KIDS) Network in collaboration with certified Safe Sleep Instructors hosted 185 Safe Sleep events (Safe Sleep Community Baby Showers, n=62; Safe Sleep Crib Clinics, n=123) in Florida, Kansas, Michigan, Missouri, and Ohio. A total of 2,998 individuals attended these events. Of those, 1,638 birthing persons participated in the pre- and post-surveys. Due to missing data, 234 participants were excluded and data for 1,404 participants were included in the report.

Most participants identified as non-Hispanic White (61%). Participants most frequently reported being married (48%), having a high school diploma or GED (45%), being insured by KanCare/Medicaid (48%), and receiving prenatal services at a hospital clinic (39%) or private provider's office (39%).

Most participants reported being more confident in safe sleep practices, avoiding secondhand smoke, breastfeeding, ability to follow safe sleep recommendations even when receiving conflicting advice, recognizing signs and symptoms of perinatal depression or anxiety, and accessing screening or support for symptoms of perinatal depression or anxiety and substance use disorders. If participants had not received a portable crib from this event, 407 (30%) may not have had access to a clean, smoke-free, damage-free crib, bassinet, or portable crib. Most participants (81%) were very satisfied with the Safe Sleep events held in Fiscal Year 2025.

Safe Sleep

Following the events, participants demonstrated a statistically significant increase in intention to follow safe sleep practices related to placing baby only on the back to sleep (82% vs 96%; $p<0.001$), only on a safe sleep surface (crib, portable crib or bassinet; 87% vs 96%; $p<0.001$), that is non-inclined (77% vs 93%; $p<0.001$), and only including safe items (firm mattress, fitted sheet, wearable blanket, or pacifier; 67% vs 89%; $p<0.001$). Most participants planned to discuss safe sleep with others after attending the Safe Sleep Community Baby Shower (70% vs 99%; $p<0.001$). After the events, most participants (98%) indicated knowing at least one person who will support safe sleep for their baby.

Tobacco

When asked about current tobacco use (including e-cigarettes), most participants (91%) reported not using tobacco in the previous six months. Following the events, there were statistically significant increases in participants who would never allow tobacco use inside home or car (92% vs 97%; $p<0.001$), knowledge of three ways to avoid secondhand smoke exposure (75% vs 95%, $p<0.001$) and knowledge of at least three local resources for tobacco cessation (21% vs 42%; $p<0.001$).

Breastfeeding

From pre- to post-survey there were statistically significant increases in intention breastfeed for longer than six months (62% vs 65%; $p<0.001$) and knowledge of three local resources to support breastfeeding (29% vs 54%; $p<0.001$).

Perinatal Mental Health

Following the events, a slight, but non-significant, decrease was observed in participants knowledge of ways to reduce the risk of depression, anxiety, and other mood disorders (98% vs 97%; $p=0.427$). A significant increase in knowledge of three perinatal mental health resources (34% vs 52%; $p<0.001$) was observed following the events. Most participants (98%) reported knowing at least one person who they can call to talk about their feelings or any concerns about their mental health.

Substance Use

Following the events, participants demonstrated an increase in knowledge of three resources that provide support for substance use disorders (29% vs 39%; $p<0.001$).

Attendance

During Fiscal Year 2025, 185 Safe Sleep events (Safe Sleep Community Baby Showers, n=62; Safe Sleep Crib Clinics, n=123) were conducted in 54 Kansas counties, 2 Florida counties, 4 Michigan counties, 1 Missouri county, and 1 Ohio county. A total of 2,998 individuals attended these events. Of those, 1,638 birthing persons completed the pre- and post-surveys.

Table 1. Safe Sleep Event Attendance

		Total		Community Baby Shower		Crib Clinic	
		Events	Attendance	Events	Attendance	Events	Attendance
Kansas	Allen	3	28	1	26	2	2
	Anderson	1	17	1	17	0	0
	Atchison	1	34	1	34	0	0
	Barton	8	180	1	172	7	8
	Bourbon	1	14	1	14	0	0
	Brown	2	10	1	9	1	1
	Butler	3	35	1	21	2	14
	Cherokee	4	7	0	0	4	7
	Clay	1	13	1	13	0	0
	Cloud	3	24	1	20	2	4
	Coffey	1	18	1	18	0	0
	Cowley	1	1	0	0	1	1
	Crawford	1	1	0	0	1	1
	Doniphan	2	152	2	152	0	0
	Ellis	2	44	1	42	1	2
	Ellsworth	1	50	1	50	0	0
	Finney	6	426	2	421	4	5
	Graham	5	15	0	0	5	15
	Harper	1	1	0	0	1	1
	Harvey	4	78	2	76	2	2
	Hodgeman	1	7	1	7	0	0
	Jackson	1	2	0	0	1	2
	Johnson	2	55	1	54	1	1
	Kearny	5	26	4	22	1	4
	Leavenworth	1	58	1	58	0	0
	Linn	2	8	1	7	1	1
	Lyon	2	77	1	76	1	1
	Marion	2	33	1	32	1	1
	Marshall	1	14	1	14	0	0
	McPherson	1	17	1	17	0	0
	Miami	4	21	1	18	3	3
	Montgomery	2	3	1	2	1	1
	Morris	1	12	1	12	0	0
	Nemaha	1	37	1	37	0	0
	Ottawa	1	11	1	11	0	0
	Pawnee	1	17	1	17	0	0
	Pottawatomie	3	18	1	7	2	11
	Reno	2	28	1	27	1	1
	Republic	1	9	1	9	0	0
	Rice	1	5	1	5	0	0
	Riley	1	231	1	231	0	0
	Rooks	1	1	0	0	1	1
	Russell	1	1	0	0	1	1
	Saline	3	5	0	0	3	5
	Sedgwick	35	708	4	663	31	45
	Shawnee	3	84	1	82	2	2
	Sheridan	1	1	0	0	1	1

	Smith	1	12	1	12	0	0
	Stafford	1	10	1	10	0	0
	Sumner	1	2	0	0	1	2
	Wilson	2	15	1	14	1	1
	Woodson	1	9	1	9	0	0
	Wyandotte	15	22	0	0	15	22
	Statewide	7	92	2	76	5	16
Florida	Desoto	1	7	1	7	0	0
	Manatee	13	22	6	11	7	11
Michigan	Houghton	5	11	0	0	5	11
	Newaygo	1	35	1	35	0	0
	Oakland	0	0	0	0	1	1
	Wayne	1	55	1	55	0	0
Missouri	Butler	1	63	1	63	0	0
Ohio	Licking	3	5	0	0	3	5
	TOTAL	185	2998	62	2785	123	213

Demographics

During Fiscal Year 2025, 1,638 birthing persons attended a Safe Sleep education event and completed pre- and post-surveys. Of those, 1,460 (89%) attended a Safe Sleep Community Baby Shower and 178 (11%) a Safe Sleep Crib Clinic. Following data cleaning, 58 were removed due to missing pre-surveys and 176 due to missing post-surveys. Therefore, data for 1,404 (86%) participants is included in this report. Of those included, 155 (11%) participants attended a Spanish-language event, see Appendix A.

Most participants identified as non-Hispanic White (61%; Table 2). Participants most frequently reported being married (48%), having a high school diploma or GED (45%), being insured by KanCare/Medicaid (48%), and receiving prenatal services at a hospital clinic (39%) or private provider's office (39%).

Table 2. Participant Characteristics (n=1,404)

	n (%)		n (%)
Number of Support People Attending		Mother's Education	
0-18 years (median, range)	0 (0-10)	Some High School	206 (15)
18+ years (median, range)	1 (0-22)	High School Graduate or GED	629 (45)
Age (mean, SD)	28, 7	2-Year Community College Graduate	176 (13)
Primary Language		Technical/Trade School	21 (2)
English	1,249 (89)	4-year College Graduate	217 (16)
Spanish	155 (11)	Graduate School	122 (9)
Race/Ethnicity		Other	22 (2)
Non-Hispanic White	851 (61)	Insurance Status	
Hispanic	305 (22)	KanCare/Medicaid	673 (48)
Non-Hispanic Black	142 (10)	Private Insurance	428 (31)
Multiracial	51 (4)	Self-Pay	137 (10)
Asian	26 (2)	Military	65 (5)
American Indian or Alaska Native	10 (<1)	Managed Care Organization/Marketplace	34 (2)
Other	8 (<1)	Other	53 (4)
Marital Status		Prenatal Care Provider	
Single	418 (30)	Hospital Clinic	546 (39)
Married	672 (48)	Private Provider's Office	545 (39)
Partnered	270 (20)	Community Health Clinic	167 (12)
Separated	17 (1)	Other	40 (3)
Other*	9 (1)	County Health Department	36 (3)
Partner Race/Ethnicity		No Prenatal Care Provider	35 (3)
Non-Hispanic White	754 (54)	Clinic at Work or School	10 (<1)
Hispanic	277 (20)	Emergency room/urgent care	5 (<1)
Non-Hispanic Black	141 (10)		
Multiracial	40 (3)		
Other	7 (<1)		
Asian	19 (1)		
American Indian or Alaska Native	10 (<1)		
Not Applicable/Choose not to answer	156 (11)		

Note. Missing data due to non-response: race/ethnicity (n=11); marital status (n=18); education level (n=11); insurance status (n=14) and prenatal care provider (n=20).

*Other – Marital Status: divorced, widowed.

Safe Sleep

Prior to the Safe Sleep Community Baby Showers, 1,121 (82%) participants reported they would place their baby only on the back to sleep (Table 3). Of the participants who indicated other responses, side (n=152; 62%), unsure (n=66; 27%), and tummy (n=58; 23%) were reported. When asked about anticipated sleep surfaces, 1,213 (87%) reported only a safe surface (i.e., crib, portable crib, or bassinet). Other responses included adult bed (n=83; 47%), swing (n=40; 22%), don't know/unsure (n=37; 21%), toddler bed (n=18; 10%), car seat (n=17; 10%), other (n=13; 7%), and couch/sofa/armchair (n=5; 3%). When asked about items already in or planned for infant's sleep areas, 886 (67%) reported only safe items (i.e., firm mattress, fitted sheet or wearable blanket). The remaining participants reported unsafe items such as loose blankets (n=191; 44%), stuffed toy (n=109; 25%), bumper pads (n=98; 23%), home cardiorespiratory monitor (n=92; 21%), pillow (n=86; 20%), lounger pillow (n=62; 14%), other (n=62; 14%), sleep positioner (n=48; 11%), and weighted blanket (n=32; 7%). The sleep surface was planned to be non-inclined by 1,052 (77%) participants. When asked about anticipated sleep location, 1,242 (89%) participants reported they plan to have their baby sleep in their room, 358 (26%) in a private room such as baby's room or nursery, and 55 (4%) in a shared room with children or adults.

Following the events, participants demonstrated a significant increase in intention to follow safe sleep practices related to only placing their baby on the back to sleep (n=1,313, 96%; p<0.001), anticipated sleep surface (n=1,338, 96%; p<0.001), anticipated crib items (n=1,180, 89%; p<0.001), and non-inclined sleep surface (n=1,265, 93%; p<0.001). Of those who indicated unsafe sleep position, side (n=32; 58%), tummy (n=21; 38%) and don't know/unsure (n=7; 13%) were reported. Of those who indicated unsafe sleep surfaces, adult bed (n=28; 53%), don't know/not sure (n=9; 17%), toddler bed (n=7; 13%), swing (n=6; 11%), other (n=6; 11%), couch/sofa/armchair (n=4; 8%), and car seat (n=4; 8%) were reported. Unsafe items in the sleep environment reported included loose blankets (n=42; 30%), bumper pad (n=38; 27%), home cardiorespiratory monitor (n=37; 26%), other (n=28; 20%), stuffed toy (n=23; 16%), pillow (n=22; 16%), sleep positioner (n=21; 15%), lounger pillow (n=16; 11%), and weighted blanket (n=13; 9%). When asked about anticipated sleep location, 1,312 (93%) participants reported they plan to have their baby sleep in their room, 280 (20%) in a private room such as baby's room or nursery, and 39 (3%) in a shared room with children or adults. Most participants (n=1,348; 99%) planned to discuss safe sleep with others after attending the Safe Sleep Community Baby Shower (p<0.001). After attending the events, most participants (n=1,355; 98%) indicated they know at least one person who will support safe sleep for their baby. If participants had not received a portable crib from this event, 407 (30%) may not have had access to a clean, smoke-free, damage-free crib, bassinet, or portable crib (no access: n=160, 12%; not sure: n=247, 18%).

Table 3. Changes in Intended Safe Sleep Practices (n=1,404)

	Pre-Survey n (%)	Post-Survey n (%)	Total Change <i>p</i>
Anticipated sleep position			<0.001*
Back only	1121 (82)	1313 (96)	
At least one unsafe position	247 (18)	55 (4)	
Anticipated sleep surface			<0.001*
Only safe surfaces (crib, portable crib, or bassinet only)	1213 (87)	1338 (96)	
At least one unsafe surface	178 (13)	53 (4)	
Anticipated crib items			<0.001*
Only safe items (firm mattress, fitted sheet, or wearable blanket only)	886 (67)	1180 (89)	
At least one unsafe item	434 (33)	140 (11)	
Inclined Sleep Surface			<0.001*
Safe (no)	1052 (77)	1265 (93)	
Unsafe (yes, not sure)	314 (23)	101 (7)	
Anticipated Sleep Location			N/A
My/parent room	1242 (89)	1312 (93)	
Other private room (baby's room or nursery)	358 (26)	280 (20)	
Other shared room (with children or adults)	55 (4)	39 (3)	
Have or plan to discuss safe sleep with others			<0.001*
Yes	951 (70)	1348 (99)	
No	413 (30)	16 (1)	
Know at least one person who will support Safe Sleep			N/A
Yes	--	1355 (98)	
No	--	22 (2)	
Not Sure	--	11 (1)	

Note. *p*-value <.05 indicates statistically significant difference between pre- and post-survey responses. Missing data: position (n=36); surface; (n=13); items (n=84); inclined (n=38); talk with others (n=40); one person (n=16).

Tobacco

When asked about tobacco use (including e-cigarettes) on the pre-survey, most participants (n=1,258; 91%) reported not using in the six months prior to the Safe Sleep Community Baby Showers or Safe Sleep Crib Clinics. Of those of who responded they had used tobacco in the previous six months (n=127; 9%), 29 (23%) reported not using currently, 83 (65%) reported daily use, 8 (6%) reported weekly use, 2 (2%) reported monthly use, and 5 (4%) did not respond.

Prior to the Safe Sleep Community Baby Showers and Safe Sleep Crib Clinics, 1,248 (92%) participants reported they would never allow tobacco use (including e-cigarettes) inside their home or car (Table 4). In addition, 1,011 (75%) reported knowing three ways to avoid secondhand smoke exposure for their baby. When asked about local resources to support efforts to quit tobacco use, 253 (21%) reported knowing three or more resources.

Following the events, 1,316 (97%) participants would not allow tobacco use inside their home or car ($p<0.001$). In addition, 1,292 (95%) participants reported knowing at least three ways to avoid secondhand smoke exposure for their baby ($p<0.001$). When asked about local resources, 516 (42%) participants reported knowing at least three to support efforts to quit tobacco ($p<0.001$).

Table 4. Smoking Exposure, Cessation Resources, and Intent to Quit (n=1,404)

	Pre-Survey n (%)	Post-Survey n (%)	Total Change <i>p</i>
Secondhand exposure in home or car			<0.001*
Never	1248 (92)	1316 (97)	
Daily	94 (7)	34 (3)	
Weekly	12 (1)	7 (1)	
Monthly	4 (<1)	1 (<1)	
Know at least 3 ways to avoid secondhand exposure			<0.001*
Yes	1011 (75)	1292 (95)	
No	346 (25)	65 (5)	
Know at least 3 <u>local resources</u> for tobacco cessation			<0.001*
Less than 3	977 (79)	714 (58)	
3 or more	253 (21)	516 (42)	
Interested in quitting tobacco use[‡]			N/A
Yes, in the next 30 days	38 (42)	51 (48)	
Yes, but not now	28 (31)	31 (29)	
I'm not ready to quit	25 (27)	25 (23)	

Note. *p-value* <.05 indicates statistically significant difference between pre- and post-survey responses. Missing data: secondhand exposure (n=46); three ways to avoid secondhand exposure (n=47); three local resources for tobacco cessation (n=174); quitting (pre, n=36; post, n=20).

[‡]Based on current smokers only.

Breastfeeding

Prior to the Safe Sleep Community Baby Showers and Safe Sleep Crib Clinics, 842 (62%) participants intended to breastfeed for longer than six months. When asked about local breastfeeding resources, 392 (29%) knew three or more.

After the events, 878 (65%) participants planned to breastfeed for longer than six months ($p<0.001$). Participants reported an increase in knowledge of local breastfeeding resources, with 720 (54%) reporting knowing at least three or more ($p<0.001$).

Table 5. Breastfeeding Intent and Knowledge of Resources (n=1,404)

	Pre-Survey n (%)	Post-Survey n (%)	Total Change <i>p</i>
Intended length of time breastfeeding			<0.001*
Don't plan to breastfeed	168 (12)	152 (11)	
6 months or less	338 (25)	318 (24)	
Longer than 6 months	842 (62)	878 (65)	
Knowledge of at least 3 local breastfeeding resources			<0.001*
Less than 3	939 (71)	611 (46)	
3 or more	392 (29)	720 (54)	

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

Missing data: breastfeeding duration (n=56); three local breastfeeding resources (n=73).

Perinatal Mental Health

Prior to the Safe Sleep Community Baby Showers and Safe Sleep Crib Clinics, most participants (n=1,338, 97%) reported only safe risk reduction strategies for depression, anxiety, and other mood disorders (Table 6). Of those who reported unsafe risk reduction strategies, withdraw from hobbies or favorite activities (n=40; 100%) was reported. When asked about perinatal mental health resources, 465 (34%) knew three or more.

After the events, most participants (n=1,330, 97%) reported safe risk reduction strategies ($p=0.427$). Of note, there was a slight increase of participants reporting unsafe strategies pre-survey (n=40) to post-survey (n=47). Of the participants who indicated non-safe responses, withdraw from daily activities (n=43; 91%) and use alcohol, caffeine, or other substances to cope (n=7; 15%) were reported. Participants reported an increase in knowledge of three or more perinatal mental health resources (n=704, 52%; $p<0.001$). In addition, the majority of participants (n=1,349, 98%) reported knowing at least one person with whom they can talk about their feelings or any concerns about their mental health.

Table 6. Knowledge of Perinatal Mental Health (n=1,404)

	Pre-Survey n (%)	Post-Survey n (%)	Total Change <i>p</i>
Ways to reduce risk of depression, anxiety, and other mood disorders			0.427
Only safe reduction strategies	1337 (98)	1330 (97)	
At least one unsafe strategy	40 (2)	47 (3)	
Knowledge of at least 3 perinatal mental health resources			<0.001*
Less than 3	894 (66)	655 (48)	
3 or more	465 (34)	704 (52)	
Know at least one person to who will support mental health concerns			N/A
Yes	--	1349 (98)	
No	--	14 (1)	
Not Sure	--	11 (1)	

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

Missing data: ways to reduce risk (n=27); perinatal mental health resources (n=45); support person (n=30).

Substance Use

When asked about substance use resources, 383 (29%) reported knowing three or more prior to the event. Following the Safe Sleep Community Baby Showers and Safe Sleep Crib Clinics, 526 (39%) reported knowing more than three resources that provide support for substance use disorders ($p < 0.001$).

Table 7. Knowledge of Substance Use Resources (n=1,404)

	Pre-Survey n (%)	Post-Survey n (%)	Total Change <i>p</i>
Knowledge of at least 3 substance use resources			<0.001*
Less than 3	949 (71)	806 (61)	
3 or more	383 (29)	526 (39)	

Note. *p*-value <.05 indicates statistically significant difference between pre- and post-survey responses.
Missing data due to non-response (n=72).

Confidence (post-survey only)

Following the Safe Sleep Community Baby Showers and Safe Sleep Crib Clinics, most participants reported being more confident in safe sleep practices, avoiding secondhand smoke, breastfeeding, ability to follow safe sleep recommendations even when receiving conflicting advice, recognizing signs and symptoms of perinatal depression or anxiety, and accessing screening or support for symptoms of perinatal depression or anxiety and substance use disorders (Table 8).

Table 8. Confidence (post-survey only) (n=1,404)

	Less Confident n (%)	No Change n (%)	More Confident n (%)
Get baby to sleep on his/her back	12 (1)	160 (12)	1206 (88)
Have baby sleep in my room, but separate crib, portable crib, or bassinet	8 (1)	170 (12)	1200 (87)
Keep loose blankets out of crib	46 (3)	197 (14)	1136 (82)
Avoid secondhand smoke	26 (2)	213 (15)	1140 (83)
Breastfeed only	6 (<1)	241 (18)	1131 (82)
Follow safe sleep recommendations even when people give different advice	6 (<1)	131 (10)	1238 (90)
Recognize signs and symptoms of perinatal depression or anxiety	7 (1)	187 (14)	1185 (86)
Access screening or support for symptoms of perinatal depression or anxiety	7 (1)	178 (13)	1195 (87)
Access screening or support for substance use disorders, if needed	7 (1)	253 (19)	1101 (81)

Note. Missing data due to non-response: sleep on back (n=26); baby sleep in room (n=26); loose blankets (n=25); secondhand smoke exposure (n=); breastfeeding (n=); following safe sleep recommendations (n=); recognize signs and symptoms (n=), access perinatal depression or anxiety screening (n=), access substance use support (n=).

Event Satisfaction (post-survey only)

Overall, participants reported being very satisfied (82%) with the Safe Sleep Community Baby Showers and Safe Sleep Crib Clinics held in Fiscal Year 2024.

Table 9. Overall Event Satisfaction (post-survey only) (n=1,404)

	n (%)
Very Satisfied	1106 (81)
Satisfied	236 (17)
Neutral	15 (1)
Dissatisfied	2 (<1)
Very Dissatisfied	15 (1)

Note. Missing data due to non-response (n=30).

Participant Comments and Suggestions

If Dissatisfied/Very Dissatisfied, why?

- Smaller groups, start on time, I STOOD up front. Thank you, I really appreciate it.

Overall Comments/Suggestions

- a little longer on the safe sleep presentation would be great - otherwise awesome resources. Thank you
 - A wonderful event. Very grateful Emporia offers numerous resources within the community. I didn't realize there were so many helpful resources/options/support to turn to despite income, location, etc.
 - AgraDecida con el trabajo qirl haciend
 - Amazing - full of vital info - very thorough and educational
 - Amazing event to give new parents information they didn't know
 - Amazing resource!! Thank you
 - Amazing. Thank you.
 - An amazing program, thank you guys for doing this
 - Aprendi cosas nuevas
 - Aprendido cosas que no sabia
 - Bastante comunicacion, informacion
 - Because I now know there are many resources that I can talk to about learning about mental health and breastfeeding.
 - Booths were useful & supplies are a huge help I am grateful for. Safe sleep demo was unprepared & didn't really add anything to my knowledge. MAYbe practice a demo/script next time?
 - Change J-Lo room picture cant see anything
 - De lo Mejor 'Gracias'
 - Definitely should have something explaining to new moms about binkis little more clearly but other than that it was great thank you!
 - Doing a Great thing for Single Mothers/Parents
 - Enjoyed all information and details about depression and breastfeeding more, so thank you all for the information.
 - Entendi las clases muy bien muchas gracias
 - Es muy Importante aprender y saber de los apoyos
 - Estoy muy satisfecha es muy buena la atencion y lacharla
 - Everyone is so nice!!
 - Everyone was very helpful! Super thankful for y'all taking the time out of your day for this!
 - Everything is great + helpful!
 - Everything was amazing
 - everything was beautiful
 - Everything was great.
 - Excelente clase, me siento mas segura.
 - Excelente informacion, Gracias
 - Excellent demonstration & information :)
 - Excellent event and vendors/providers!
 - Excellent!
 - Felt incredibly supported
 - Friendly knowledgeable staff
 - Glad I was able to take class and learned things I did not know.
 - Glad to have free resources & goodies!
 - Good Info
 - Good info and products!
 - good information and nice people
 - Good information!
 - good presentation.
 - got sent to the back of line and now I don't have the crib
 - gracias fue maravilloso aprender todo esto, todo fue nuevo para mi, a mi premer hijo
 - Gracias Por Hacer Este Programa
-

-
- Grandmother
 - Great
 - Great Course!
 - great event
 - Great event, very helpful!
 - Great event!
 - great event! thank you so much
 - Great event! Thank you!
 - Great event! We are new and are really appreciative of the support!
 - Great event. Very knowledgable
 - Great job explaining, learned a lot. Very engaging, show how to close the crib too.
 - Great program
 - Great resources and a great way to share those resources to the community.
 - Great resources for families
 - Great resources for new moms, hopefully it becomes a yearly event.
 - Great way to provide alot of information in a short amount of time!
 - Great!
 - I am very satisfied with the support and services offered today.
 - I appreciate all the information that was given, especially for first time moms who are new to all of it. It was very informational.
 - I appreciate you coming and speaking!
 - I do wish it was more clear that additional caregivers wouldn't get a packnplay
 - I enjoyed it the information was very good
 - I enjoyed the trainings and am able to leave with more information on how to care for my baby.
 - I feel more educated on many topics.
 - I found it very useful information.
 - i get a lot of informations.
 - I have a crib, please give to someone else.
 - I have already took a 3 hour training on safe sleep so I already knew these things but it is very important that it was here.
 - I have gain a lot of information about babies safe sleep and also I have found out that there are lot of supporting agencies for babies and for the parents.
 - I have learn a lot.
 - I learn new thing I didn't know just as the paci
 - I learned a lot from this and I feel like I will be able to keep my baby safe while they sleep.
 - I learned a lot more than I expected to today even if this is my third kid, you can stillalways learn something new.
 - I learned why baby anatomy supports back sleep over tummy sleep.
 - I liked the hands on training the best
 - I love this type of events because we have more information and support about the babies and their security and safe places.
 - I loved the event, it was very helpful and full of information for me and my kids
 - I loved this event! Got a lot of good resources.
 - I really appreciate everyone/everything and opportunity and resources!
 - I really appreciate it for all the new information and the pack and play for the baby.
 - I really enjoyed this session. I learned a lot of new information. I really appreciate it.
 - I think this was great for me as a first time mom! Thank you for gathering many different supportive groups to provide information for new and experienced parents!
 - I think you did a great job!
 - I would like to see more about feeding baby foods.
 - I'm more confident about how my baby sleeps and where the baby will sleep
 - Include statistics w/in your presentation.
 - Informative and friendly
-

-
- Instructors were great! Very informative & friendly! Thank you! :)
 - it's a great resource for women and family
 - It was a wonderful event with lots of information.
 - It was easy to learn and very helpful.
 - It was great! Thank you <3
 - It was loud and I could barely hear
 - It was nice to know the services that were available for individuals that have UHC plans.
 - It was such a good experience! Lots of great content
 - It was wonderful, thank you.
 - It was worth coming.
 - It's very helpful for a new mom who has no ideas about babysitting the baby, breastfeeding, supports from community, etc. It helps me to feel more confident.
 - Keep everything the same.
 - learned a lot
 - Learned about a lot.
 - Learned about the pacifier :)
 - Lots of good resources.
 - lots of resources and information given
 - lots of resources that I didn't know were available
 - Love the flow! So neat. Appreciate this event a lot.
 - Love the variety of booths!
 - loved all information
 - loved all the knowledge
 - Loved how informative and friendly everyone was, learned more resources than I once knew
 - Loved it! Lots of information
 - loved this
 - Maria is great!
 - Maybe mention a cool sleeping space and a fan.
 - Maybe more interaction or more leading questions for people.
 - Me dieron mucho más seguridad. Si bien he conocido mis futuros niños
 - Me gusta mucho la clase me hizo aprender muchas cosas de las cuales yo no estaba enterada pero ahora ya lo estoy quedando muy satisfecha y aprendí bastante de cómo darle un sueño seguro a mi bebé
 - Me gusta toda la información que nos asesoraron
 - More clear on time commitment, I messaged, and they said come and go.
 - more conversations for anxiety/depression resources
 - More information about postpartum self-care, physical & mental
 - muy bien explicado
 - Muy buen programa, muchas gracias.
 - Muy buena información e interesantes.
 - My baby hates pacifiers and self-soothes but has self-soothing..
 - New information is helpful
 - No hats in bed is good advice!
 - No suggestions. What you are doing is awesome. Thank you for all the information. As a mom who hasn't had a small baby in over 10 years, I'm nervous. You have helped me feel more confident and comfortable. Keep doing things like this please.
 - No tengo nada.
 - Not breastfeeding due to breast cancer
 - Nothing on their part. I upset I missed the event. I really needed the help. Keep helping moms and parents in need.
 - Pídanle muchos recursos de ayuda, tanto como para bebés como para la madre
 - Por brindar una información muy grata para la seguridad de nuestro bebé
 - por la atención la dedicación así cada una de nosotras
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- Prendi muchas cosas sobre sueno seguro
 - Shae answered all of my questions and concerns
 - She Would not have had a crib if not from here.
 - So many great resources for new or expecting mothers!! Very pleased with the information received today!
 - So thankful for all the resources as a first time mom
 - Stand in front of the room to show baby demo better
 - Such a great event! Thank you!
 - super awesome; great way for people that dont have alot of friends and family to get info and support.
 - Support & Resources! Very Good, Thank you!
 - thank you
 - Thank you
 - Thank You
 - Thank You :)
 - Thank you all so much for your support.
 - Thank you for all that you do!
 - Thank you for all the information very much needed
 - Thank you for continuing to provide education to our community. Gail, I will always be thankful to you for sharing your story.
 - thank you for everything!
 - Thank you for putting on this wonderful event for our community.
 - Thank you for putting this event on!
 - Thank you for putting this on. This is a very helpful event.
 - Thank you for sharing and for the generosity!
 - Thank you for taking the time to inform moms to be. It was very informational!
 - Thank you for the class!
 - Thank you for the demonstration.
 - Thank you for the portable crib.
 - Thank you for your time
 - Thank you guys!
 - Thank you so much for everything!!
 - Thank you so much!
 - Thank you so much! Very informational and helpful resource :)
 - Thank you so much!!
 - Thank you so much. This was wonderful.
 - thank you very informational
 - Thank you!
 - Thank You! This is a great resource for the community.
 - Thank you! As a first time mom this means the world to me!
 - Thank you! If you have any ideas for helping put baby to sleep/calm down, I think it would be helpful to share for future mothers.
 - Thank you!! This was amazing, and we learned a lot!
 - Thank you!!!
 - The presentation was really good.
 - The presentation was very informative and helpful.
 - There was a lot of resources available for different things.
 - They had it site up good and organized everyone was very friendly and helpful.
 - This event was extremely helpful for us as first-time parents!
 - This event was fantastic!
 - This event was great! I feel very informed after attending and know I have several people to go to if I need help.
 - This event was very detailed about safety and was patient.
 - This is a great event with a lot of amazing resources! Thank you!
 - This is a great event! Thank you for all the resources and to the volunteers.
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- this is a wonderful event for the community and surrounding areas
 - This is a wonderful event with endless helpful resources.
 - This is amazing! Keep it up!
 - This is amazing! So much support in a wonderful community.
 - This is my first experience at this event and I really enjoyed how its put together.
 - This is very helpful
 - This is very helpful for my mother and my baby because I've learned a lot for the baby.
 - This is wonderful!
 - This was a great resource
 - This was a wonderful resource! You covered a wide range of concerns.
 - This was the BEST way to spend a Saturday morning
 - This was wonderful! I appreciated learning about our local resources and enjoyed learning about delivery at CCMC. The door prizes and vendors were fantastic as well!
 - todo esta bien organizado
 - Touch on Mental Health more.
 - una explicacion e informacion muy importante sobre toda en mamás primeriza como yo. Ninguno
 - Valiosa informacion agradecer por la informacion y su amabilidad y caridad para explicar
 - Very educational, thank you!
 - Very fun, gave great advice
 - Very good at explanation and explaining things!
 - Very good event
 - Very good information, Thank You.
 - Very good information!
 - very helpful
 - Very helpful & learned new things.
 - very helpful and personable
 - Very helpful event!
 - very helpful information was provided!
 - Very helpful to learn about baby's safe sleeping
 - Very Helpful! First time pregnant and since this event I feel more confident.
 - Very helpful. Thank you!
 - Very informational
 - very informative and great presentation
 - Very informative and the statistics of children who die from unsafe sleep are quite shocking.
 - Very informative, would attend again for further information on different topics :)
 - Very informative.
 - very lucky to have so many to help with our baby
 - Very nice, understanding, and very informative.
 - Very resourceful vendors. Suggest hearing more from vendors in a group setting so their info isn't so rushed, ex: car seat safety health dept resources, mental health. Not everyone is confident in asking questions 1:1
 - Very Satisfied Thank You!!!
 - Very satisfied, I learnt things I didn't know, while being pregnant with baby number 3.
 - Very satisfied. This event was very informational for to me.
 - Very thankful I came to this event. Many helpful resources.
 - Very thorough with Sleep Safe advice!
 - Very useful to the parents.
 - Very well put together
 - Was very organized and had lots of information for parents and enjoyed getting goodies and lots of good and important information for my baby.
 - Wasn't sure what to expect and we learned lots. Great Job
 - Ways to avoid 2nd hand smoke
 - We learned a lot today and were grateful for information on such a variety of topics. Thank you!
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- Well orchestrated, excellent information/resources
 - Well planned event, great, friendly staff and volunteers. Larger space for the vendor area, it got pretty crowded.
 - What a cool program/event thank you
 - Wonderful friendly people with great advice and resources
 - Wonderful, thank you!
 - Wow!! What a great event. SO informative. Excellent job.
-

*The comments and suggestions are direct quotes taken from the comments/suggestions section of the post-survey.

Conclusion and Recommendations

Overall, the Safe Sleep events held in Fiscal Year 2025 were successful. SSIs held more events and provided education to more individuals than the previous three fiscal years (Table 10). Outcomes suggest SSIs were successful in increasing safe sleep knowledge and/or intentions for their trainees and that the impact of the program continues to increase.

Table 10. SSI Event and Attendance by Fiscal Year

	Total		Community Baby Shower		Crib Clinic	
	Events	Attendees	Events	Attendance	Events	Attendance
FY 2018	29	870	--	--	--	--
FY 2019	175	2,255	34	1,058	141	1,197
FY 2020	65	689	17	571	48	118
FY 2021	85	454	15	331	70	123
FY 2022	120	968	23	795	97	173
FY 2023	127	2,023	42	1,881	85	142
FY 2024	135	2,191	42	2,028	93	163
FY 2025	185	2,998	62	2,785	123	213
TOTAL	921	12,448	235	9,449	657	2,129

Note. Safe Sleep events were not separated for reporting purposes in FY 2018.

Priority populations are attending the Safe Sleep events as indicated by reported demographics. Safe sleep knowledge and intentions continue to significantly increase following the events. However, there were some individuals not confident in their ability to keep unsafe items out of the sleep environment, even though 89% intended to only use safe items. Make sure instructors focus on why the current recommendations only support the use of a firm mattress, fitted sheet, wearable blanket, and pacifier in a non-inclined safe sleep environment and work with event participants to identify and address potential barriers during the crib demonstration.

For the tobacco cessation component, focus on tobacco cessation resources as only 42% of participants reported knowledge of at least three local resources following the event. This is especially critical as 9% of participants reported using tobacco in the previous six months and 6% reported currently using tobacco while pregnant, which is a known risk factor for sleep-related death.

For the breastfeeding promotion component, focus on breastfeeding support resources as only 54% could identify at least three local resources following the events.

When discussing perinatal mental health, focus on answering participants questions and concerns around safe risk reduction strategies. Of note, there was a slight increase of participants (n=7) reporting unsafe strategies pre- to post-survey. In addition, focus on identifying perinatal mental health resources as only 52% could identify at least three following the events.

For substance use, focus on identifying resources as only 39% could identify at least three following the events.

To address the last four recommendations, consider providing a handout with tobacco cessation, breastfeeding support and perinatal mental health resources available locally and statewide at each training to reinforce verbal messages regarding resources. If holding the event virtually, consider sending resources to participants via email prior to the post-test.

In terms of Spanish-language events, safe sleep knowledge and intentions significantly increased pre- to post-survey. However, a higher proportion of Spanish-speaking participants indicated being less confident in their ability to keep loose blankets out of the infant sleep environment. Collaboration with the SSIs providing Spanish instruction may be needed to identify strategies to address cultural practices around blankets to increase intentions for a blanket-free environment. We continue to see lower numbers when identifying resources related to tobacco cessation, breastfeeding, perinatal mental health, and substance use. Consider providing a Spanish-language specific handout with each of these components. Finally, it should be noted a higher percentage of Spanish-speaking participants reported being very dissatisfied with the event (5% vs 1%), which should be explored further to confirm SSIs are taking steps to ensure cultural appropriateness of events.

Evaluation Recommendations

Make sure participants complete pre-and post-surveys; 58 pre-surveys and 176 post-surveys were removed due to missing data. In addition, there were several missing responses for each individual question. If the event is held in-person, have a designated individual checking pre- and post-surveys for completion. For virtual events, consider making responses required as the majority of missing data was due to participants not completing surveys.

Technical Notes

Participants were encouraged to complete the pre- and post-surveys in their entirety. However, due to the voluntary nature of participants, respondents had the right to skip questions. Any missing responses were excluded from statistical analysis. All reported data is based on collected data as of July 14, 2025.

Pre- and post-test data were collected, deidentified and entered into a secure REDCap database by Safe Sleep Instructors. Descriptive statistics were summarized using frequencies (percentages). Comparisons between pre- and post-surveys were made using McNemar's test for paired dichotomous variables. Statistical analyses for this report were performed using SPSS for Windows, Version 29.0.

Appendix A. Spanish-Speaking Participants

Table 1. Spanish-Speaking Participant Characteristics (n=155)

	n (%)
Number of Support People Attending	
0-18 years (median, range)	1 (0-7)
18+ years (median, range)	1 (0-7)
Age (mean, SD)	29, 6
Race/Ethnicity	
Hispanic	129 (87)
Non-Hispanic Black	14 (10)
Non-Hispanic White	5 (3)
Marital Status	
Single	48 (32)
Married	60 (40)
Partnered	40 (27)
Separated	3 (2)
Partner Race/Ethnicity	
Hispanic	109 (70)
Non-Hispanic Black	12 (8)
Non-Hispanic White	6 (4)
Multiracial	3 (2)
Not Applicable/Choose Not to Answer	25 (16)
Mother's Education	
Some High School	59 (40)
High School Graduate or GED	44 (30)
2-year Community College Graduate	9 (6)
4-year College Graduate	17 (12)
Graduate School	4 (3)
Other	15 (10)
Insurance Status	
Self-Pay	93 (63)
KanCare/Medicaid	31 (21)
Private Insurance	19 (13)
Managed Care Organization/Marketplace	2 (1)
Other	2 (1)
Military	1 (1)
Prenatal Care Provider	
Hospital Clinic	63 (42)
Community Health Clinic	45 (30)
Private Provider's Office	16 (11)
County Health Department	10 (7)
None	8 (5)
Other	4 (3)
Clinic at Work or School	2 (1)
Emergency Room/Urgent Care	1 (1)

Note. Missing data due to non-response: race/ethnicity (n=7); marital status (n=4); education level (n=7); insurance status (n=7); prenatal care (n=6).

Table 2. Spanish-Speaking Participants - Changes in Intended Safe Sleep Practices (n=155)

	Pre-Survey n (%)	Post-Survey n (%)	Total Change <i>p</i>
Anticipated sleep position			<0.001*
Back only	91 (60)	128 (84)	
At least one unsafe position	61 (40)	24 (16)	
Anticipated sleep surface			<0.001*
Only safe surfaces (crib or bassinet only)	110 (73)	132 (87)	
At least one unsafe surface	41 (27)	19 (13)	
Anticipated crib items			0.007*
Only safe items (firm mattress, fitted sheet, or wearable blanket only)	55 (39)	98 (70)	
At least one unsafe item	86 (61)	43 (30)	
Inclined Sleep Surface			0.003*
Safe (no)	89 (61)	119 (81)	
Unsafe (yes, not sure)	58 (39)	28 (19)	
Anticipated Sleep Location			N/A
My/parent room	145 (94)	144 (93)	
Other shared room (with children or adults)	5 (3)	6 (4)	
Other private room (baby's room or nursery)	4 (3)	5 (3)	
Have or plan to discuss safe sleep with others			<0.001*
Yes	71 (47)	138 (92)	
No	79 (53)	12 (8)	
Know at least one person who will support Safe Sleep			N/A
Yes	--	126 (83)	
No	--	18 (12)	
Not Sure	--	8 (5)	

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

Missing data: position (n=3); surface (n=4); items (n=14); inclined (n=8); talk with others (n=5); one person (n=3)

Table 3. Spanish-Speaking Participants - Smoking Exposure, Cessation Resources, and Intent to Quit (n=155)

	Pre-Survey n (%)	Post-Survey n (%)	Total Change <i>p</i>
Secondhand exposure in home or car			0.655
Never	145 (99)	144 (98)	
Dailey	1 (<1)	1 (1)	
Weekly	1 (<1)	2 (1)	
Know at least 3 ways to avoid secondhand exposure			<0.001*
Yes	75 (51)	120 (82)	
No	71 (49)	26 (18)	
Know at least 3 <u>local resources</u> for tobacco cessation			0.003*
Less than 3	104 (90)	89 (77)	
3 or more	11 (10)	26 (23)	
Interested in quitting tobacco use[‡]			N/A

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

Missing data: secondhand exposure (n=8); three ways to avoid (n=9); local resources (n=40).

[‡]No participants indicated current or previous tobacco use.

Table 4. Spanish-Speaking Participants - Breastfeeding Intent and Knowledge of Resources (n=155)

	Pre-Survey n (%)	Post-Survey n (%)	Total Change <i>p</i>
Intended length of time breastfeeding			0.414
Don't plan to breastfeed	14 (10)	13 (9)	
6 months or less	44 (30)	43 (29)	
Longer than 6 months	88 (60)	90 (62)	
Knowledge of at least 3 local breastfeeding resources			0.004*
Less than 3	114 (84)	99 (73)	
3 or more	21 (16)	36 (27)	

Note. *p-value* <.05 indicates statistically significant difference between pre- and post-survey responses.
Missing data: breastfeeding duration (n=9); three local breastfeeding resources (n=20).

Table 5. Spanish-Speaking Participants - Knowledge of Perinatal Mental Health (n=155)

	Pre-Survey n (%)	Post-Survey n (%)	Total Change <i>p</i>
Ways to reduce risk of depression, anxiety, and other mood disorders			0.344
Only safe reduction strategies	142 (97)	138 (94)	
At least one unsafe strategy	5 (3)	9 (6)	
Knowledge of at least 3 perinatal mental health resources			0.064
Less than 3	117 (82)	108 (76)	
3 or more	25 (18)	34 (24)	
Know at least one person to who will support mental health concerns			N/A
Yes	--	136 (93)	
No	--	6 (4)	
Not Sure	--	5 (3)	

Note. *p-value* <.05 indicates statistically significant difference between pre- and post-survey responses.
Missing data: ways to reduce risk (n=8); perinatal mental health resources (n=13); support person (n=8).

Table 6. Spanish-Speaking Participants - Knowledge of Substance Use Resources (n=155)

	Pre-Survey n (%)	Post-Survey n (%)	Total Change <i>p</i>
Knowledge of at least 3 substance use resources			0.143
Less than 3	115 (86)	108 (81)	
3 or more	19 (14)	26 (19)	

**p-value* <.05 indicates statistically significant difference between pre- and post-survey responses. Missing data (n=21).

Table 7. Spanish-Speaking Participants - Confidence (post-survey only) (n=155)

	Less Confident n (%)	No Change n (%)	More Confident n (%)
Get baby to sleep on his/her back	11 (7)	8 (5)	129 (87)
Have baby sleep in my room, but separate crib, portable crib, or bassinet	6 (4)	5 (3)	135 (93)
Keep loose blankets out of crib	35 (24)	9 (6)	100 (69)
Avoid secondhand smoke	20 (14)	4 (3)	122 (84)
Breastfeed only	2 (1)	16 (11)	128 (88)
Follow safe sleep recommendations even when people give different advice	5 (3)	15 (10)	125 (86)
Recognize signs and symptoms of perinatal depression or anxiety	5 (4)	15 (10)	124 (86)
Access screening or support for symptoms of perinatal depression or anxiety	5 (3)	13 (9)	127 (88)
Access screening or support for substance use disorders, if needed	7 (5)	14 (10)	119 (85)

Note. Missing data due to non-response: sleep on back (n=7); baby sleep in room (n=9); loose blankets (n=11); secondhand smoke exposure (n=9); breastfeeding (n=9); following safe sleep recommendations (n=10); recognize signs and symptoms (n=11), access perinatal depression or anxiety screening (n=10), access substance use support (n=15).

Table 8. Spanish-Speaking Participants - Overall Event Satisfaction (post-survey only) (n=155)

	n (%)
Very Satisfied	115 (77)
Satisfied	27 (18)
Neutral	1 (1)
Dissatisfied	0 (0)
Very Dissatisfied	7 (5)
Missing data (n=5)	

Spanish-Speaking Participant Comments and Suggestions

- AgraDecida con el trabajo qirl haciend
- Aprendi cosas nuevas
- Aprendido cosas que no sabia
- Bastante comunicacion, informacion
- De lo Mejor 'Gracias'
- Entendi las clases muy bien muchas gracias
- Es muy Importante aprender y saber de los apoyos
- Estoy muy satisfecha es muy buena la atencion y la charla
- everything was beautiful
- Excelente clase, me siento mas segura.
- Excelente informacion, Gracias
- gracias fue maravilloso aprender todo esto, todo fue nuevo para mi, a mi primer hijo
- Gracias Por Hacer Este Programa
- Me dieron mucho mis seguiched Sifen hecierelolo mis futuris miehe
- Me gusto mucho la clase me hizo aprender muchas cosas de las cuales yo no estaba enterada pero ahora ya lo estoy quede muy satisfecha y aprendí bastante de cómo darle un sueño seguro a mi bebé
- Me gusto toda la informacion que nos asesoraron
- muy buen explicado
- Muy buen programa, muchas gracias.
- Muy buena informacion e interesantes.
- No tengo nada.
- Pivoeeh muchos recursos de ayuda, tanto como para bebés como para la madre
- Por Brindar una informacion muy grata para la seguridad de nuestro bebé
- por la atencion la dedicacion asi cada una de nosotras
- Prendi muchas cosas sobre sueño seguro
- The presentation was really good.
- todo esta bien organizado
- una explicacion e informacion muy importante sobre toda en mamás primerizas como yo. Ninguno
- Valiosa informacion agradecer por la informacion y su amabilidad y caridad para explicar

*The comments and suggestions are direct quotes taken from the comments/suggestions section of the post-survey.