SAFE SLEEP RESOURCES APRIL 2022

Safe to Sleep® Campaign
The Safe to Sleep® campaign, formerly known as the Back to Sleep campaign, has helped educate millions of caregivers—parents, grandparents, aunts, uncles, babysitters, child care providers, health care providers, and others—about ways to reduce the risk of Sudden Infant Death Syndrome (SIDS) and other sleep-related causes of infant death.

Through outreach activities, collaborations, and partnerships, Safe to Sleep® has helped to spread safe sleep messages to millions of people in communities throughout the world. In addition, research supported and conducted by the Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD) has broadened our scientific understanding of SIDS. https://safetosleep.nichd.nih.gov/activities/campaign

About SIDS and Safe Infant Sleep
https://safetosleep.nichd.nih.gov/safesleepbasics/about →

Healthcare and Service Providers
https://safetosleep.nichd.nih.gov/resources/providers ↓

https://safetosleep.nichd.nih.gov/resources/providers/downloadable/environment1_image

ECELS/PA Chapter, American Academy of Pediatrics

Safe to Sleep Materials to Order
https://www.nichd.nih.gov/publications/list/collection?g=7&col=24&cat=all
AAP Parenting Website - healthychildren.org

Sleep
https://www.healthychildren.org/English/ages-stages/baby/sleep/Pages/default.aspx

Additional resources:
- Back to Sleep, Tummy to Play
- Bassinets and Cradles
- Can SIDS Be Prevented?
- Getting Your Baby to Sleep
- Good Night, Sleep Tight
- Help Your Baby Sleep Safely So You Can Sleep Soundly 🎧 VIDEO
- How to Keep Your Sleeping Baby Safe: AAP Policy Explained
- Inclined Sleepers, Crib Bumpers & Other Baby Registry Items to Avoid
- Putting Back-Sleeping Concerns to Rest
- Reduce the Risk of SIDS & Suffocation
- Reversing Day-Night Reversal
- Safe Sleep: Charlie’s Story
- Sleep Apnea Detection
- Sleeping Through the Night
- Suitable Sleeping Sites

How to Keep Your Sleeping Baby Safe: AAP Policy Explained
https://www.healthychildren.org/English/ages-stages/baby/sleep/Pages/A-Parents-Guide-to-Safe-Sleep.aspx

Additional resources:
- Inclined Sleepers and Other Baby Registry Items to Avoid
- Can SIDS be Prevented?
- Make Baby’s Room Safe: A Parent Checklist
- Safe Sleep: Charlie’s Story
- Ask the Pediatrician: Is it safe to put a bag of rice on a baby’s tummy to help them sleep?

Reduce the Risk of SIDS & Suffocation
https://www.healthychildren.org/English/ages-stages/baby/sleep/Pages/Preventing-SIDS.aspx

The Healthy Children Show: Sleep (/English/ages-stages/baby/sleep/Pages/The-Healthy-Children-Show-Sleep-Video.aspx) (Video)
Safe Sleep Practices and SIDS Risk Reduction

All staff, parents/guardians, volunteers, and others who care for infants in the early care and education setting should follow safe sleep practices as recommended by the American Academy of Pediatrics (AAP). Cribs must be in compliance with current U.S. Consumer Product Safety Commission (CPSC) and ASTM International safety standards. See CFOC Standards Database 5.4.5.1: Sleeping Equipment and Supplies and 5.4.5.2: Cribs for more information.

Sleep-Resources https://eclkc.ohs.acf.hhs.gov/browse/keyword/sleep

- **Establishing a Bedtime Routine for Your Child**
  - A regular bedtime routine helps your child know what to expect at the end of the day. Brushing your child’s teeth with fluoride toothpaste is an important part of the routine.

- **Infant Sleep Safety**
  - In this video, learn why sleep safety trainings are important in child care settings. Learn how to develop strategies and practices to keep our youngest children safe while in care.

- **Sleep and Your Child: How You Can Build Healthy Sleep Routines**
  - It's important for children to get enough sleep. Learn how sleep is key to how your child learns, grows, and even behaves.

- **Safe Sleep Practices and SIDS Risk Reduction**
  - All staff, parents/guardians, volunteers, and others who care for infants in the early care and education setting should follow safe sleep practices as recommended by the American Academy of Pediatrics (AAP). Cribs must be in compliance with current U.S. Consumer Product Safety Commission (CPSC) and ASTM International safety standards. See Standard 5.4.5.2 for more information.

- **What’s Sleep Got to Do with It? Exploring Sleep and Wellness for Infants and Toddlers**
  - View this webinar, developed as part of the Little Voices for Healthy Choices Initiative, to find out about the importance of sleep for infants and very young children. Learn how children’s sleep can have an impact on their families, caregivers, and communities. Dr. Barry Marx, a pediatrician and sleep expert, shares his knowledge. The webinar also includes the Teaching Artists from Wolf Trap Institute for Early Learning Through the Arts.

- **Strategies to Support Safe Sleep Environments in Early Childhood Education Programs**
  - Dr. Rachel Moon, an expert on Sudden Infant Death Syndrome (SIDS), presents the updated 2016 American Academy of Pediatrics (AAP) Task Force recommendations that relate to safe sleep practices in early childhood education (ECE) programs.

- **News You Can Use: The Culture of Sleep and Child Care**
  - Teachers have a role in providing a sleep environment that is comfortable and safe for the children in their care, while honoring families’ cultural beliefs. Teachers and home visitors will find the following information on sleep useful, as they can be a valuable resource to families in creating safe sleeping arrangements for their babies.