

Safe sleep education and promotion for infants up to 1 year of age.

I. PURPOSE

- a. To provide the education and promotion of safe sleep positioning and safe sleep environment for infants including newborns to 1 year of age in accordance with the 2022 recommendations of the American Academy of Pediatrics.

II. POLICY

a. Education

- i. Parents' current practices regarding safe sleep should be elicited at every well infant visit, from birth to 1 year.
- ii. Safe sleep practices should be included in parental education at every visit, including education on:
 1. Back positioning,
 2. Placing infant in a crib, bassinet, or portable crib,
 3. Keeping soft objects out of the crib.
- iii. At no time should co-bedding be endorsed by the provider
- iv. If parents are insistent on co-bedding with infant, provider should help strategize for safer alternatives, like a bed-side sleeper.
- v. Encourage mothers to exclusively breastfeed.
- vi. Consider promoting the use of a pacifier at bedtime and nap time if the baby accepts one, if breastfeeding is well established and that is the caregiver's preference.
 1. The pacifier should not be held in place with a blanket or other device and should not be replaced if it falls out of the sleeping infant's mouth, nor should they have strings, toys, or other devices to attach to the infant's clothing.
- vii. Physician will recommend supervised, awake tummy time.

b. Promotion

- i. Pediatrician or clinic staff will help strategize with families who do not have cribs, promoting local resources as available.
- ii. Any educational handout or poster regarding infants placed in the clinic should demonstrate a safe sleep position and safe sleep environment.
- iii. In recognition of the greatest risk of sleep-related death between 2 and 6 months, culturally-appropriate printed educational materials will be provided to all families prior to age 2 months.

c. Materials

- i. Clinic administrator will be responsible for re-ordering and keeping a supply of printed materials at least equivalent to clinic's monthly average number of newborn visits.
- ii. All staff will be responsible for identifying materials that are running short.