

Safe Sleep Resources for Home Visitors and Caregivers

Name/Title	Types of resources available	Website link	Languages available
Home Visitor Trainings			
Building on Campaigns with Conversations: an individualized approach to helping families approach safe sleep and breastfeeding	<p><i>“Building on Campaigns with Conversations is a new approach to supporting caregivers to help overcome barriers to safe sleep and breastfeeding. It is part of a greater trend in public health promotion—utilizing an individualized approach that takes into account each family’s needs, beliefs, and the context of their lives. This training on the Conversations Approach is based on Ajzen’s Theory of Planned Behavior and follows current recommendations from the American Academy for Pediatrics (AAP) for safe sleep and optimal breastfeeding for healthy infants”</i></p> <p>**Includes excellent handouts for Home Visitors</p>	https://www.ncemch.org/learning/building/index.php	English
Continuing Education Activity on Risk Reduction for Sudden Infant Death Syndrome (SIDS) and Other Sleep-Related Causes of Infant Death: Curriculum for Nurses	<p><i>“This curriculum is designed to inform pediatric, obstetric, and neonatal nurses and nurse practitioners—as well as nurses who educate family members and caregivers about caring for infants—about the latest risk-reduction strategies for SIDS and other sleep-related causes of infant death. It is also designed to increase nurses’ knowledge of ways to communicate risk-reduction information about sleep-related causes of infant death to parents and caregivers.”</i></p> <p>It is aligned with the <i>Safe to Sleep</i> Campaign</p>	https://www.nichd.nih.gov/cbt/sids/nursecourse/Welcome.aspx	English
Reducing the Risk of SIDS and SUID in Early Education and Child Care	<p>Free online course, part of the Pedialink AAP Online Learning Center</p> <p><i>By the end of this course, you should be able to:</i></p>	https://shop.aap.org/aap-store/inriverassociations/reducing-the-	English

	<ul style="list-style-type: none"> • <i>Define SIDS and SUID</i> • <i>Identify behaviors that increase the risk of SIDS and sleep related infant deaths</i> • <i>Explain common beliefs and misconceptions about SIDS</i> • <i>List resources that can help you reduce the risk of death for the infants in your care</i> <p>**Primary audience is health care professionals and child care providers</p>	risk-of-sids-and-suid-in-early-education-and-child-care/	
American Academy of Pediatrics recommendations for safe sleep			
American Academy of Pediatrics Updated Recommendations for Safe Sleep 2016 – Policy Statement	Provides recommendations and strength of evidence for each recommendation are included in this policy statement	http://pediatrics.aappublications.org/content/138/5/e20162938	English
SIDS and Other Sleep-Related Infant Deaths: Evidence Base for 2016 Updated Recommendations for a Safe Infant Sleeping Environment – Technical Report	Provides the evidence base and rationale used to develop the updated safe sleep recommendations for 2016	http://pediatrics.aappublications.org/content/138/5/e20162940	English
How to Keep Your Sleeping Baby Safe: AAP Policy Explained	Digestible, bulleted explanation of the 2016 AAP recommendations	https://www.healthychildren.org/English/ages-stages/baby/sleep/Pages/A-Parents-Guide-to-Safe-Sleep.aspx	English and Spanish
Information on suitable safe sleep surfaces and consumer information			
Consumer Product Safety Commission	Information and safety guides and tips on cribs Includes downloadable posters in English and Spanish	https://www.cpsc.gov/Safety-Education/Safety-Guides/Kids-and-Babies/Cribs/	English and Spanish materials

Factsheet: Finnish Baby Boxes: What are they, and what do we know? (Oregon Health Authority)	Provides an overview of what is known and unknown about the use of baby boxes as a potential way to increase safe sleep for babies and reduce deaths among infants less than one year of age	http://www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/BABIES/Pages/sids.aspx (scroll down to “Educational Resources”)	English
Safe to Sleep Campaign	Printable version of “What does a safe sleep environment look like”	https://www.nichd.nih.gov/sts/about/environment/Pages/look.aspx	English, Spanish
Websites with general safe sleep information and resources			
Healthy Children website (American Academy of Pediatrics)	Articles and videos on various aspects of safe sleep, from Apnea monitors to buying cribs and bassinets and videos on how to create a safe sleep crib environment	www.healthychildren.org	English and Spanish
NICHQ National Action Partnership to Promote Safe Sleep Improvement and Innovation Network (NAPPSS-IIN)	Resources: <ul style="list-style-type: none"> •Learning modules: Building on Campaigns with Conversations: An Individualized Approach to Helping Families Embrace Safe Sleep and Breastfeeding •Checklist: Modeling Safe Practices: A Checklist for Infant Sleep & Breastfeeding Images •Checklist: Safe Infant Sleep and Breastfeeding Support: What to Consider When Looking for Child Care •Self-Assessment: Supporting Safe Infant Sleep and Optimal Breastfeeding Practices: An Organizational Self-Assessment •Safe Sleep and Breastfeeding Image Gallery 	https://www.nichq.org/nappss-iin	English
NICHQ Infant Mortality CollN Prevention Toolkit	Interactive online toolkit of safe sleep CQI key drivers and change ideas	http://static.nichq.org/prevention-toolkit/	English
CDC Information on SIDS	Information about SUID and SIDS, data and statistics, resources for parents and caregivers	http://www.cdc.gov/sids/	English
Safe to Sleep (Formally Back to Sleep) Campaign	Information and great materials for home visitors as well as parents/caregivers	https://www.nichd.nih.gov/sts/Pages/default.aspx	English, Spanish

	<p>**Includes culturally responsive materials for African American, AI/AN and Hispanic caregivers</p> <p>**includes resources for other caregivers including grandparents</p>		
Oregon-Specific Resources and Materials			
Oregon Health Authority: Deaths and Perinatal Deaths Data	Vital Statistics Annual Reports, including SUIDS deaths	http://www.oregon.gov/oha/PH/BIRTHDEATHCERTIFICATES/VITALSTATISTICS/ANNUALREPORTS/VOLUME2/Pages/index.aspx	English
Oregon Health Authority: Safe Sleep for Babies	Information and educational resources, including past OHA webinars	http://www.oregon.gov/oha/PH/HealthPeopleFamilies/Babies/Pages/sids.aspx	Safe Sleep Brochure available in English, Spanish, Arabic, Vietnamese, Simplified Chinese and Russian