

# Instructor-Led Training Annual Report Fiscal Year 2022

Prepared for  
Kansas Infant Death and SIDS Network

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## Instructor-Led Safe Sleep Trainings

### Attendance

During Fiscal Year 2022, 123 Safe Sleep Trainings (Safe Sleep Parent and Caregiver, n=67; Safe Sleep Professional, n=56) were conducted in 33 Kansas counties (Table 1). Trainings were held in-person (n=94, 76%) and virtually (n=29, 24%). Attendance ranged from 1 to 64 (median=4). A total of 944 individuals attended these events (Safe Sleep Parent and Caregiver, n=203; Safe Sleep Professional, n=741). Of those, 883 participated in the pre- and post-surveys.

**Table 1. Safe Sleep Event Attendance**

	Total		Parent and Caregiver		Professional	
	Events	Attendees	Events	Attendance	Events	Attendance
Sedgwick	8	55	4	14	4	41
Sedgwick - Virtual	1	4	1	4	0	0
Atchison	2	3	2	3	0	0
Butler	5	17	4	12	1	5
Coffey	2	8	1	1	1	7
Cowley	14	22	14	22	0	0
Doniphan	2	2	2	2	0	0
Douglas	4	5	4	5	0	0
Douglas - Virtual	1	1	1	1	0	0
Finney	1	61	0	0	1	61
Ford	1	26	0	0	1	26
Harvey	2	4	2	4	0	0
Johnson	4	44	0	0	4	44
Johnson – Virtual	1	64	0	0	1	64
Kearny	7	17	7	17	0	0
Leavenworth	7	42	1	1	6	42
Leavenworth – Virtual	3	13	1	1	2	12
Linn	2	6	2	6	0	0
Lyon	4	37	2	13	2	24
Marion	2	10	2	10	0	0
Marshall	3	7	3	7	0	0
National (PAT) – Virtual	1	49	0	0	1	49
Neosho	2	49	0	0	2	20
Osage	1	2	1	2	0	0
Phillips	2	21	1	13	1	8
Pottawatomie	1	30	1	30	0	0
Potter - Virtual	1	1	0	0	1	1
Reno	3	48	0	0	3	48
Saline	4	13	2	3	2	10
Saline – Virtual	1	6	0	0	1	6
Seward	1	2	1	2	0	0
Shawnee	4	22	4	22	0	0
Smith	1	1	1	1	0	0
Statewide – Virtual	4	101	0	0	4	101
Steven	1	2	1	2	0	0
Wabaunsee	1	1	1	0	0	0
Wyandotte	3	26	1	6	2	20
Wyandotte – Virtual	1	11	0	0	1	11
Virtual*	15	153	0	0	15	153
<b>TOTAL</b>	123	958	67	205	56	753
<b>TOTAL IN-PERSON</b>	94	555	64	199	30	356
<b>TOTAL VIRTUAL</b>	29	403	3	6	26	397

\*Virtual – unable to determine county.

## Safe Sleep Parent and Caregiver Trainings

During Fiscal Year 2021, 205 caregivers from 25 Kansas counties attended a Parent and Caregiver training. Knowledge was evaluated for 173 caregivers. Of those, 11 (7%) were identified as Spanish speakers. Safe Sleep Parent and Caregiver Trainings ranged in size from individual trainings to presentations with 30 trainees (median attendance per training=2). Caregivers correctly identified safe sleep recommendations on 2.83 out of 4 questions (SD=1.19) prior to the training and 3.81 questions (SD=0.45) following ( $p<0.001$ ).

Prior to the trainings, 148 (86%) participants reported they would place their baby only on the back to sleep (Table 2). Of the 25 participants who indicated other responses, side ( $n=17$ ; 68%), tummy ( $n=7$ ; 28%) and not sure ( $n=5$ ; 20%) were reported. When asked about anticipated sleep locations, 124 (72%) reported they would only place their baby in a safe location (i.e., crib, portable crib, or bassinet). Of the 49 (28%) who indicated other responses, my bed ( $n=23$ ; 47%), swing ( $n=13$ ; 27%), other ( $n=8$ ; 16%), toddler bed ( $n=6$ ; 12%), car seat ( $n=5$ ; 10%), couch/sofa/armchair ( $n=3$ ; 6%), don't know/not sure ( $n=3$ ; 6%), and twin or larger bed ( $n=1$ ; 2%) were included. When asked about items already in or planned for their baby's sleep areas, 104 (60%) reported only safe items (i.e., firm mattress, fitted sheet or wearable blanket). The remaining 69 (40%) participants reported unsafe items such as loose blankets ( $n=35$ ; 51%), bumper pads ( $n=21$ ; 30%), pillows ( $n=18$ ; 26%), stuffed toy ( $n=10$ ; 14%), other ( $n=7$ ; 10%), and a sleep positioner ( $n=4$ ; 6%).

Following the trainings, participants demonstrated a statistically significant increase in intention to follow safe sleep practices related to only placing their baby on the back to sleep ( $n=166$ , 98%;  $p<0.001$ ), anticipated sleep locations ( $n=159$ , 94%;  $p<0.001$ ) and anticipated crib items ( $n=156$ , 92%;  $p<0.001$ ). Of the 4 (2%) who indicated unsafe sleep position, side ( $n=3$ ; 75%) and not sure ( $n=1$ ; 25%) were reported. Of the 11 (6%) who indicated unsafe sleep locations, other ( $n=4$ ; 36%), my bed ( $n=3$ ; 27%), toddler bed ( $n=3$ ; 27%), twin or larger bed ( $n=1$ ; 9%), and car seat ( $n=1$ ; 9%) were reported. Unsafe items in the sleep environment reported by 14 (8%) participants included loose blanket ( $n=10$ ; 71%), other ( $n=3$ ; 21%), and bumper pads ( $n=2$ ; 14%). Most participants (98%) planned to discuss safe sleep with others after attending the Parent and Caregiver trainings ( $p<0.001$ ).

**Table 2. Changes in Intended Safe Sleep Practices**

	Pre-Survey (n=173) n (%)	Post-Survey (n=170) n (%)	Total Change <i>p</i>
<b>Anticipated sleep position</b>			$p<0.001$
Back only	148 (86)	166 (98)	
At least one unsafe position	25 (14)	4 (2)	
<b>Anticipated sleep locations</b>			$p<0.001$
Only safe locations (crib or bassinet only)	124 (72)	159 (94)	
At least one unsafe location	49 (28)	11 (6)	
<b>Anticipated crib items</b>			$p<0.001$
Only safe items (firm mattress, fitted sheet, or wearable blanket only)	104 (60)	156 (92)	
At least one unsafe item	69 (40)	14 (8)	
<b>Have or plan to discuss safe sleep with others</b>			$p<0.001$
Yes	113 (65)	167 (98)	
No	60 (35)	3 (2)	

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

## Safe Sleep Professional Trainings

During Fiscal Year 2022, 753 professionals from 14 Kansas counties attended a Safe Sleep Professional Training. The trainings ranged in size from individual to presentations with 64 trainees (median attendance per training=10). Surveys were completed by 711 professionals. Of those, 61 (9%) completed only the pre-survey and 23 (3%) completed only the post-survey. Therefore, 627 pre- and post-surveys are included in analysis. Of those, 12 (2%) were Spanish speaking. Participants identified as early childhood professional (n=87; 24%), emergency medical service worker (EMS) (n=74; 30%), other (n=50; 14%), social worker (n=41; 11%), fire department (n=34; 9%), nurse (n=30; 8%), other healthcare professional (n=22; 6%), social services (n=12; 3%), home visitor (n=11; 3%), and law enforcement (n=1; 1%).

Prior to the trainings, professional trainees correctly answered an average of 6.9 questions out of 10 (SD=1.7; range=1-10). Participants did not demonstrate *high* proficiency ( $\geq 95\%$ ) on any questions (Table 3); participants demonstrated the *lowest* proficiency ( $\leq 80\%$ ) in describing the diagnosis of SIDS, AAP recommendations related to crib location, temperature regulation, pacifier use, secondhand smoke, multiples, and messaging. Following the training, the average score on the post-test was 8.6 out of 10 (SD=1.3; range=2-10). This improvement was statistically significant ( $t=24.13$ ,  $p<0.001$ ). In addition, participants successfully demonstrated improved knowledge on all topics of safe sleep; achieving *highest* proficiency ( $\geq 95\%$ ) identifying AAP recommendations related to position and crib environment. Note that while a statistically significant increase was observed, only 56% of participants correctly identified AAP recommendations for the “safest” safe sleep location following the training.

**Table 3. Comparison of Trainees Pre- and Post-Survey Performance by Question**

Concept	Question	Pre-Test Score	Post-Test Score	Change
		N (%)	N (%)	(%)
Diagnosis	SIDS, a form of sleep-related death, is:	443 (72)	496 (79)	7
Location	The American Academy of Pediatrics states the safest place for an infant to sleep is:	200 (32)	349 (56)	24
Position	Per the American Academy of Pediatrics, infants should be placed on their _____ to sleep:	541 (86)	615 (98)	12
Environment	The recommended infant safe sleep environment includes which of the following:	538 (86)	609 (97)	11
Environment/ Tobacco	Recommendations to reduce sleep-related death include:	286 (46)	528 (84)	38
Breastfeeding	Which statement is true regarding the relationship between SIDS and breastfeeding?	554 (88)	591 (94)	6
Pacifier	Because of concern that pacifiers will interfere with breastfeeding initiation many health care providers recommend:	298 (48)	512 (82)	34
Swaddling/ Temp	Recommended options for controlling a baby’s temperature at home during sleep include:	449 (72)	585 (93)	21
Multiples	Which statements is NOT an American Academy of Pediatrics safe sleep recommendation?	492 (79)	580 (93)	14
Messaging	Evidence suggests the most effective strategy to influence parents to follow the safe sleep guidelines is:	495 (79)	506 (81)	2

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 6.7 (SD=2.1) prior to the training to 9.1 (SD=1.0) following the training ( $t=33.97$ ,  $p<0.001$ ). Participants were also asked how the training affected their beliefs, see Table 4.

**Table 4. Participants Reported Change in Belief About Safe Sleep**

<b>My beliefs have...</b>	
...not changed; I already agreed with all of the AAP recommendations	354 (58)
...changed; I now agree with all of the AAP recommendations	140 (23)
...changed; I now agree with more of the AAP recommendations	100 (16)
...changed; I now question more of the AAP recommendations	7 (1)
...not changed; I still question the AAP recommendations	9 (2)

When asked about three things they learned at the training, some participants reported the diagnosis of SIDS, AAP recommendations and pacifier use (direct quotes are in Table 5). Overall safe sleep training comments were positive (Table 6).

**Table 5. Participants Description of What They Learned**

<ul style="list-style-type: none"> <li>• 1. the ABC's (alone, on their back, in a clutter free crib)</li> <li>2. the safest place for a baby to sleep is in the parents room in their own crib separate from the parents bed</li> <li>3. That pacifier use during sleep actually reduces the risk of SIDS '</li> </ul>	<ul style="list-style-type: none"> <li>• 1. I learned statistics on SIDS and safe sleep,</li> <li>2. how to prevent SIDS, safest way for infant to sleep,</li> <li>3. Do's and Don'ts of Infant sleep.</li> </ul>
<ul style="list-style-type: none"> <li>• 1. Learned about not putting on sides while sleeping.</li> <li>2. Learned that breastfeeding reduces the risk of SIDS.</li> <li>3. Learned that no quilted fitted sheets are allowed.</li> </ul>	<ul style="list-style-type: none"> <li>• 1. I learned that babies can't sleep in the swings. They did that at my previous job.</li> <li>2. I also learned more about SIDS. My favorite part that i learned was that different families have different beliefs on how they should put their babies to sleep.</li> </ul>
<ul style="list-style-type: none"> <li>• 1. Safe sleep policy</li> <li>2. Dress the baby in one layer than what the adult would wear.</li> <li>3. Adequate light when baby sleeping.</li> </ul>	<ul style="list-style-type: none"> <li>• 1. I learned that babies should only sleep on their backs,</li> <li>2. that it's okay to let them sleep with a pacifier,</li> <li>• 3. that breastfeeding reduces the risk of SIDS.</li> </ul>
<ul style="list-style-type: none"> <li>• 1. 1/3 of SIDS related deaths occur in 1st week of daycare. 1/2 of those occur on 1st day of daycare.</li> <li>2. Breastfeeding decreases the risk of SIDS by 68%.</li> <li>3. Offer pacifier after breastfeeding is firmly established.</li> </ul>	<ul style="list-style-type: none"> <li>• 1. I learned that both breastfeeding and pacifiers reduce the incidence of SIDS.</li> <li>2. I was also really happy to learn that immunizations reduce the risk of SIDS significantly.</li> </ul>
<ul style="list-style-type: none"> <li>• 1. A swing is not safe for a baby to sleep in.</li> <li>2. Tummy time should be started immediately after the baby is born to help with range of motion, and activeness.</li> <li>3. Hats should not be worn while a child is asleep so that way they can regulate their body temperature. '</li> </ul>	<ul style="list-style-type: none"> <li>• 1. I learned that breastfeeding helps reduce SIDS</li> <li>• 1. I learned that breastfeeding reduces the risk of SIDS</li> <li>• 1. I learned that just because certain products are sold on the market doesn't mean that the products are safe and that purchasing items from the thrift store could represent a safety risk for babies.</li> <li>2. I also learned that if it is not safe for your baby it is not safe for other babies either so if a crib is recalled it should be placed in the trash and not on the curb side, other people could get it thinking is a good item and another baby could be in danger.</li> <li>3. Always check for recalls, and encourage parents to do so.</li> </ul>
<ul style="list-style-type: none"> <li>• 1. A,B,C</li> <li>• 1. ABC's Alone Back Crib.</li> <li>• 1. About how to use a Pack N Play or portable crib and assemble it correctly.</li> <li>2. I learned about the new sleep sacks that you can use like a swaddle or you can leave their arms out.</li> <li>3. I learned about new statistics regarding infant deaths due to unsafe sleep environments.</li> </ul>	<ul style="list-style-type: none"> <li>• 1. I learned that over the past 11 years since I had an infant a lot of things have changed. It used to be a lot different, I didn't know that your baby cant sleep with a hat on his head or that breastfeeding had a direct effect on SIDS. Both of which were really cool to learn, I also didn't realize that a pacifier would affect SIDS.</li> </ul>
<ul style="list-style-type: none"> <li>• 1. APPROACH THE FAMILY.</li> <li>• 1. Babies should have nothing in the crib</li> <li>2. Sleep separate from the parents</li> <li>3. Use plain pacifiers.</li> </ul>	<ul style="list-style-type: none"> <li>• 1. I learned that portable cribs are perfectly fine for use at home, that facilities need to have sheets for each type of mattress (no mixing sheets and mattresses), and that</li> <li>2. Pacifiers are safe to be in the crib and reduce the risk of SIDS</li> </ul>
<ul style="list-style-type: none"> <li>• 1. Babies shouldn't sleep in swings.</li> <li>2. Pacifiers reduce SIDS.</li> <li>3. No bumper pads.</li> </ul>	
<ul style="list-style-type: none"> <li>• 1. Babies that are breast fed have lower mortality rates from SIDS.</li> </ul>	

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- 2. infant deaths are more common in non-white families
  - SIDS is not a broad-spectrum cause of infant death.
  - 1. Baby boxes are not proven as a safe place to sleep.
  - 2. Effective strategies for respecting family values and talking about safe sleep.
  - 1. Baby have no need for a hat after leaving the hospital to regulate body temp.
  - 2. Sleep boxes are not approved.
  - 3. Breastfeeding reduces the risk of SIDS.
  - 1. baby should do tummy time way earlier than I thought.
  - 2. Twins should not share a bed.
  - 1. Back sleeping.
  - 2. Use of Pacifier.
  - 3. 3 things to diagnose a SIDS death.
  - 1. Back to sleep.
  - 2. pacifiers.
  - 1. Breastfeeding and SIDS relationship.
  - 2. Autonomic System and SIDS Risks
  - 3. Pacifiers post established breastfeeding
  - 1. Breastfeeding fed babies risk for sids is decreased by 60%
  - 2. Babies that are breastfed partially risk of sids is decreased 30%
  - 3. 7% of babies in Leavenworth county die of sids.
  - 1. Breastfeeding reduces risk of SIDS
  - 2. Babies should sleep on firm surfaces rather than soft
  - 3. Babies should always sleep on their back and in a crib
  - 1. Breastfeeding reduces sids.
  - 2. Babies only need 1 extra layer.
  - 3. Use a pacifier.
  - 1. Breastfeeding reduces SIDS.
  - 2. Did not know that bumper pads.
  - 3. positioners should not be used.
  - 1. Breastfeeding reduces the risk of SIDS.
  - 2. Give baby pacifier for naps and nighttime sleep to reduce the risk of SIDS.
  - 3. Always place baby on his back to sleep.
  - 1. Breastfeeding reduces the risk.
  - 2. Pacifiers reduce risk.
  - 3. smoking increases risk.
  - 1. Crib bumpers shouldn't be used.
  - 2. Overdressed or extra blankets not needed.
  - 1. Crib use.
  - 2. breastfeeding data.
  - 3. pacifier use
  - 1. Data as it relates to SIDS in child care (family or center).
  - 2. An autopsy is needed to confirm SIDS.
  - 3. Parents are more likely to follow safe sleep practices if heard from professionals and friends.
  - '1. Determined only after an autopsy, an examination of the death scene, and a review of the infant's and family's clinical histories
  - 1. I learned that sleep sacks are safer than a loose blanket
  - 1. I learned that sleeping with a pacifier is recommended after 1 month of breastfeeding for safe sleep.
  - 1. I learned that the use of a pacifier during nap time and bedtime is beneficial and can reduce SIDS from occurring.
  - 2. It is key to always make sure the infant is sleeping on their back and in the crib with no excess items.
  - 3. I also learned that the safest sleep option for an infant is in the parents room in their own safe crib.
  - 1. I learned that there should be nothing else in the child's crib,
  - 2. swings are unsafe for children to fall asleep in and
  - 3. ankle monitors aren't as safe as parents think because it gives them a false sense of security.
  - 1. I learned that we should not keep babies in the car seat if asleep.
  - 2. To destroy baby items that are not safe so other people don't use them.
  - 3. To make sure your peers whom will be around the baby understand the safe sleep guidelines so no mishaps happen.
  - I learned the difference between SIDS and SUIDS.
  - I learned the hallmarks of SUIDS, the fact that only one SUID death per year is not preventable, and all the healthy a safe sleep practices
  - I learned the websites that I can access to get up to date information for safe baby products.
  - 2. I learned what a baby box is and why it's unsafe.
  - 3. I learned the sad facts about how many infants are dying every year.
  - 1. I learned to no longer use bumper pads, extra blankets, and tummy time at an earlier age
  - 1. I learned to not put a hat down on my infant to sleep,
  - 2. that there is a reduced risk of SIDS in breastfed babies, and
  - 3. it's ok to swaddle with arms out
  - 1. I learned what SIDS is
  - 2. causes of SIDS
  - 3. what not to do
  - 1. I learned what SIDS stands for, how it can happen
  - 2. Temperature comes from the top of babies heads
  - 3. No hats after coming from hospital when sleeping
  - 1. I never thought of a hat being a hazard for sleeping babies.
  - 2. The most beneficial thing I learned, how to find recalled items and the pictures on a baby on its back. I think it would help parents understand why it isn't a choking hazard.
  - 3. The thing I found most interesting is that daycares and centers are now being trained on safe sleep. THANK GOODNESS!
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- 2. Breastfeeding reduces the risk of SIDS
  - 3. Recommending a firm mattress. '
  - 1. Difference between SIDS and SUIDS.
  - 2. That STAs do not encourage families to follow Safe Sleep practices.
  - 3. That the first day to week in childcare is most common if infants die of SIDS
  - 1. Everyone is at risk.
  - 2. Pacifier reduces SIDS.
  - 3. SIDS only happens 0-3 years old.
  - 1. Good review of the sleep environment ABCs.
  - 2. Statistics concerning race and ethnicity and SIDS.
  - 3. Information about pacifiers and preventing SIDS.
  - 1. How parents can receive education.
  - 1. I didn't know what the ABC of safe sleep was.
  - 2. Did not know co-sleepers were unsafe.
  - 3. Didn't know that it was unsafe for babies to sleep on their side.
  - 1. I didn't learn anything new.
  - 2. This was a good refresher.
  - 1. I learned a lot I never knew the extent of how many deaths there are.
  - 2. The statistics were very eye opening.
  - 1. Immunizations are tied to a 50% reduction in SIDS due to parent/provider conversations at those timepoints on safe sleep.
  - 2. In bed sleepers have not been studied enough to make a recommendation about sleep safety.
  - 3. There could be a physiological/brain stem cause of SIDS.
  - 1. Infant mortality rate data.
  - 2. Ways to reduce the rate.
  - 3. Kinney research on SIDS.
  - 1. Infant sleep sacks
  - 1. Infants should be placed on their back to sleep.
  - 2. Breastfeeding is protective against SIDS.
  - 3. Infants can be placed in their cribs with their pacifier.
  - 1. Infants should not have HOB elevated or tilted on side. Back is best.
  - 2. Pacifiers should be introduced.
  - 3. Trachea is on top of esophagus so very hard to aspirate.
  - 1. Infants should stay with parents for first year.
  - 2. Guidelines change every 5 years.
  - 3. Breastfeeding reduces the risk of SIDS 68%.
  - 1. Information regarding nesting.
  - 2. Details regarding the Box.
  - 3. Co sleeper information.
  - 4. Being an advocate.
  - 1. It is not safe for babies to sleep on their stomach
  - 2. Tummy time helps reduce a flat head
  - 3. No blankets in the crib
  - 1. More about the different products sold claiming to be safe sleep approved.
  - 1. I was not aware that bumper pads were not recommended, that swings, bouncy seats, were not safe.
  - 2. I was not aware that breastfeeding reduced the risk of SIDS, did not consider that the baby heart monitor could be a risk factor
  - 1. If babies should sleep on their back, side or tummy, the answer is back.
  - 2. That it is very important for the baby to sleep in their crib and not co sleep with another adult/child/infant
  - 3. Breastfeeding reduces the risk of SIDS/SUIDS
  - 1. If you smoke, do it away from the infant with a jacket on and remove the jacket when you are finished and around the infant.
  - 2. Multiples should NOT share a crib.
  - 3. Just because an item is on the market does not mean it's approved for safe sleep.
  - 1. I'm old school so just refresher of how things are done now. ABC was new to me.
  - 1. Immunization reduces SIDS by 50% that was new to me,
  - 2. I've never experienced having a newborn in the home unfortunately but I had no clue the crib needed to be empty...I'm almost 50 so back in our day the crib had 'stuff' in it.
  - 3. The 3 determining factors Physiological response, external stress factors and development provided me new material/info for the relation to SIDS, also relatively unknown to me.
  - 1. in the bed with a firm mattress
  - 2. Breastfeed!
  - 3. Parents should ask a daycare if they have a safe sleep policy
  - 1. Increased care temp is a risk factor for SIDS
  - 2. Pacifiers help reduce the risk of SIDS
  - 3. Infants should be weened off from swaddling after 8 weeks.
  - 1. Infant should sleep alone, on their back, and in their crib- same room as parent.
  - 2. Also learned the breastfeeding helps reduce SIDS.
  - 3. And also, that portable cribs are most recommended.
  - 1. Infant sleep with pacifier reduce rate die sleep infant during sleep
  - 2. The best sleep baby back, don't be side it could rollover
  - 3. Tummy time it could be strong neck and hand baby.
  - 1. Infants can sleep in a pack and play (it is equally safe as a crib)
  - 2. I knew sleeping on the back was safest, but I was always scared about vomiting and the infant choking on their vomit, now I know it is not likely
  - 3. Sleeping with a pacifier is recommended '
  - 1. Infants in an in home daycare can stay in the crib until 18 months unlike a daycare center where they can change to a cot at age 1.
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- 2. How effective watching nurses in the hospital is for safe sleep practices.
  - 3. Statistics on the benefits of breastfeeding in regards to safe sleep.
    - 1. No bumper pads.
    - 2. Breast fed babies fare better.
    - 3. Use a firm mattress.
    - 1. no props for keeping position
    - 2. anatomy vs reflux good visual
    - 1. Non-Hispanic and black infants experience SIDS at a rate risk rate.
    - 2. If a baby can roll and is swaddled, don't swaddle above the arms so that they can turn flip over and back freely.
    - 3. If a baby rolls over after being placed on their back to sleep, there is no need to flip them back over to their back.
    - 1. Not because you see something on tv or any where it makes it safe fir baby to sleep in.
    - 2. Box for bed.
    - 3. The only things needed in baby bed, Baby and pacifier.
    - 1. Not use commercial safe items.
    - 1. Observing professionals modeling safe sleep practices increases the likelihood that parents will follow recommendations.
    - 2. CPSP website is a great resource for product safety!
    - 3. In structured carriers that overheating is a concern linked to SIDS.
    - 1. Offering a pacifier while the baby sleep helps reduce the risk for SIDS. 2. The statistics on SIDS in child acre. 3. Babies sleeping on their backs is less dangerous because of how the trachea sits when laying down.
    - 1. Pacifier helps reduce SIDS.
    - 2. SIDS is diagnosed after proper investigation AND autopsy.
    - 3. Overheating can be cause for concern in SIDS.
    - 1. Pacifier recommended.
    - 2. Breastfeeding reduces risk.
    - 3. Nests and boxes not recommended.
    - 1. Pacifier usage;
    - 2. Baby boxes;
    - 3. swaddling should stop by 8 weeks
    - 1. Pacifiers are recommended - Didn't realize that.
    - 1. Pacifiers are safe.
    - 2. Box sleepers are not safe.
    - 3. Sleeping with baby in the same room but different beds is the best.
    - 1. Pacifiers can reduce occurrence of SIDS.
    - 2. Effective strategies for educating families safe sleep while respecting culture.
    - 1. Pacifiers help reduce the risk of sids.
    - 2. I learned what SUID is.
    - 3. I learned about the hook sleep Baby safe and snug.
  - 2. You should not use a pacifier that has a clip on it when child is sleeping.
  - 3. Infants cannot sleep in swings or other items that are not a crib or pack n play.
    - 1. infants should be in parents room first year,
    - 2. breastfeeding reduces risk of SIDS,
    - 3. use of a pacifier is recommended for infants
    - 1. Infants should not wear a hat in the house.
    - 2. You should not let an infant sleep in a car seat or swing and
    - 3. do not let people who have smoked handle the baby unless they fully wash their hands due to 3rd degree smoke
    - 1. Infants should sleep on their back;
    - 2. Infants should not sleep in carseats;
    - 3. Infants do NOT need hats when they are sleeping.
    - 1. Info about breastfeeding and pacifiers, and
    - 2. babies should sleep in a crib in parents room.
    - 1.ok for infant to have pacifier
    - 2. make sure nothing is in the crib or playpen
    - 3. make sure infant is on back until they can roll over
    - 1. It is important to inform families about safe sleep
    - 2. Refresh my knowledge with a baby on the way.
    - 3. Pacifiers are ok in the crib.
    - 1. It is now recommended for infants to be sleeping in parents room.
    - 2. Pacifiers are recommended for sleeping.
    - 3. Cosleepers are not safe for infants'
    - 1. It is now recommended for infants to sleep in a crib in their parent's room for the first year
    - 1. IT WAS JUST A REFRESHER COURSE FOR ME THE ELEVATING THE HEAD OF THE BED WAS NEW TO ME THE AGE OF TODDLER TO IN A PACK N PLAY WAS NEW TO ME I THOUGHT IT WAS 18MTH FOR ALL CHILDCARE FACILITIES
    - 1. Just because it's on the market doesn't mean it's safe.
    - 2. a surprising percentage of SIDS occurs on the first day of the child being at alternative caregivers.
    - 3. a baby is more likely to aspirate when placed on their stomach due to the position of their esophagus.
    - 1. Just because something is marketed for sleep doesn't mean it is safe.
    - 2. Extra noise around a baby helps prevent the deep sleep that some babies don't wake from.
    - 3. Breastfed babies are at a lower risk for SIDS since they wake more often to eat and avoid deep sleep.
    - 1. Kansas Specific Statistics about SiDS
    - 2. Resources for parental education
    - 3. Reason why baby on their backs are less likely to aspirate.
    - 1. Keep door open to check
    - 2. Pacifiers are recommended.
    - 1. Kids now sleep on their backs
    - 2. Keep sleep environment clear of clutter
-

- 1. Pacifiers should not be attached to the baby's clothes.
- 2. Loose blankets can be a hazard to safe sleep.
- 3. Our brain regulates body temperature.
- 1. Pacifiers were ok after breastfeeding.
- 2. NO baby bumpers.
- 1. Period of Purple Crying.
- 2. Resources Links.
- 1. reminders about pacifiers when sleeping. 2. reminders about swaddling when putting babies to sleep.
- 3. reminders to move babies out of car seat (once you can move them to crib) if they fall asleep
- 1. Remove bumper pads.
- 2. Statistical safe practices.
- 3. Nothing attached to pacifier.
- 1. Safe pack and plays.
- 2. unsafe marketed items that are labeled as ' safe sleep.
- 3. the safest sleep sacks/ swaddles for infants.
- 1. Safe sleep practice.
- 2. Sleep only on back.
- 3. Breastfeeding reduces SIDS.
- 1. Safer in crib in parent's room
- 2. Percentage for the state and county
- 1. Show the picture when baby is sleeping on their back and on tummy.
- 1. Sleep in Crib in parent room
- 2. Swaddles are ok
- 3. Pacifier helps reduce SIDS
- 1. Sleeping on the back can actually reduce the chances of aspiration.
- 2. Pacifiers can reduce the risk of SIDS.
- 3. Infants should not sleep in car carriers, seats, or swings.
- 1. Sleeping on their back does not risk aspiration if they spit up.
- 2. The use of a pacifier when you put them to bed.
- 3. Don't use bumper pads in the crib.
- 1. Statistics,
- 2. Pacifier Information.
- 3. How to access multiple resources to share with families.
- '1. SUID is an umbrella and manner and cause of death are not immediately obvious prior to an investigation.
- 2. SIDS has to have 4 specific diagnosis before it can be determined.
- 3. The A B C's of safe sleep.'
- 1. Swaddling information.
- 2. These deaths can happen anytime of the day.
- 3. New websites for resources.
- 1. swaddling is not as recommended as thought,
- 2. most places I see babies sleep is not recommended(car seats, jumpers, etc),
- 1. Temperature.
- 2. pacifier intro.
- 3. NO HATS
- 1. Knew almost all of it already, but learned in parents room for 1st year is best
- 1. Learned about other unsafe places babies should not be allowed to sleep in
- 2. I learned some interesting statistics about causes of death for infants
- 3. Nice review of where and how infants should sleep
- 1. Less than one year of age, infants should sleep in their parent's room in a crib
- 2. Try not to let your siblings sleep with baby
- 3. Keep crib clean, no loose blankets
- 1. Make sure you parents know about your sleep safe policy.
- 2. I didn't know about the statistic where SIDS can happen within the first wee of care, I believe 60% ? That really shocked me
- 3. How common it is that parents want us to break policy for their child even though its our job to keep them safe.
- 1. More information about newer products that have recently been introduced such as sleep boxes or positioning things to put next to baby.
- 2. lose covers or pads can be dangerous
- 3. breastfeeding reduces risk for SIDS'
- 1. More knowledge about SIDS
- 2. What is and isn't allowed while napping
- 3. Not to use any blankets at all in a crib
- 1. most deaths from SIDS occur at one year or below no blanket or anything else in the crib
- 2. breastfeeding significantly reduces the rate of SIDS
- 1. need of profession advise by medical professionals for pregnant women regarding safe sleep and constantly changing methods
- 1. Never put a loose blanket on the child and never use baby bumpers.
- 2. Most of all always seek the advice of experienced child care providers and/or previous family members with experience.
- 1. New to me information included the rock n' plays being discontinued, the specifics and difference between SUID and SIDS, the advice on destroying items that are unsafe for sleep, mobiles being unsafe (or rather many items sold for sleeping infants being unsafe!), the website to check for unsafe or misleading items sold to parents/guardians, and the exact statistics on SUID and SIDS.
- 1. No blanket at all.
- 2. Pacifier at nap and bedtime.
- 3. Tummy time on really young babies.
- 1. No blankets
- 1. no blankets
- 2. use pacifiers
- 3. back to sleep

- 3. swaddling not necessary.
- 1. That 1/3 die from SIDS first week and 1/2 of those the first day.
- 2. Use of pacifier OK.
- 3. Take out of seats/devices if fall asleep in them.
- 1. That the sleeping area should be completely bare.
- 2. That breastfeeding reduces the risk of SIDS and SUIDS.
- 3. To remove the hat from an infant once they are inside or in the car because their head regulates their body temperature.
- 1. The difference between SIDS and SUIDs
- 1. The large percentage that breast feeding decreases risk of SIDS.
- 2. That all 3 elements have to be included for a case to be determined as SIDS.
- 3. Good reminder that parents are always watching & learning from us!
- 1. The 'perfect storm'.
- 2. 3 component risk factors for SIDS.
- 3. Statistics for infant deaths in US
- 1. The resources available for families.
- 1. The website for consumer safety information.
- 2. Pacifiers help reduce SIDS.
- 3. Dangers of sleeping in carriers, and car seats.
- 1. Type of clothing for sleep.
- 2. Non use of loose blankets.
- 1. Unaware of sleep boxes.
- 2. Use of pacifier after nursing .
- 1. Using swaddling gowns.
- 2. Not dressing the infant to warmly.
- 3. Not using swings, bouncy seat, & car seats for sleeping.
- 1. Very informative course!
- 2. Lots of great tael home information and resources.
- 1. Was not aware of the pacifier impact.
- 2. Also, thought there was more support from experts for side-positioning - surprised to see the recommendation is back-only.
- 1. What position the baby should sleep in.
- 2. What should and should not be in the crib.
- 3. Where the infant should sleep.
- 1. What's required to diagnose sids.
- 2. That many things aren't safe or needed like bouncers and heartbeat socks.
- 3. How to have those difficult conversations.
- 1. When a pacifier is acceptable.
- 1.) How breastfeed infants are reduced in fatality of SIDS.
- 2.) How pacifiers can reduce fatality of SIDS
- 3.) That a firm surface is the best sleeping method for an infant.
- 1.Environment factors that contribute to SIDS.
- 1. No Blankets, bumper pads or hats in a crib.
- 1. No bumper pads
  2. Watching nurses is best practice
  3. Sleeping in parents room is safest be
- 1. No bumper pads, Swaddles, devices like owlets don't notify parents in time if something is wrong with the baby.
- 1. No bumper pads.
  2. Use a pacifier.
  3. Always put baby on back.
- 1. No bumpers no pillows no blankets
- 1. no dormir a los ninos en las sillas no dormir los ninos con un adultos Usar el chupete
- 1. No hats
  - 2.The information on portable cribs and buying guidelines on CPSC
  3. Information on developmental issues w/ medulla oblongata and true SIDS'
- 1. no hats during sleep time,
  2. foot breathing monitors don't work, and
  3. no loose blankets should be used during sleep time
- 1. No hats indoors.
  2. recommended sleep in parent room.
  3. pacifier recommendation
- 1. No hats on an infant while sleeping,
  2. breastfeeding helps reduce the chance of SIDS, and
  3. pacifiers also help reduce the risk of SIDS
- 1. No hats on in the house,
  2. no pacifiers until after breastfeeding
- 1. No hats while sleeping
  2. No bumpers in cribs
  3. Breastfeeding reduces
- 1. No hats,
  2. sleep in parent's room,
  3. use wearable sleep blankets.
- 1. No items in crib
  2. Sleep on Back
  3. No bulky or loose blankets
- 1. No more than one extra layer
  2. Not leaving a baby in a swing to sleep unsupervised
  3. Prone and supine airways
- 1. no sheets in pack n play for sleep (been using sheets made for them recommended by state)
  2. swaddle wrap is no advised
  3. awaking of the amount of deaths
- 1.No smoking
  2. No drugs
  3. No sleeping on the couch with baby
- 1. NO Smoking!
  2. Contact the Social Worker to help support families with financial and other needs to help keep them safe
  3. Heart monitors are a false sense of security
- 1. no soft mattresses for babies
- 1. Not a lot of blankets or bumpers for bed.

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- 2. Breastfeeding reduces the risk of SIDS.
  - 3. Pacifiers reduce the risk of SIDS.
  - 1. how easy infants can get SIDS
  - 2. the Difference and the reduce of breastfeeding and SIDS
  - 3. the safest and best ways for infants to sleep
  - 1. Infants need to sleep on their back, unless they can roll over themselves.
  - 2. Swaddling is okay if done as shown in this CEU.
  - 3. Pacifiers can help prevent SIDS- use when baby going to sleep in crib by self- nothing attached to pacifier.
  - 1. pacifiers.
  - 1. A- alone B- back C- crib
  - 1. A few updated things; can't honestly think of any specifics. Perhaps verification of not using quilted sheet.
  - 1. A lot about sleep
  - 1. A pacifier can reduce the risk of sids .
    2. What adc stands for.
    3. How many layers of clothing a infant wears for sleep
  - 1. A pacifier helps reduce the chance of SIDS death.
    2. Not to let your baby sleep on their side, swaddling with a regular blanket is not safe
  - 1. ABC Alone Back Crib
    2. Exclusive breastfeeding reduces the risk of SIDS by 68%
    3. Pacifiers reduce the risk of SIDS
  - 1. ABC of safe sleep
  - 1. ABC, Alone, Back, Crib
  - 1. ABC's of safe sleep - Alone, on Back, Clutter free bed
  - 1. ABC's safe sleep
    2. Breastfeeding helps safe sleep Cause of SIDS
  - 1. About safe environment, I have always felt a baby should have a cover of some sort, I now know more about available options.
  - 1. About things that I used when I had my kids, grandkids and great grandkids and they all survived with us using these things
  - 1. About what causes SIDS/SIUD,
    2. how to dress the infant instead of using loose blankets
  - 1. Additional websites for information
  - 1. After 1 year of age it is no longer categorized as SIDS,
    2. I didn't know baby boxes were a thing.
    3. that pack and plays are safe sleeper approved
  - 1. all refreshers except the encouragement of pacifiers.
  - 1. Alone in back in clutter-free crib
    2. No mobiles
    3. No pacifiers
  - 1. Alone, back, clutter free crib
  - 1. Always keep infants sleeping on their back,
    2. don't have any loose blankets with them, and
    3. start pacifiers only after breastfeeding has been established.
  - 1. always on back
- 2. Suggested use of a pacifier
  - 1. Not approved sleep sacks
    2. Noise in the environment is ok for sleeping babies
    3. Checking on sleeping babies every 15 minutes
  - 1. Not everything sold in stores for babies should actually be used.
    2. Loose blankets should not be used on a sleeping baby.
    3. Babies should sleep on a firm surface.'
  - 1. not hat when baby is sleeping
    2. pacifier reduces sids
    3. breastfed baby has lower chance of sids
  - 1. Not having a baby sleep in an adult bed
    2. Not more than one layer of clothes and
    3. have a firm mattress
  - 1. Not to be swaddled after 8 weeks
    2. Baby should sleep on back for first year
    3. Baby May have unknown brain stem abnormality
  - 1. Not to lay the infant on their side.
    2. Baby bouncers and car seats are not good places to sleep.
    3. Swaddle with arms out if they can roll over.'
  - 1. Not to put anything in crib with baby
    2. It is recommended to use pacifier for nap/sleep
    3. Don't swaddle baby while they sleep'
  - 1. Not to put hat on sleeping baby.
    2. Lots of info on soft pacifiers.
    3. Didn't know breastfeeding reduced SIDS.
  - 1. Not to use hats while sleeping.
    2. Tummy time early on.'
  - 1. Not to use swaddlers for infants after 2 months
    2. I had never heard of baby boxes
    3. Always put infants to sleep on their backs
  - 1. nothing should go in crib,
    2. crib in parent's room is best,
    3. don't put down with hat to sleep
  - 1. Okay and even recommended to use a pacifier.
    2. Use a pacifier after breastfeeding is established.
    3. People don't really listen to the statistics on SIDS.
  - 1. One big thing that I learned was the statistics in daycare settings regarding SIDS.
    2. I learned how in-home childcares statistics are much higher than a daycare facility.
    3. Very interesting!
  - 1. One layer of clothing more than yourself.
  - 1. one more layer than an adult
    2. never put a hat on an infant to sleep'
  - 1. Owlet is no longer acceptable (recalled) -
    2. Wubbanubs are not safe
    3. Bassinet attachment on pack and play is not acceptable (trainer note: for KDHE)
  - 1. Owlet is not recommended anymore
    2. Separate bed in parent's room is recommended over the separate bed in another room
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- 2. maintain body temperatures
  - 3. tummy time 2-3 times
  - 1. Always remove a sleeping child from a car seat,
  - 2. do not use a blanket in the crib,
  - 3. do not use bumpers in cribs
  - 1. Appropriate sleep positions,
  - 2. benefits of breastfeeding,
  - 3. not using certain sleeping aids
  - 1. Assemble a play pen
  - 2. Safe sleep practice
  - 3. Regulate temperature
  - 1. Breastfeeding reduces the risk of SIDS
  - 1. Babies can roll over even while swaddled.
  - 2. Babies have their neck muscles weak until they develop them
  - 3. Pacifiers are safe while sleeping after breast feeding.
  - 1. babies should sleep in the parents room until at least after 1 year
  - 2. Bumpers are bad
  - 3. The state offers portable cribs to families in need
  - 1. babies should not sleep on their sides,
  - 2. hats can make a baby more warm,
  - 3. placing them on their back is best when sleeping
  - 1. Babies should not wear hats to sleep; only wear them outside.
  - 2. When baby equipment is recalled, you should destroy the equipment so others can't use it.
  - 3. Pacifiers reduce risk of SIDS.
  - 1. Babies should sleep in their parents room in a crib
  - 2. Dress babies appropriately for environment
  - 3. AAP supports back to sleep
  - 1. Babies shouldn't sleep in car seats
  - 2. Breastfeeding decreases risks of SIDS
  - 3. Tummy time is VERY important
  - 1. Babies sleeping with a pacifier is good for them,
  - 2. breastfeeding reduces SIDS, and
  - 3. babies sleeping in their own bed in the same room and next to the parent is the safest place to sleep.
  - 1. Baby can overheat by having too many layers or blankets.
  - 2. Their temperatures need to stay controlled.
  - 3. A baby's airway is as small as the nail bed of their pinky nail.
  - 4. Proper sleep position on their back is important to keeping that open.
  - 5. Cribs and many other items can be dangerous if at an angle, filled with extra bedding, or swing.
  - 1. Baby is safest sleeping in parents' room;
  - 2. Should only offer pacifier if bf is established;
  - 3. Pacifiers reduce SIDS risk.
  - 1. Baby needs to be on back to sleep
  - 2. no lose blankets or objects in the crib
  - 3. co-sleeping increases risks of SIDS
  - 1. Baby on back to sleep.
  - 3. I like the picture of the trachea and esophagus showing why back is best
  - 1. Owlets let parents know something is wrong too late
  - 2. baby needs to sleep in parents room
  - 1. Pacifiers help reduce SIDS
  - 2. that breastfeeding reduces SIDS as well
  - 3. Tummy Time as well is helpful to reduce SIDS
  - 4. Learned a lot about SIDS and helpful things to reduce the SIDS
  - 1. Pacifier helps in sleeping
  - 2. Breastfeeding reduces SIDS
  - 1. Pacifier helps reduce SIDS
  - 2. Side sleeping not acceptable
  - 3. Twins should not share sleep space
  - 1. pacifier reduces SIDS
  - 1. pacifier reduces sids
  - 2. don't put a hat on them
  - 3. crib in parents room is better than crib in own room'
  - 1. Pacifier use, breast milk, no side sleeping
  - 1. Pacifiers are encouraged once breast feeding is established
  - 1. Pacifiers are good
  - 2. Bumpers are bad
  - 3. Breastfeeding reduces SIDS
  - 1. Pacifiers are now acceptable for children and do not cause harm.
  - 2. Many things on the internet that promote 'safe sleep' can cause harm or are ineffective in preventing sids.
  - 3. Lastly, the community is working as a hole to get this information out to everyone and provide resources to help those who are in need.
  - 1. Pacifiers are OK
  - 2. No hats after coming home from the hospital when the baby is inside the home
  - 3. Not more than one baby in a crib is recommended.
  - 1. Pacifiers are recommended.
  - 2. Do not have twins sleep together.
  - 3. Breastfeeding reduces the risk of SIDS.
  - 1. pacifiers are safe for babies
  - 2. layer up baby's clothing
  - 3. don't compromise to parents if it breaks kdhe guidelines
  - 1. Pacifiers can be beneficial for SIDS
  - 2. Do not let baby sleep in swing, carriers, etc.
  - 3. I was surprised by the disparity among non-Hispanic vs Hispanic groups
  - 1. Pacifiers can be in the bed with the child.
  - 2. It is important that there is nothing in the crib.
  - 3. Baby boxes are something that is not approved.
  - 1. Pacifiers can interfere with breast feeding
  - 2. pacifiers can help prevent SIDS
  - 3. SIDS is only determined after an investigation
  - 1. Pacifiers decrease the incidence of SIDS
  - 2. Don't have baby sleep in a swing.
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- 2. Lots of devices are not safe for infants.
  - 3. Knowledge that lots of sleep practices are passed down from generations and are incorrect.
  - 4. Stats on the percentages of of infants that die of sids and the races percentages.
  - 5. All information was very important and can use for work and personal knowledge
  - 1. Baby should be checked on more
  - 2. never covered up have clutter in crib
  - 1. Baby should sleep in the parents room
  - 2. No hats
  - 3. No bumpers
  - 1. Baby Should sleep on their back.
  - 2. Baby need to sleep in their crib
  - 3. Sitting and breasting is counted safe
  - 1. baby should sleep with a pacifier
  - 2. triple risk theory
  - 3. breastfeeding reduces sids
  - 1. Baby sleep on the back
  - 2. Nothing else on the crib
  - 3. Watch the baby often to make sure they do not suffocate themselves
  - 1. Baby slings are unsafe sleeping spaces
  - 2. Baby should sleep in their parents room until the child is 12 monts old.
  - 3. Pacifiers can help reduce SIDS
  - 1. Baby's sleeping with pacifier helps reduce SIDS.
  - 2. Safest for baby to sleep in their own crib but parents room.
  - 3. when baby is in carrier cozy covers are not safe
  - 1. Back is always better
  - 2. Breastfeeding reduces SIDS
  - 1. Benefits of breastfeeding reducing risk of SIDS
  - 2. Recommended to sleep in parent's room is safest
  - 3. Side sleeping no longer recommended
  - 1. Blankets are not recommended in the crib.
  - 2. Using a pacifier reduces the risk of SIDS.
  - 3. Drop side cribs not recommended
  - 1. Blankets start at shoulders when swaddling
  - 2. Wearable blankets are better than blankets Teaching
  - 3. Safe Sleep isn't just my job at work
  - 1. Bottle babies have a higher risk of SIDS
  - 1. Breast fed babies are at less risk of SIDS.
  - 2. That an autopsy needs to be performed.
  - 3. What surprised me most was the amount of infant deaths due to SIDS.
  - 1. Breast fed babys have less of a chance of dying from SIDS
  - 2. Babies shouldn't be swaddled once the start moving (around 2 month)
  - 1. Breast feeding can help reduce SIDS
  - 2. Pacifiers make and impact
  - 3. Baby's body temps can influence/impact SIDS
  - 3. Do not swaddle in a blanket.
  - 1. Pacifiers encouraged
  - 2. No lose blankets
  - 3. No hats while sleeping
  - 1. Pacifiers help prevent
  - 2. SIDS,
  - 3. foot monitors are not as good as I thought,
  - 1. Pacifiers help reduce SIDS
  - 2. SIDS is increased in Leavenworth Kansas
  - 3. Do not use positioning blocks
  - 1. pacifiers help reduce SIDS
  - 2. some countries use sleep boxes
  - 3. no hats
  - 1. Pacifiers help reduce SIDS and
  - 2. Baby should not wear hats.
  - 1. Pacifiers reduce chance of SIDS,
  - 2. SIDS occurs partly due to a brain abnormality,
  - 3. Babies should not have heads covered when they sleep.
  - 1. Pacifiers reduce rates of SIDS
  - 2. Introduce pacifiers once breastfeeding is established
  - 3. There are no studies on box-sleeping
  - 1. Pacifiers reduce SIDS
  - 2. Statistics on Breastfeeding and SIDS
  - 3. SIDS deaths increase in the first day of daycare.
  - 1. Pacifiers reduce the risk of SIDS
  - 2. Infants should not sleep in their car seat or swings when home '
  - 1. Part of the brain did not develop properly.
  - 2. Arousal response deficit. 2-4 months most risk. External stress factors.
  - 3. Guidelines change every 5 years.
  - 4. Cribs and pack n plays are the only sleep environments tested.
  - 5. Increased body temperature with sling.
  - 6. No weighted sleep sacks (chest).
  - 7. After 8 weeks of age don't use swaddle.
  - 1. Place child on back
  - 2. Place child in crib next to parents bed
  - 3. Pacifier is alright to use'
  - 1. Place child on firm mattress
  - 2. Can Swaddle
  - 3. 1/2 die in child center on 1st day
  - 1. Poner al bebe la cona sin nada mas en locuna no poner cobijas al bebe usar chupon quede prevenir la muerte del bebe
  - 1. portable crib info,
  - 2. the statistics were very interesting,
  - 3. same room as parents but separate bed
  - 1. portable cribs are as safe as regular cribs.
  - 2. Tummy time
  - 1. Prone- tummy Supine - back
  - 2. Delay pacifier for breastfeeding infants
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- 1. Breast feeding can reduce SIDS, each child needs their own crib,
  - 1. Breast feeding is associated with reduced risk of SIDS
  - 2. Sleeping with a pacifier is associated with reduced risk of SIDS
  - 3. The part about the baby's brain stem missing information.
  - 1. Breast feeding reduces SIDS
  - 2. Use safe swaddle blankets instead of blankets
  - 3. Sleep in parents room from 6-12 months.
  - 1. Breast feeding reduces SIDS.
  - 2. Infants should already be able to regulate temperature when leaving the hospital so there is no need to keep them covered in extra layers.
  - 3. Sleeping on a soft mattress can create dangerous pockets where infants may not be able to breath properly.
  - 1. Breast feeding reduces the risk of SIDS by nearly 50 %.
  - 2. That elevation is only needed on very rare occasions.
  - 3. Always have a policy placed so that the parents are aware and as a reminder to you.
  - 1. Breastfed babies have less of a chance of getting SIDS
  - 2. Babies shouldn't be swaddled after 2 months w/o arms being free
  - 3. Immunizations reduce risk of SIDS by 80%
  - 1. Breastfeeding and a pacifier decreases the odds of SIDS
  - 1. Breastfeeding and pacifiers
  - 1. Breastfeeding can reduce sids
  - 2. Never put a hat on a baby when you're putting them to sleep
  - 3. No blankets or heavy clothing
  - 1. Breastfeeding is show to reduce the risk of SIDS.
  - 2. Parents are encouraged to give their baby a pacifier to sleep with.
  - 3. Babies should not sleep in swings.
  - 1. Breastfeeding less chance of SIDS
  - 2. How high kids die from SIDS
  - 3. SIDS only determined from medical field
  - 1. Breastfeeding reduce the risk of SIDS
  - 2. Bumper pads are a hazards for infants
  - 3. No stuff animals in the cribs
  - 1. Breastfeeding reduced the risk of SIDS,
  - 2. about 20% of SIDS deaths occur outside of the parents home in a child care situation,
  - 3. the risks of third hand smoke
  - 1. Breastfeeding reduces risk
  - 2. SUID and SIDS definitions
  - 3. How many layers an infant should wear
  - 1. breastfeeding reduces risk of sids
  - 2. pacifiers reduce risk of sids do not need to put pacifier back in infants mouth if it falls out
  - 3. To maintain temp, only have them placed in one more layer than you as an adult would wear.
  - 1. Proper sleep safety, whether babies can be swaddled while sleeping, and if they can have a pacifier while sleeping
  - 1. Proper swaddling
  - 2. Not putting a hat on baby
  - 3. A full size crib is not needed.
  - 1. Put babies on back. Nothing in bed.
  - 1. Race is a factor in SIDS numbers
  - 2. Pacifiers are an asset in decreasing SIDS
  - 1. Raising the whole bed if needed
  - 2. The website to check safety of sleeping items/toys
  - 3. Reaffirmed to place the baby Back to sleep
  - 1. have them sleep in their own crib in the parents room
  - 2. have only the baby in the crib, nothing else.
  - 1. recommended use of pacifiers
  - 2. SUID vs SIDS
  - 3. recommendation for infants NOT to sleep in their own nursery
  - 1. Requirements for group daycare ages for moving from a crib to a cot vary from requirements in a daycare center.
  - 2. That swaddling done correctly (not too tight, not too loose, with the right material) is a safe sleeping practice for infants.
  - 3. I didn't know that breastfeeding reduces the risk of SIDS.
  - 1. Risk SIDS factors
  - 1. Room sharing w/o bed sharing is the safest option.
  - 2. Breastfeeding is recommended to reduce SIDS.
  - 3. If a baby can roll over then do not swaddle '
  - 1. Safe crib with a fitted sheet, 1 safe sleep blanket needed
  - 2. Keep crib near parents bed until one year of age.
  - 3. Swaddling is ok
  - 1. Safe for baby to sleep with a pacifier.
  - 2. High rate of SIDS in KS
  - 3. Avoid breast feeding when lying in bed because you can forget and sleep
  - 1. Safe sleep habits
  - 2. More knowledge about SIDS
  - 1. Safe sleep in parents room
  - 2. Breastfeeding reduces SIDS
  - 3. Pacifier is good
  - 1. safe sleep is taught here by RNs on the unit and
  - 2. in parent classes safe sleep material comes in different languages
  - 3. vaccines may have protective effects against SIDS
  - 1. Safe sleep practices.
  - 1. Safe sleeping practices, avoid smoking
  - 1. Safest place to sleep is in separate bed in parents room
  - wearable blankets ( state says only sleep sacks)
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- 1. Breastfeeding reduces risk of SIDS,
  - 2. a pacifier reduces risk of SIDS, and
  - 3. there are actually very few cases of genuine SIDS.
  - 1. breastfeeding reduces risk of SIDS;
  - 2. A pacifier should be used when sleeping after they have established breastfeeding;
  - 3. never heard of a box bed;
  - 4. wasn't aware that temp could be a factor.
  - 1. Breastfeeding reduces SIDS
  - 2. Just use pacifier during nap time
  - 1. Breastfeeding reduces SIDS
  - 2. No hats on head when asleep
  - 3. Extra layers are not necessary if you are comfortable so are they
  - 1. Breastfeeding reduces SIDS
  - 2. Mom's learn best through observation or a nursing staff.
  - 3. Pacifiers reduce SIDS
  - 1. Breastfeeding reduces SIDS
  - 2. NO HATS
  - 3. Local statistics and state statistics were impressive and eye opening
  - 1. Breastfeeding reduces SIDS risk
  - 2. Baby cribs should be in parents room until 6-12 months
  - 3. No hats on the baby in the crib.
  - 1. Breastfeeding reduces SIDS risk
  - 2. Pacifiers are recommended
  - 3. Do not use blankets or bumpers in the crib.
  - 1. Breastfeeding reduces SIDS risk
  - 2. Pacifiers reduces SIDS risk
  - 3. enforced how to dress baby to sleep (concern for overheating)
  - 1. Breastfeeding reduces the risk of SIDS
  - 1. Breastfeeding reduces the risk of SIDS
  - 2. There will be an autopsy to determine SIDS
  - 3. Introduce a pacifier to reduce SIDS
  - 1. breastfeeding reduces the risk of sids
  - 2. no blankets, pillows, or stuffed animals in bed
  - 3. only sleep on firm infant mattress in own bed, no swings, car seats etc
  - 1. Breastfeeding reduces the risk of SIDS
  - 2. Pacifiers reduce SIDS
  - 3. A crib in the parents room is safest.
  - 1. Breastfeeding reduces the risk of SIDS,
  - 2. blankets are not great for safe sleeping,
  - 3. pacifiers help reduce risk of SIDS
  - 1. Breastfeeding/pacifiers prevent SIDS
  - 2. Babies shouldn't be swaddled past 2 months of age
  - 3. Side sleeping isn't safe
  - 1. Bumper pads are not needed
  - 1. Bumper pads have been prohibited - Federal Law
  - 2. Do not overdress the infant b/c being too warm can contribute to SIDS.
  - 1. Safety tips for improving sleep practices and safety for baby.
  - 1. second hand smoke does bring up the risk of sids
  - 2. swaddlers can be used up to a certain age
  - 3. dress infant appropriately for the environment
  - 1. Side sleep is no longer recommended.
  - 2. No side positioners.
  - 3. Pacifier reduces SIDS
  - 1. SIDS - Sudden Infant Death Syndrome
  - 2. Pacifiers can be used and help
  - 3. Too many babies die before one year of age!
  - 1. SIDS and SUIDS
  - 2. Portable cribs
  - 3. Swaddle your child but don't put a loose blanket on top'
  - 1. SIDS happens to infants younger than 1 year old doctors get busy where they don't have time to talk about safe sleep
  - 2. African Americans and native Americans have a higher rate of SIDS
  - 1. SIDS is common form of death for babies
  - 2. Babies should not use loose blankets
  - 3. Never sleep with the baby on the couch
  - 1. SIDS is much more common than I thought
  - 2. Sleep on stomach is not recommended.
  - 1. SIDS reduction if baby sleeps w/pacifier
  - 2. Breastfeeding reduces risk of sids
  - 3. bumpers shouldn't be used
  - 1. Siempre dormir solo sobre su espalda no fumar cerca de ellos la lactancia disminuye el riesgo del sids
  - 1. Siempre revisar alos bebe cuando dermean tener un lugar seguro
  - 1. Sleep bumpers are no longer safe or needed.
  - 2. Pacifiers are encourage with safe sleep.
  - 3. Proper swaddling equipment. '
  - 1. Sleep on back
  - 2. Pacifier is good
  - 3. Breastfeeding reduces SIDS
  - 1. Sleep on back
  - 2. Sleep without blankets
  - 3. cribs must be new
  - 1. Sleep on back
  - 2. swaddling and
  - 3. amazing amount of kids dying in day care
  - 1. sleep on the back
  - 2. pacifiers help reduce risks
  - 3. sleep in parents room in separate crib
  - 1. Sleep on the back, no bumper
  - 1. Sleep safely Sids Breastfeeding
  - 1. Sleep without hat
  - 2. Tummy time Sleep without bumpers
  - 3. Meaning of SIDS
  - 1. Sleeping in the parents room is the SAFEST.
  - 1. Sleeping on back, I was taught side.
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- 3. Important for babies to be around noise when they sleep so they don't fall into such a deep sleep, which is a risk factor for SIDS.
  - 1. bumper pads in crib is not recommended
  - 2. infants should sleep on their backs
  - 3. infant should sleep in their own crib and not in bed with another person
  - 1. Bumpers are an absolute no go
  - 2. Pacifiers reduce the risk while sleeping
  - 3. The actual statistics of SUIDS
  - 1. Bumpers are not allowed in cribs
  - 1. bumpers are not good
  - 2. firm mattresses matter for safe sleep
  - 3. hats should not be worn in cribs
  - 1. Child should sleep alone
  - 2. SIDS affects all financial and ethnic groups
  - 3. The County is involved in Safe Sleep Prevention.
  - 1. Clarification on binkies, crib bumpers, and the use of wearable blankets
  - 1. Co sleeping is not safe.
  - 2. No small or lose items should be in the crib with the baby.
  - 3. ABCs of safe sleep.
  - colocar al bebe a dormir sobre su espalda 60% de los ninos mueren en el daycare cada nino bebe dormir en su cuna
  - 1. Community resources
  - 2. Recommend sleep on back
  - 3. Information about crib safety
  - 1. Como acostar a bebe
  - 1. como cubrir el bebe para are duerma Sobre las cunas
  - 1. como poner en posicion al bebe no dormir con los ninos con los adultos con el chupon se reduce la muerte de SIDS
  - 1. Continuous education on this is needed for everyone!
  - 1. Controlling a baby's temperature during sleep
  - 2. Breastfeeding reduces the risk of SIDS
  - 3. Not laying infant/baby on side, lay completely on back
  - 1. Correlation between breastfeeding & SIDS risk reduction
  - 2. Pacifier use and breastfeeding
  - 3. Use of the consumer protection safety website
  - 1. CPSC
  - 2. Twins should not sleep in same crib
  - 3. Pacifiers should be introduced after breastfeeding is established
  - 1. crib death must have an autopsy
  - 2. teaching should be in layers - from the doctors' office, family members and from the hospitals
  - 3. daycare deaths can happen within a day to the 1st week
  - 1. Crib in the parents room
  - 2. Empty clutter free crib
  - 2. Statistics on race/SIDS.
  - 3. Same room separate bed.
  - 1. Sobre el chupon Sobre la temperatura de el bebe
  - 1. Some items ok for use as long as infant isn't sleep
  - 2. sleep sack for all infants, swaddling for under 8 weeks
  - 3. different factors adding to SIDS environment, access, and education
  - 1. Statistics by state on SIDS death
  - 2. Statistics on SIDS in childcare centers
  - 3. Infant mortality rate in Kansas'
  - 1. Statistics of numbers of SIDS death in Childcare
  - 2. Safest place in parents room
  - 1. stats for SIDS,
  - 2. no hats for babies while sleeping,
  - 3. recommend crib in the room with parent.
  - 1. SUID
  - 1. SUID-Sudden Unexpected Infant Death (new term- umbrella term)
  - 2. That Owlets really don't prevent SIDS and when the alarms go off it is already too late.
  - 3. DCF provides safe sleeping cribs for families in need.'
  - 1. Swaddling isn't allowed at day cares
  - 2. Pacifiers help reduce
  - 3. breastfeeding reduces risk
  - 1. Swing- pacifier- stats
  - 1. Take hat off before bed,
  - 2. do NOT let siblings sleep together.
  - 3. Parent with baby on couch is still co-sleeping and dangerous.
  - 1. Take sleeping child from car seat and place on back in a crib.
  - 2. Baby boxes do not meet safety standards.
  - 3. How tiny a baby's trachea is.
  - 1. That an autopsy needs to be conducted to determine SIDS
  - 1. That babies shouldn't wear hats while they sleep
  - 2. Not all cribs sold at stores pass safety standards
  - 3. Babies need a firm mattress
  - 1. That Breastfeeding reduces the risk of SIDS
  - 2. Offering a pacifier reduces the risk of SIDS
  - 3. Sharing Statistics doesn't necessarily help when informing new parents about safe sleep
  - 1. That breastfeeding reduces the risk of SIDS
  - 2. Using a pacifier reduces risk
  - 3. The percentage of deaths
  - 1. That breast feeding reduces that risk of sids, I breast fed my youngest and didn't know this!
  - 1. That Bumpers, and the sleep pillows are not recommended for a baby.
  - 2. It is not recommended that a child co sleep: that is something I used to hear a lot about. and
  - 3. where to find safe sleeping information when you are looking at things to buy or that a person may need.
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- 3. Breastfeeding reduces SIDS
  - 1. Culture plays a part in how families handle safe sleep.
  - 2. Families of color have increased incidence of SIDS.
  - 3. The importance of removing car seat covers when shopping with an infant.
  - 1. Daycares should have safe sleep policies
  - 2. So many resources online for parents, daycares, and healthcare personnel
  - 3. Back to sleep, tummy to play
  - 1. DCF will give free cribs
  - 2. Fax reports to DCF
  - 3. Use pacifier for sleep
  - 1. Did not know breast feeding was helpful.
  - 1. Difference between SIDS and SUIDS, Risk Factors, ways to alleviate the issue and reduce risk
  - 1. Difference between SUID and SIDS
  - 2. The information for Kansans that is out there
  - 3. The amount of new items that are out there for babies that are not good'
  - 1. Different situations dealing w/ parents and how to deal w/ it
  - 2. Wedging the bed
  - 3. Didn't know an autopsy had to be done
  - 4. the website
  - 1. Do not give a binky with a stuffed animal toy attached.
  - 1. Do not put hats on babies
  - 2. Do not place burp rag on side rail of crib
  - 1. Do not put the baby on prone tummy position when sleeping.
  - 2. Relay message to the community without being judgmental
  - 3. Keep baby in the same room but separate beds
  - 1. Do not use bumpers
  - 2. No laundry baskets
  - 3. Take hats off
  - 1. Do not use positioners
  - 2. Lay baby on back @ all times
  - 3. Using a pacifier
  - 1. Don't co sleep with the baby, one baby per crib, no heavy clothing for baby when sleep.
  - 2. Baby could use pacifier when nap or sleep time.
  - 1. Don't let babies wear a hat while sleeping.
  - 1. Don't let the child sleep with a hat.
  - 2. Don't let an infant sleep on a couch.
  - 3. Babies can drown in as little as 2 inches of water, always drain sinks and bath tubs.
  - 1. Dont put anything in crib
  - 2. dont use bumper pads use a firm mattress
  - 1. Don't put multiples in bed together
  - 2. Babies do NOT have to wear a hat once they come home from the hospital
  - 3. Babies do not have to be swaddled if they do not like it
  - 1. That children do not need to wear hats when in the home or going to sleep,
  - 2. using a pacifier can reduce the risk of sids and
  - 3. using a portable crib is safe for a child to sleep on and can be used as a crib at home.
  - 1. That infants do not need a hat inside,
  - 2. placed on backs for sleep unless doctor says otherwise,
  - 3. no blankets or bumpers
  - 1. That pacifiers can be good, that breastfeeding was beneficial for SUIDs,
  - 2. that back-sleeping is now the preferred sleep position,
  - 3. when my daughter was a baby they encouraged side-sleeping.
  - 1. That pacifiers reduce the risk
  - 2. Breastfeeding reduces the risk by 68 percent and then 30 some percent if its breastfed for a short amount of time.
  - 3. Infant should only have one extra layer of clothes from what the adult has on.
  - 1. That products made for babies aren't necessarily always approved for safe sleep.
  - 2. That there were such things as sleep boxes I have never heard of that.
  - 3. That 231 babies die before their first Bday.
  - 1. That smoking and even being around a smoker increases SIDS,
  - 2. that a heart rate monitor should only be used if recommended by a doctor, and
  - 3. that breastfeeding reduces SIDS.
  - 1. That there is some controversy regarding whatever a sheet should be placed in a crib
  - 1. The ABCs of safe sleep.
  - 1. The crib is recommended in the parents room
  - 2. They can choke on a piece of mobile if it breaks off.
  - 3. Babies die of SIDS
  - 1. the definition of SIDS,
  - 2. the safest place for kids to sleep,
  - 3. recommendations to reduce crib death
  - 1. The difference between SIDS and SUIDS.
  - 2. It is recommended that parents don't have the cribs touching their beds.
  - 3. Pacifiers are recommended.
  - 1. The difference between SUID and SIDS
  - 2. The ABC
  - 3. The use of a pacifier '
  - 1. The difference between SUID and SIDS.
  - 2. The reason for infants sleeping on their back.
  - 3. The reason behind infants sleeping in the parent's room.
  - 1. The differences between SUID and SIDS
  - 2. No bumpers
  - 3. Pacifiers are okay'
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- 1. Dress the baby appropriate not too many layers, they can not regulate their own temp.
  - 2. A pacifier is good for baby to sleep with only if they are good with breast feeding/bottle
  - 1. Dressing infants for sleep
  - 2. no hats
  - 3. Pacifiers help reduce the risk of SIDS
  - 1. Due to prior childcare experience, I have taken similar courses on SIDS so this was a refresher for me. Thank you
  - 1. El Bebe usar el chupon para dormir Cambrarse le ropa despues de fumar
  - 1. Emphasis on a clutter-free crib.
  - 2. Do not let an infant sleep in a swing or rock-n-play.
  - 3. Dress the infant in no more than one layer more than an adult for the type of weather.
  - 1. Encouraging a pacifier to help prevent SIDS.
  - 2. The Merlin Suit is no longer permitted.
  - 3. Co-sleeping in parent's room is safer/safest option.
  - 1. Everything they put out on the market is not safe for your baby.
  - 2. That this could happen within the first year.
  - 3. Most case are between the first day to a week of birth.
  - 1. Fans are found not to make a difference in SIDS
  - 2. Hats should be removed for sleep
  - 3. Pacifiers play a role in preventing SIDS
  - 1. foam mattresses can be dangerous as it causes an indent.
  - 1. give pacifier after breastfeeding is established, on back only, no loose blankets (swaddling)
  - 1. Great refresher course-infant sleep in parent room in crib
  - 1. Great reminders of what is and what is not a safe sleep alternative other than crib. Appreciated the examples and differences in culture norms. Thank you for pointing out that often times moms hear this information way later than they should have.
  - 1. Hats should not be worn after coming home
  - 2. SIDS analysis includes autopsy
  - 3. AAP doesn't address mitten being safe/unsafe
  - 1. Hats should not be worn in the crib for sleeping
  - 2. Pacifier after breast feeding is established
  - 3. Crib in parents room
  - 1. Having an appropriate mattress type or firm surface for infant to sleep on.
  - 2. Not to use bumpers.
  - 3. Pacifiers can reduce the risk of SIDS.
  - 4. Breastfeeding reduces SIDS
  - 1. heart monitor devices aren't good-alert you late.
  - 2. the website to check on recalled items.
  - 3. just because it's for sale doesn't mean it's good for baby
  - 1. How many infants die of SIDS yearly
  - 1. How often changes are made to how a baby sleep.
  - 1. the fact a lot of SID reduction items have no evidence to back them up
  - 1. the heart rate monitor and other items they should not sleep in.
  - 1. The help that breast feeding plays in safe sleep.
  - 2. Correct term for tummy and back sleeping. prone, supine
  - 3. Way to explain our safe sleep policies to parents.
  - 1. the hr monitors are not as reliable as they say they are
  - 2. hats should not be worn while sleeping
  - 3. swaddling is a new concept to me so it was interesting to learn about that '
  - 1. the importance f safe sleep training
  - 2. the importance of passing this information of to parents and families
  - 3. the importance of keeping up with training and new techniques
  - 1. The importance of pacifiers for babies.
  - 2. Baby boxes are a new thing and aren't best for babies.
  - 3. The importance of professionals teaching parents, family members about safe sleep.
  - 1. The known risks of SIDS and how to prevent them. The difference between SUIDS and SIDS.
  - 2. The statistics of Infant deaths and how SIDS and
  - 3. SUIDS plays a role and how we can help prevent it by mitigating those risks.
  - 1. The logic of placing the baby on the back to sleep and the position of the esophagus and the trachea.
  - 2. The recommendation about pacifiers.
  - 3. That breastfeeding reduces the risk of SIDS.
  - 1. The owelet. I was actually going to buy one for my daughter who is due next month. I am glad I didn't waste the money.
  - 1. The percentage of breast feeding babies and SIDS.
  - 2. The risk of second and third hand smoke and the risks it carries.
  - 3. The use of baby sleeping boxes.
  - 1. the percentages of death caused by unsafe sleep
  - 1. The posting of sleep regulations increases parent awareness.
  - 2. The importance of the use of a pacifier.
  - 3. Doctors advice may not be the best practice for safe sleep.
  - 1. The recall on certain sleep products.
  - 2. what should not go in the crib with the infant.
  - 3. The Triple Risk Theory of SIDS
  - 1. The safest place for a baby to sleep
  - 2. What not to have in the bed for the baby to sleep safely
  - 3. The importance of breastfeeding'
  - 1. the safest place in a crib in the parents room until at least 1 year old
  - 2. on a firm mattress
  - 3. pacifier after breasting feeding well established
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- 1. How to set up a portable crib, benefits of breastfeeding, what a baby should not sleep in
  - 1. How to swaddle a newborn.
  - 2. How to have a safe sleep environment.
  - 3. Pacifier is okay after breastfeeding is established.
  - 1. I am lucky my kids are alive Swings are bad Hats are bad
  - 1. I am super surprised to learn about the pacifier information.
  - 2. I would not assume that as a safe practice.
  - 1. I did not know that a pacifier reduced sids
  - 2. Breast feeding reduces sids
  - 3. in the parents room in a separate bed is safest
  - 1. I did not know that it is now recommended that the baby's crib be in the parent's room.
  - 2. I also was not aware that pacifiers reduce the chance of SIDS.
  - 3. I learned the ABCs of safe sleep; a nice tool to help parents/caregivers remember the recommendations for safe sleep, alone, on their backs, in a clutter free crib.
  - 1. I didn't know baby slings were unsafe.
  - 1. I didn't know that it was safe for infants to sleep with a pacifier, ever.
  - 2. I didn't know that temperature was a factor in SIDS.
  - 3. I didn't know that when an infant requires elevation that the entire crib could/should be elevated.
  - 1. I didn't know that "sleep boxes" existed.
  - 2. Infants wearing hats to sleep , doesn't allow heat to leave their head.
  - 3. I was not aware that "SUID" was even a thing.
  - 1. I didn't know that you were not supposed to use bumpers and that a pack and play is equivalent and just as safe as a baby crib.
  - 1. I gained more knowledge on the use of pacifiers, breastfeeding and tummy time in relation to SUID/SIDS.
  - 2. I also had never heard of baby boxes.
  - 1. I got a nice refresher on a lot of very useful information such as: some of the external links to increased risk of SIDS, information about the use of pacifiers during sleep, and ways to talk to families about safe sleep practices.
  - 1. Best way to dress baby for sleep - no hat, light clothing, sleep sack/swaddle
  - 2. It seems obvious now, but I hadn't heard the tip about asking smokers to wear an overcoat to smoke and remove it when returning.
  - 3. The overview of SIDS vs SUID was helpful!
  - 1. I have learned about second hand smoke
  - 1. I learned a lot concerning the risks of SIDS.
  - 1. I learned A LOT. I wasn't aware of the re-breathing of carbon dioxide...never would have thought of this fact.
  - 1. I learned a new term SUIDS ,
  - 2. the difference between SUIDS and
  - 1. The statics of how often sids accures.
  - 1. The stats
  - 1. The use of pack and plays is an allowable sleep surface.
  - 2. Side sleeping is discouraged even after the infant can turn over.
  - 3. The use of zippered covers for car seats keeps carbon monoxide in with the baby and are discouraged.
  - 1. There are many items on the market that are misleading to parents of infants.
  - 1. There are many resources in Kansas to help parents, such as cribettes and one on one instruction.
  - 2. Breastfeeding reduces the risk of Sids, and
  - 3. bereavement servcies can be offered to parents even if there is no DCF involvement.
  - 1. There is a website to see what products are okay.
  - 1. there is such a thing as sleep blankets,
  - 2. baby boxes are a thing,
  - 3. DCF offers portable cribs
  - 1. Things changed since my children.
  - 2. Many more families practice co sleeping than I thought
  - 1. Third hand smoke is something that can affect infants.
  - 2. The head is one of the main areas to control body heat.
  - 3. Pacifiers can assist with sleeping.
  - 1. To destroy any out dated or recalled items.
  - 2. The website to check for recalled items
  - 3. How pacifiers help at naptime and bedtime
  - 1. to keep baby in your room for a year
  - 2. to use sleep blanket with sleeves, never thought of the sack coming up over face
  - 1. To not put a hat on a baby when putting them down.
  - 2. Breast feeding plays such a role in SIDS prevention.
  - 3. That baby boxes are a thing.
  - 1. to put baby on they back
  - 2. to not put this in the bed
  - 3. when they are happy to put on tummy time
  - 1. To remove the cover from the car seat once inside and remove hat off the baby's head,
  - 2. to not put baby on their side to sleep and
  - 3. the explanation of the trachea for the prone and supine positions.
  - 1. Tummy Time
  - 2. Breastfeeding
  - 3. Pacifiers
  - 1. tummy time instead of sleeping on tummy
  - 2. about new swaddle blankets instead of trying to use square blanket
  - 3. babies not choking on vomit if they are on their back
  - 1. Tummy Time reduces SIDS
  - 2. Babies under 1yr are safest in parents room in their own crib
  - 3. Breastfeeding reduces SIDS
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- 3. SIDS and the risk factors of babies sleeping in swings , car seats and rock and play.
  - 1. I learned about introducing pacifiers after breastfeeding has been established, that it's safer for the baby to be in the room with the parents to sleep, and that Ashley is great at presenting information from a unique parental point of view :)
  - 1. I learned about the importance of paying attention to a sleeping child's temperature and how much breastfeeding benefits the child.
  - 1. I learned about the 'pack and Play' crib having a bassinet,
    2. I learned what 3rd hand smoke was.
    3. I learned that a pacifier helps lower the risk of SIDS.
  - 1. I learned about the statistics which i find interesting in trainings.
    2. I also learned about what could be a hazards around the crib that could be harmful to the baby while sleeping and the anatomy of the positions when sleeping.
  - 1. I learned about the type of crib that should be used.
    2. I knew the ABC of safe sleep, but I did not know why it had to be like that.
  - 1. I learned bumper pads should not be in the crib,
  - 2. that a pacifier can be introduced after breastfeeding is established and a blanket that a
    3. child wears is appropriate for sleeping.
  - 1. I learned how to speak to the parents
    2. I learned new resources for the clients
  - 1. I learned it is ok to use a pacifier and to let babies sleep in parents room in own crib.
    2. I had heard to put in their own room and to dress the baby appropriately to sleep
  - 1. I learned more about sleep products that aren't safe-even if they're on the market.
    2. I learned that you should not use car seat covers indoors in order to reduce rebreathing of CO2.
    3. I learned that older generations may believe it is best to lay infants to sleep on their tummies because they still think old information is true.
  - 1. I learned more about what is safe sleeping for infants.
  - 1. I learned not to have absolutely nothing in the crib while baby is sleeping.
  - 1. I learned not to put a hat onto an infant when it sleeps.
    2. I learned that most mothers receive their information from other mothers and healthcare providers.
    3. I learned that immunizations reduce the risk of SIDS.
  - 1. I learned not to put hats on kids to sleep (temperature control),
    2. pacifiers reduce the risk of SIDS and so does breastfeeding,
    3. also that heart rate monitors don't reduce the risk of sids because if its going off something is already wrong.
  - 1. I learned some common products that are used for babies to sleep which are actually not safe.
  - 1. Twins not recommended to share sleep surface
    2. SIDS in second highest cause of death
    3. Paci recommended to reduce SIDS
  - 1. Twins should not sleep in the same bed
    2. no more than 1 layer of clothes
    3. no bumper pads no losse blankets
  - 1. Understanding SIDS/SUID and the recommendation on safe sleep environment.
    1. Use a pacifier
    2. do not use head cover
    3. can not use swaddling blankets
  - 1. Use a pacifier for sleep
    2. no bumpers in cribs
    3. breastfeeding reduces the risk of SIDS
  - 1. Use of a pacifier is recommended.
    2. True SID cases are more rare than I thought.
    3. More cases of infants dying when parent falls asleep during feeding than I was aware of.
  - 1. Use of pacifier; 2. Breastfeeding; 3. Sleep sacks
  - 1. use of sleep blanket, 2. Swaddling, 3. overall safety for sleeping
    1. Use pacifiers; 2. No hats; 3. Wearable blankets
  - 1. Using swaddles that wrap the arms for babies that cannot flip over, but use swaddles without the arms wrapped for babies that can flip over.
    2. Parents do not need to use heart monitors for babies.
    3. In the facility, swaddle up to 8 weeks of age.
  - 1. Using the pacifier was new to me.
  - 1. Ways to reduce SIDS include 1 breastfeeding, 2 use of a pacifier, 3 no extended sleeping in a sitting position
  - 1. We knew what is safe
    2. Encourage pacifiers at naps
    3. Continue good practices
  - 1. wearable clothing; 2. sleep environment; 3. SIDS
  - 1. What sleep sacks are not safe to use
    2. Smoke environments are not safe for infants, SIDS risk
    3. Noise is good in a sleeping environment, not complete quiet.
  - 1. What the crib environment should be like,
    2. when to use a pacifier,
    3. recommendations for positioning.
  - 1. When to start using a pacifier,
    2. not to use a pacifier that is pinned to the clothes,
    3. not to put a hat on a baby during sleeping.
  - 1. With SIDS death, the death scene is now a crime scene.
  - 2. autopsy is needed to determine if SUID/SIDS is suspected
    1. You can raise the whole crib if needed
    2. That an autopsy must be done to confirm SIDS
    3. The website to see if products have been recalled
  - 1. You don't need a super fancy crib for it to be a safe sleeping space for an infant.
-

- 
2. I learned that it is good for a baby to sleep with a pacifier in
  3. I learned that internationally, many health organizations do not agree on safe sleep procedure

2. Not everything on the market is going to create or be a part of a space sleeping space for an infant.
  3. Don't swaddle a baby's arms who is rolling to their stomach on their own.
-

**Table 6. Safe Sleep Training Comments**

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- 100% of sleep-related infant deaths in KS had at least 1 element of unsafe sleep. physiological + development + exterior stress factors = cause SIDS. Do not swaddle infants past 8 weeks of age.
  - 2nd tie thru sleep and SIDS training great reinforcement glad. I went through it again
  - A lot of good info
  - Alisha did a great job of answering questions and providing information.
  - Always a good refresher, especially when working with young, often times unprepared mothers.
  - Appreciate the shared knowledge.
  - Ashley, Did a great job.
  - Babies need to be safe.
  - Best for caregivers
  - Breastfeeding helps reduce risk of SIDS. Pacifiers can be help prevent SIDS SIDS is only determined after autopsy
  - Conducted very well, very helpful and informative.
  - Crib Demo tape should be closed-captioned for individuals who are deaf or hard-of-hearing.
  - Enjoyed presentation
  - enjoyed the class. Would like to take another class with you
  - Estaria excelente si este entrenamiento lo dieran en espanol
  - Excellent
  - Excellent presentation! Thank you for offering this topic!
  - Excellent training I don't have children and this taught me how to help educate others that do
  - Excellent training.
  - Excellent training. Thanks for all the information.
  - Fantastic Training!
  - God training
  - Good and informative training!
  - Good class.
  - Good information
  - good job covering everything
  - Good job ladies and than you for taking the time to teach this course.
  - good job ladies!!
  - Good job!
  - good presentation
  - Good presentation.
  - good presentation. may need more up to date video. Presenter was very upbeat and engaging.
  - good presentation. Enjoyed it
  - Good training
  - Good training kept it moving along no lulls
  - It was really educative
  - Its a wonder my kids survived. lol
  - I've had lots of safe sleep training and I feel I learned several new things today.
  - J Lo's infant twins bedroom photo was shocking!!
  - Kathy is a wealth of knowledge and we appreciate her doing our trainings. Many of the new teachers learn so much from her. Thank you Kathy
  - Mrs. Potter is a wonderful teacher
  - My beliefs have changed; I now agree with more of the American Academy of Pediatrics (AAP) recommendations before the training
  - My parents in my child care are very aware of the classes I take and are encouraged when I try to help them
  - My understanding on the topic is better.
  - Nice training, very interesting. The more we know the better. I was confused why this training was required for my job position but it's still good information to know to be able to use and share with others as well.
  - really grateful for the PDF handout
  - Really interesting training, I learned a lot about safe sleeping. Didn't even feel like two hours.
  - Reinforce my belief of infant safe sleep
  - Safe sleep have impacted us as a family especially my little one
  - Si me gustaria mirar este curso en espanol
  - Sleep Alone Sleep on Back Sleep without Clutter
  - Thank for the training. I thought I knew it pretty good, apparently not as well as I thought I did
  - Thank you - great info
  - Thank you Ashely for this training you did a great job!
  - Thank you for all of the resources provided!
  - Thank you for an informative training.
  - Thank you for helping me support my daughter and grandson
  - 'thank you for leading this class'
  - Thank you for sharing your time and talents.
  - Thank you for taking the time to do this kind of training. It's never easy to talk about things like death but it's a reality that we need to deal with and hopefully can prevent.
  - Thank you for the class
  - Thank you for the helpful information and reminders!
  - Thank you for the information presented in an interesting way
  - Thank you for the insight it was very helpful. I will review my notes and go to the references for more information.
  - Thank you for the presentation!
  - thank you for the training
-

- 
- good training to refresh and catch up on any new recommendations
  - Good training with a lot of useful information I can provide to family / friends and families I work with
  - Good Training!
  - Good training.
  - Good training.
  - Good training. Thank you!
  - Good 👍 training
  - Great and informative training, will recommend to others.
  - Great class
  - Great course, really appreciated the information provided.
  - Great education and good information.
  - Great information.
  - Great instructors
  - Great job on the presentation!
  - Great job presenting!
  - Great job sharing the info
  - Great lesson
  - Great material and presentation!
  - Great presentation for information.
  - Great presentation!
  - Great presentation. Very knowledgeable on the topic! Thank you!
  - great resources for the community
  - Great trainers, Great training!!!
  - Great training
  - Great Training
  - Great training and a lot of useful information was given.
- 
- Great training and refresher.
  - Great Training.
  - Great training. Instructors were knowledgeable. Took notes to utilize for work and personal usage.
  - Great training. Although the topic is heavy, it is imperative that we are able to give proven advice.
  - Great training. Thank you for taking the time to share. This is very important and helps us to help our clients. Great job ladies.
  - Great!
  - Hats are not recommended while sleeping
  - Heather and Elsa did a great job!
  - I did not know that there were Cribettes available for client's receiving any DCF services. I think that is really good information to have!
  - I do not have any comments
  - I don't like the above question.
  - I enjoyed the training
  - I enjoyed the training, I have 3 kids and from my first child to my youngest they have so much more information.
- 
- Thank you for the training
  - Thank you for the training! I learned a little more about safe sleeping.
  - thank you for the training.
  - Thank you for this course!
  - Thank you for this training.
  - Thank you for your time and for sharing your knowledge.
  - Thank you for your time!
  - Thank you!
  - Thank you! This eased some sleep anxieties I had! Excellent training!
  - thank you! you guys did a great job!!
  - 'Thanks again. And I do not need a certificate- since I was here to observe, I am already a trainer! '
  - thanks for everything
  - Thanks for the information
  - Thanks for the prompt and informative training as well as links for future use!
  - Thank-you
  - The 2 hours of training flew by. Very informative!
  - The breakout groups were allowed us to learn from other providers as well as the instructors. I met several people that had been in other classes with me. I really liked the presenters. They were friendly and so welcoming and inclusive.
  - The class really helped expand my knowledge
  - The family bed is a personal choice. I slept with all of my babies and they grew up just fine.
  - The only question I don't remember being answered during training was the second question. Though I did have some people pop into my cube throughout training so I might have missed it honestly.
  - The trainers were all extremely knowledgeable and great facilitators
  - The training has good information however it needs more interaction and the training was to long.
  - The training was very easy to follow and understand.
  - There was a lot of very useful information to forward inform the families we help. Learning the reasoning behind the things that are suggested really helps understand and will help me better answer questions.
  - This class was very informative. Stephanie encouraged questions and comments throughout the class. Vital information was shared and the importance of this knowledge was emphasized.
  - This course was a good reminder/refresher for safe sleep.
  - This helped me learn more about what to talk to parents about SAFE SLEEP for their babies.
  - This is a great lesson for males that may not receive this information traditionally.
  - This is a great training.
-



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- I enjoyed this course, I never experienced fatherhood during the infant stages. I lost a child at birth so most of this was never really learned. I have had the wonderful experience of being a step dad for many years however.
  - I enjoyed this training!
  - I found this very helpful and informational, thanks to both of you for taking the time to train us. I feel more confident as a CPS because of this training, honestly.
  - I got more from this training than I expected to.
  - I got more information from this training then I expected to.
  - I have a 7 month old so I knew a lot about SIDS and researched a ton. (big fear) After this training though I feel like I learned some more.
  - I highly recommend that pre and post test be sent via email.
  - I know laying a baby down on their back to sleep is the safest way for them to rest. I really appreciated this training since I work directly with infants.
  - I learned a lot. I needed this. I already do a lot of this, but learned more.
  - I learned somethings I was not aware of before the training.
  - I love it thank you
  - I loved it.
  - I loved this training so very much. I plan to seek more safe sleep training. The trainers were excellent.
  - I make it a habit to trust the analysis of those who know including the American Academy of Pediatrics because the information in today's meeting included issues that I had no knowledge of when it comes to the child's safety. I did know that it's never a good idea for the infant to sleep in the same bed as the parent but this meeting showed that it goes beyond that.
  - I really enjoyed this training because I was not very educated on the subject. I think that more people should be aware of this because of all the information that is out their about babies. Thank you for taking your time to do this with us.
  - I still find it hard to believe that so many parents still sleep with their infants.
  - I still question having the baby in your room for 1 year. Seems like a long time. Could impact sleep for adults and create jealousy with older siblings. There are baby monitors that pick up on unusual movement or lack of movement or breathing.
  - I think it was a good presentation and was easy to follow and understand!
  - I think this is beneficial for new mothers and fathers
  - I will do more research on the pacifier information. I feel uncomfortable suggesting this technique, and I want to remain confident in what I tell my families. I do not ever want to be the reason that a child is somehow
  - This is a very good presentation. Thank you for putting it together for us all.
  - This training was really well done! I knew a LOT about safe sleep prior to this because my mother has ran an in home daycare for 25 years and has always educated us about things like this.
  - This training was very beneficial. Thank you.
  - This training was very helpful.
  - This was a good class for Professional use as well as Personal should I care for any babies.
  - This was a good training.
  - This was a great class and the information provided will be very helpful in the field.
  - This was a very informative class!
  - This was a very well presented and informative class.
  - This was great. I learned a lot.
  - This was very helpful!
  - This was very informative. Sleep is something people don't always think about and safe sleep is very important for infants.
  - Training was very Informative
  - Training went long and was pretty slow
  - Trauma is a good teacher.
  - un curso del sueno serguro en espanol
  - Very good and interesting presentation. Thank you!
  - Very good class. Thank you for taking the time to offer it.
  - very good information
  - Very good information and presented
  - very good presentation and a good presenter. I feel like I learned additional information than the knowledge I had before.
  - Very good presentation. Thank you
  - very good training and appreciate all the resources mentioned
  - Very good training.
  - Very good training. The presenter was very engaging and knowledgeable. She highlighted very well the importance of increasing public awareness on this topic.
  - Very good training. I am a numbers person, so the statistics were of great interest to me.
  - Very great information as I have a 12yr old and 8 yrs old. A lot has changed since they were babies. My sister has a 2 yr old and a 4 month old that I in occasions babysit and this was a great refresher on things I had forgotten but also very great to learn new things.
  - Very informational training!
  - Very informative
  - Very informative and wish this training was required for parents.
  - Very informative should be mandatory before taking a baby home from the hospital
  - Very informative!
-

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- harmful. I have to be careful with wording and suggestions in my role, as to not have 'Well my family educator told me...' come back in my face.
- I'd be interested to see more statistics about immunizations and their correlation to SIDS/SUIDS.
  - I'm expecting a baby boy in May and this class was informational and very helpful
  - I'm surprised there aren't any box sleeping studies since a lot of scandi countries box sleeping...
  - Informative course
  - informative Training
  - Informative training
  - Interesting topic to learn about, I didn't know this could actually happen
  - It is a wonder that my children grew up to be adults! So many things have changed since my children were little.
- 
- It was a great training
  - It was a very helpful presentation and I learned a lot from it. I think the example video was also very beneficial.
  - It was a very informative and easy to understand training on safe sleep for babies.
  - It was really an eye-opener for me
- Very knowledgeable
  - Very thorough and informative training.
  - Was not sure about the need for this training mandated by West Region prior, but now recognize the participation of DCF in the program statewide (ie. cribs, etc) & need for staff training. Great reference too, on a private level as mother/grandparent/relative/etc.
  - Wonderful Class!!
  - Wonderful presentation!
  - Wonderful presentation. Thank you
  - Wonderful training!
  - Wonderful training! I learned a ton.
  - Wonderful training. Thank you.
  - Ya'll did wonderful in addressing questions and comments, and made the experience much more personalized.
  - You guys are very knowledgeable on the subject and enjoyed your training. I would love to take more trainings.
  - You guys did a great job of explaining everything.
  - You might want to proofread slide 29 about smoking.
-

## **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, two SSIs were working with clinics on the certification process.

## **Hospital Certification**

Currently, there are 6 hospitals certified: 5 (83%) at gold level and 1 (17%) at bronze. An additional hospital has submitted their application but has not received certification at the time of this report.

## Conclusion and Recommendations

Overall, the Safe Sleep trainings held in Fiscal Year 2022 were successful. Some caregivers ( $\leq 8\%$ ) still planned to use sleep items, locations or positions that are not recommended. If possible, address all questions during the training and help individuals address any barriers they may experience in following the safe sleep recommendations.

Only 83% of professionals trained had both a pre- and post-survey. Encourage SSIs to plan enough time to collect pre- and post-data and to stress the importance of completing the assessments to trainees. There is also some concern with the pre- and post-survey differences with the Professional trainings. Specifically, only 56% of participants correctly identified AAP recommendations related to safe sleep location following the training. Make sure to focus on the AAP recommendations and address any concerns during the training as misunderstanding by professionals may lead to inaccurate advice being provided to families.

## Evaluator Recommendations

- Make sure training staff check surveys for completeness and have participants answer missed questions, if willing. For virtual trainings, send reminder emails to participants with survey links.
- For virtual trainings, make sure participants understand instructions on how to complete, specifically Participant ID. This may contribute to missing surveys, due to evaluators being unable to match pre- and post-surveys.

## Technical Notes

Professional data collection forms were updated in Fall 2021. Specific change to note include addition of occupation question on the pre-survey. This change will allow program staff to understand which professionals are being trained. Note, this variable is incomplete for FY22, as not all data was collected using the updated form.

Caregivers were assessed with a 4-item assessment before and after their training to evaluate change in knowledge of safe sleep recommendations regarding:

- Position: Infant placed on the back
- Location: In a crib, basinet, or portable crib
- Environment: Infant is in a clutter-free environment with no soft bedding or objects
- Tell everyone: Tell all other care providers and caregivers about infant safe sleep

Participants were encouraged to complete the pre- and post-surveys in their entirety. However, due to the voluntary nature of participants, respondents had the right to skip questions. With the transition to virtual data collection, participants may only complete pre- or post-surveys. Also, participant data may be excluded due to non-matching Participant ID. Any missing responses were excluded from statistical analysis. All reported data is based on collected data as of July 6, 2022.

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.