

Safe Sleep Change Package

Rationale: Safe sleep behaviors are practices that reduce the risk of Sudden Unexpected Infant Death Syndrome (SUID) and sleep-related suffocation. In the United States, about 15% or 3,500 infant deaths are due to SUID each year.¹ These deaths occur in infants less than 1 year old and have no immediately obvious cause. The most common causes of SUID include Sudden Infant Death Syndrome (SIDS) -- the death of an infant less than 1 year old that cannot be explained after a thorough investigation, and Accidental Suffocation and Strangulation in Bed (ASSB). To reduce the risk of SIDS and other sleep-related infant deaths, the American Academy of Pediatrics (AAP) recommends that caregivers ensure a safe sleep environment and place all infants on their backs (known as supine position) for every sleep until 1 year of age.



SIDS accounts for over 50% of all SUID deaths. Black and American Indian/Alaska Native infants are nearly twice as likely as white infants to die of SIDS or other sleep-related SUID. Although researchers and health care providers are unaware of the exact causes of SIDS, they have identified certain safe sleep behaviors to be followed by parents, child care providers, nurses, and other health care professionals (e.g., firm sleep surface, no bed-sharing, no smoke exposure).² Healthy Start grantees can promote safe sleep practices by providing education and information resources to Healthy start participants and building awareness and capacity to reduce the risk for SIDS and other sleep-related causes of infant death among community partners and organizations that serve women, children and families.

Purpose/Objective: This change package provides recommended strategies and a selection of resources and evidence-based practices to aid Healthy Start grantee organizations, partners and their staff in promoting safe sleep practices among the women and families they serve. **Healthy Start Screening Tools**, available on the Healthy Start Epic Center website and referenced in the change package strategies, can be used to assist in comprehensive and consistent assessment of Healthy Start participant needs and standardized data collection to support monitoring and reporting on Healthy Start benchmarks.

¹ Maternal and Child Health Bureau. *Child Health USA 2013*. Rockville, Maryland: U.S. Department of Health and Human Services, 2013. Safe Sleep Behaviors. <http://www.mchb.hrsa.gov/chusa13/perinatal-risk-factors-behaviors/p/safe-sleep-behaviors.html>. Accessed February 8, 2016

² Task Force on Sudden Infant Death Syndrome, Moon RY. SIDS and other sleep-related infant deaths: expansion of recommendations for a safe infant sleeping environment. *Pediatrics*. 2011 Nov;128(5):1030-9.

Healthy Start Change Package Strategies for Safe Sleep

Healthy Start Program Goal: Increase proportion of Healthy Start women participants who engage in safe sleep practices to 80%.

Level of Strategy	Strategy	Select Resources & Evidence-Based Practices
Program Level	Build Capacity to Promote Safe Sleep Practices <ul style="list-style-type: none"> ➤ Educate all providers and staff on recommended safe sleep practices intended to reduce SIDS and other sleep-related infant deaths. ➤ Train providers and direct service staff to screen, educate and counsel Healthy Start participants and their family members on safe sleep practices for babies up to 1 year of age. <ul style="list-style-type: none"> ▪ KEY MESSAGING: Always place a baby on their back for every sleep. Use a firm sleep surface, such as a mattress in a safety-approved crib, covered by a fitted sheet. Have the baby share your room, not your bed. Your baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else. Keep soft objects, such as pillows and loose bedding out of your baby’s sleep area. Place the crib or bassinet in an area that is always smoke-free. ➤ Integrate infant sleep environment assessment into health care staff workforce training. 	<ul style="list-style-type: none"> • Safe to Sleep Public Education Campaign <ul style="list-style-type: none"> ▪ NICHD SIDS Risk-Reduction Curriculum for Nurses • Cribs for Kids
	<ul style="list-style-type: none"> ➤ Advocate for legislation that requires training for childcare providers, first responders and law enforcement officers in the prevention, recognition, treatment, or investigation protocols of SIDS/SUID. 	<ul style="list-style-type: none"> • Association of State and Territorial Health Officials
	Assess Sleep Practices and Provide Education on Safe Sleep Practices <ul style="list-style-type: none"> ➤ Asses sleeping practices during encounters with Healthy Start participants in postpartum visits and provide education on safe sleep. <ul style="list-style-type: none"> ▪ KEY QUESTIONS: <ul style="list-style-type: none"> – In which one position do you most often lie your baby down to sleep now? (On his/her side, on his/her back, on his/her 	<ul style="list-style-type: none"> • National Partnership to Promote Safe Sleep (NAPPSS) • AMCHP • Healthy Start Screening Tools
Individual & Family Level		

Level of Strategy	Strategy	Select Resources & Evidence-Based Practices
	<p>stomach.)</p> <ul style="list-style-type: none"> - In the past 2 weeks, how often has your new baby slept alone in his or her own crib or bed? - Refer to the Healthy Start Screening Tools for additional key questions <p>Provide information and education about safe sleep positions and safe sleep environment.</p>	
	<ul style="list-style-type: none"> ➤ Provide Healthy Start participants with printed education materials on safe sleep practices. ➤ Educate Healthy Start participants and their partners about SIDS and steps that can be taken to reduce their baby’s risk of SIDS. <ul style="list-style-type: none"> ▪ KEY MESSAGING: You can reduce your baby’s risk of dying from SIDS by placing him/her on their back for every sleep. You can also talk to those who care for your baby, including child care providers, babysitters, family, and friends, about placing your baby to sleep on his or her back during naps and at night. 	<ul style="list-style-type: none"> • Safe to Sleep Public Education Campaign • AMCHP
	<ul style="list-style-type: none"> ➤ Encourage and assist families to sign up for Text4Baby, a free mobile information service that promotes maternal and child health through text messaging topics, including safe sleep. 	<ul style="list-style-type: none"> • Text4Baby
Community Level	<p>Increase Awareness and Promotion of Safe Sleep Practices Among Community Organizations and Partners</p> <ul style="list-style-type: none"> ➤ Work with hospitals to develop safe sleep education for families during postpartum room education rather than at discharge. ➤ Work with hospitals to create standard safe sleep and SIDS risk reduction curricula for providers, including training on the AAP safe sleep guidelines. ➤ Create safe sleep bassinet cards for hospital nursery staff, child care providers and families. 	<ul style="list-style-type: none"> • Safe to Sleep Public Education Campaign <ul style="list-style-type: none"> ▪ NICHD SIDS Risk-Reduction Curriculum for Nurses • AMCHP • National Action Partnership to Promote Safe Sleep (NAPSS) • Cribs for Kids

Level of Strategy	Strategy	Select Resources & Evidence-Based Practices
	<ul style="list-style-type: none"> ➤ Partner with Cribs for Kids to provide portable cribs for Healthy Start participants who otherwise cannot afford a safe place for their babies to sleep. 	<ul style="list-style-type: none"> • Cribs for Kids
	<ul style="list-style-type: none"> ➤ Develop and disseminate culturally appropriate education materials on safe sleep (e.g., posters, flyers, postcards, brochures) to community partners and programs that serve women, children, and families. ➤ Align messaging on safe sleep practices across community partners and programs that serve women, children, and families. ➤ Partner with WIC to distribute safe sleep education materials. 	<ul style="list-style-type: none"> • AMCHP • Healthy Native Babies Project Workbook Packet • Safe to Sleep Public Education Campaign • National Action Partnership to Promote Safe Sleep (NAPSS)
	<ul style="list-style-type: none"> ➤ Recruit health educators from churches to demonstrate safe sleep messages at church events and caregiver service centers. 	<ul style="list-style-type: none"> • National Action Partnership to Promote Safe Sleep (NAPSS) • A Parent's Guide to Safe Sleep
	<ul style="list-style-type: none"> ➤ Provide education and outreach to child care providers. <ul style="list-style-type: none"> ▪ Offer 1-hour online course designed to educate everyone who cares for babies on creating a safe sleep environment and reduce the risk of SIDS. ➤ Provide training on safe sleep practices to partners and other community-based organizations or programs serving women, children and families. Target parents, child care providers, grandparents, home health care professionals and staff of obstetric and pediatric clinics. 	<ul style="list-style-type: none"> • Healthy Child Care America Back to Sleep Campaign • National Center for Education in Maternal and Child Health • AMCHP • National Action Partnership to Promote Safe Sleep (NAPSS) • AMCHP

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*This change package can be accessed electronically: <http://healthystartepic.org/healthy-start-approaches/promote-quality/>