

ESSI Education and Implementation Training Resources

Type of Education	Targeted Staff	Description
E-Modules		
<p>Cribs for Kids Safe Sleep Ambassador Training*</p> <p>Cribs for Kids Provider Competency Presentation Format: PDF</p>	<p><i>Any individual</i></p> <p><i>Providers</i></p>	<ul style="list-style-type: none"> - Any organization or individual can be a Safe Sleep Ambassador. - This presentation will review the definitions of SIDS and SUID, list critical infant sleep safety messages for parents and caregivers, describe the role of a provider as an educator about infant sleep safety, and describe ways to effectively communicate infant sleep safety messages.
<p>Reducing the Risk of SIDS and SUID: Continuing Education for Nurses</p> <p>CE: 1.5 Contact Hours</p>	<p><i>Nurses</i></p>	<p>This course explains the latest research on SIDS, other sleep-related causes of infant death, and ways to reduce the risks of these types of deaths. This activity also outlines how you can communicate risk-reduction messages to parents and caregivers.</p>
<p>Michigan Department of Health & Human Services Online Continuing Education Courses</p> <ul style="list-style-type: none"> • Infant Safe Sleep for Professionals Working with Families <ul style="list-style-type: none"> ○ CE: 2.0 Contact Hours ○ <i>Estimated Duration:</i> 120 minutes • Helping Families Practice Infant Safe Sleep <ul style="list-style-type: none"> ○ CE: 1.25 Contact Hour ○ <i>Estimated Duration:</i> 75 minutes 	<p><i>Health Providers, Social Workers, Health Educators</i></p>	<p><i>Infant Safe Sleep for Professionals Working with Families:</i> This course is to educate health care providers and other professionals about sleep-related infant deaths and how to prevent them. This course is designed for <i>any</i> individual who works with families that have or are expecting infants, such as nurses, social workers, health educators, home visitors, and child welfare workers.</p> <p><i>Helping Families Practice Infant Safe Sleep:</i> This course educates professionals on how to address the potential challenges that parents and caregivers have with following the safe sleep guidelines and to educate them on techniques for having effective, open and non-judgmental conversations. Note: Anyone taking this training needs to be knowledgeable of the American Academy of Pediatrics recommendations for a safe infant sleeping environment.</p>

<p>Texas Health and Human Services Commission: Infant Safe Sleep Training</p> <p>CE: 1.5 Contact Hours</p>	<p><i>Providers</i></p>	<p>This module equips providers and others to recognize risk factors for SIDS and other forms of sleep-related infant death, promote protective factors, and collaborate with parents and caregivers to support safe-sleep practices and environments.</p>
<p>Building on Campaigns with Conversations: An Individualized Approach to Helping Families Embrace Safe Sleep and Breastfeeding</p>	<p><i>Health Providers, Social Workers, Health Educators</i></p>	<p>This series of learning modules is designed for a range of health professionals, human service providers, community health workers, home visitors, and peer supporters who interact with families on topics of safe sleep and breastfeeding.</p>
<p>Patient Stories</p>		
<p>Michigan Department of Health & Human Services, Safe Sleep: What Every Parent Needs to Know</p> <p>Format: Video</p>	<p><i>All Staff</i></p>	<p>This video emphasizes the importance of safe sleeping practices by highlighting the experiences of three families who experienced newborn loss:</p> <ul style="list-style-type: none"> - Salimah McCann, mother of Camilah - Shareece Williams & Patrick Simpson, parents of Lailah - Paula & Paul Mallia, parents of Michael
<p>American Academy of Pediatrics, SIDS Can Happen to Anyone - A Pediatricians Story</p> <p>Format: Video</p>	<p><i>All Staff</i></p>	<p>Dr. Sam Hanke, pediatrician, speaks out about the loss of his newborn, Charlie, as a result of sleep-deprivation and unsafe co-sleeping. <i>Charlie's Kids</i>, a non-profit organization, was created to honor their son's life and increase awareness for safe sleep.</p>

<p>Safe Sleep Baby Sacramento</p> <p>Format: Video</p>	<p><i>All Staff</i></p>	<p>Dayanira, mother of Alexa, Wayne Wayne, uncle to Nalasia, and Rae’jein, mother of La’Rae, share their experiences with newborn loss and the racial disparities that persist in SIDS death rates. Dr. Michele Evans (Pediatrician), Redahlia (first time mother), & Nellie (Home Visitor) review the components of safe sleep and the importance of following hospital guidelines.</p>
<p>MyStory Jenn & James</p> <p>Format: Video</p>	<p><i>All Staff</i></p>	<p>Jenn & James, both pediatricians, share the story of the loss of their son, Aeron, after he became entangled in a blanket that was left in his crib. They share their experiences with grief and coping with infant loss.</p>
<p>Aaron Matthew SIDS Research Guild, Seattle Children’s Hospital (TEXT)</p> <p>SIDS Stories</p> <p>Format: Text</p>	<p><i>All Staff</i></p>	<p>This webpage shares stories from parents who wish to honor their children, spread awareness for SIDS, and reduce preventable sleep-related deaths.</p>
<p>I-PROMOTE IL Healing from the Inside Out: Surviving Life After Loss</p> <p>Format: Video</p>	<p><i>All Staff</i></p>	<p>Ashley, mother to Harper, discusses her own struggle with perinatal loss, grief, and birth trauma.</p>
<p>Family Stories of Sleep Related Loss: A Facilitation Guide for Using Their Digital Stories</p>		<p>This is a facilitation guide for professionals who provide education on safe sleep to other professionals or parents. It is also for professionals who provide education and support to other professionals assisting a family after a death occurs. It gives guidance on how to use the included digital stories in various settings.</p>
<p>Webinars</p>		

<p>The Importance of Educating Fathers on Child Birth and Safe Sleep</p> <p>Presenter: Dr. Waymond Hayes (Ph.D, Director for Early Education/Youth Development, Focus:Hope)</p>	<p><i>All Staff</i></p>	<p>This webinar discusses the first stage of the Focus:Hope organization’s <i>Safe Sleep for Fathers Project</i>. This project is based around male participants and their knowledge around Safe Sleep.</p>
<p>National Association of Neonatal Nurses Infant Sleep Safety in the NICU: The Successful Transition Home Presentation</p>	<p><i>Neonatal Nurses</i></p>	<p>This video will cover the AAP recommendations on SIDS risk-reduction, identify barriers and opportunities to promote infant sleep safety in the NICU, introduce communication techniques for engaging families in meaningful conversations regarding infant sleep safety in the home, and discuss the importance of developing a consistent infant sleep safety transition program in the NICU.</p>
<p>Healthy Native Babies Project Webinar Series and Trainings</p>	<p><i>All Staff</i></p>	<p>This series of webinars cover the following topics:</p> <ul style="list-style-type: none"> - SIDS data specific to AI/AN communities - Challenges and risk and protective factors - Tools and tailored resources for promoting safe sleep in AI/AN communities
<p>Michigan HHS:</p> <p>Beyond the ABCs: Inclusive Infant Safe Sleep Education for Indigenous Families</p> <p>Presenter: Raeanne Madison (<i>MPH, Bois Forte Band of Chippewa Indians, Indigenous Mother, Full Spectrum Doula, Educator</i>)</p>	<p><i>All Staff</i></p>	<p>(1) This webinar discusses how ABC sleep messaging may be confusing / create feelings of conflict with Indigenous family’s traditional parenting practices. This webinar explores how infant safe sleep practices can be supported by traditional Indigenous parenting practices, including a discussion of safe sleep with cradleboards.</p>

<p>Focus: Cultural competence, Indigenous communities</p> <p>Engaging Fathers in Infant Safe Sleep and More</p> <p>Focus: Father engagement</p> <p>Third Hand Smoke: What is it and what can I do?</p> <p>Focus: Safe Sleep Risks, Smoking</p> <p><i>To explore additional webinars, please visit Michigan's Safe Sleep Playlist here.</i></p>		<p>(2) This webinar discusses the importance of fathers supporting mothers in the perinatal periods, including how to educate fathers on the importance of a father's role in safe sleep, explain ways fathers can bond with their children during the perinatal period, effectively engage and retain fathers in programming, speak to fathers in a language they will understand, and create a father friendly environment.</p> <p>(3) Third-hand smoke exposure (THS) is an emerging area of concern, especially for families with young children. This webinar discusses the components of THS, the effects of THS on an infant's sleep environment and possible ways to mitigate this effect. It also includes an infographic for how professionals can speak with families about THS.</p>
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Articles

<p>American Academy of Pediatrics:</p> <p><i>Focus:</i> Quality Improvement</p> <ul style="list-style-type: none"> • Improving Safe Sleep Environments for Well Newborns in the Hospital Setting • Improving Hospital Infant Safe Sleep Compliance by Using Safety Prevention Bundle Methodology • Improving Adherence to Safe Sleep Guidelines for Hospitalized Infants at a Children's Hospital <p><i>Focus:</i> Respectful Care</p> <ul style="list-style-type: none"> • Half Century Since SIDS: A Reappraisal of Terminology 	<p>All Staff</p>	<p>(1) The purpose of this study was to improve sleep position and environment in the hospital by initiating a Plan-Do-Study-Act cycle. Using a multifaceted approach significantly improved safe sleep practices in the hospital environment.</p> <p>(2) This study used a hospital-wide safe sleep bundle to measure and improve adherence to safe sleep guidelines in a children's hospital.</p> <p>(3) This hospital's safe sleep task force implemented targeted interventions using the AAP policy statement and QI methodology to increase adherence to safe sleep guidelines.</p> <p>(4) This report describes the history of SIDS terminology and the importance of consistent terminology when communicating with families who have lost a child to SIDS.</p>
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<p>Association of Women’s Health, Obstetric and Neonatal Nurses:</p> <ul style="list-style-type: none"> • Nurses Leading Safe Infant Sleep Initiatives in the Hospital Setting 	<p>Nurses</p>	<p>This article provides an overview of SIDS, including sudden unexpected postnatal collapse, and the latest safe sleep recommendations from the AAP. It also provides practical guidelines for nurses who may be seeking to improve the quality of infant sleep practices in their organizations.</p>
<p>National Institute for Children’s Health Quality (NICHQ): Focus: Equitable Safe Sleep Care</p> <ul style="list-style-type: none"> • Addressing Historic Trauma to Improve Breastfeeding and Safe Sleep Among Indigenous Families • Applying an Equity Lens to Safe Sleep and Breastfeeding Efforts 	<p>All Staff</p>	<p>(1) This article explores how historical trauma has influenced Indigenous breastfeeding and safe sleep practices and offers 3 ideas for promoting more equitable care from healthcare professionals serving the Indigenous community.</p> <p>(2) This article shares recommendations from three NAPPSS-IIN faculty experts on how health professionals and improvement initiatives can better support the health and well-being of Black families.</p>
<p>Integrating Safe Sleep Humility into Infant Sleep Counseling: A Pediatric Resident Stimulation</p> <p>Focus: Equitable Safe Sleep Care</p>		<p>The purpose of this study was to create a simulation for second year and senior pediatric residents at a large academic institution focused on a co-sleeping parent and infant from the Burmese community. Overall, results showed that the simulation led to an increase in all areas of cultural humility among the 57 residents who participated in or observed the scenario.</p> <p>Additional Resources:</p> <ul style="list-style-type: none"> - Multidimensional Cultural Humility Scale
<p>Online Tools</p>		
<p>NICHQ’s How Sleep Savvy Are You? Interactive Quiz</p> <p>Spanish-Language Version: How Safe Sleep Savvy Are You?</p>	<p>All Staff</p>	<p>This short video quiz can be used by health professionals to engage parents and caregivers in conversations about safe sleep and breastfeeding recommendations. It provides 11 scenarios and asks viewers to identify if the depicted behavior is safe. An explanation and recommendation are provided after each scenario.</p>
<p>Conversation Guides and Reflection Activities</p>		
<p>Child Safety Forward: A Reflection Guide to Shape Provider Conversations About Infant Sleep</p>	<p>All Staff</p>	<p>The safe sleep brief is set up to offer providers a tool based on Child Safety Forward learning to help think through how bias shows up at the individual, relational, and institutional level and helps re-design our work with community so that we stand a far</p>

		greater chance of finding solutions in partnership with them around the universal goal of child safety.
NAPPSS Checklist for Biases in Conversations		This resource is taken from the Safe Sleep and Breastfeeding E-Module: Building on Campaigns with Conversations. This checklist offers providers a tool to continue being cognizant of how interactions around safe sleep may be influenced by biases.
NICHQ’s Conversations Can Stop Sleep-Related Infant Deaths	All Staff	This webpage provides example scenarios for how to approach difficult conversations with parents regarding safe sleep, including tactics to remember and sample responses.
NICHQ’s Interactive E-Handout for Safe Sleep Conversations	All Staff	This interactive tool can be used by healthcare professionals and patients to identify unsafe sleep practices and learn about the components of safe sleep in a user-friendly way. <i>Available via QR code, web, or PDF.</i>
Modeling a Safe Sleep Environment - Additional Interactive Resources		
Ohio Department of Public Health, Infant Safe Sleep Audit Tool		This audit tool includes tools and instructions for auditing safe sleep and modeling techniques in a newborn hospital setting.
Cribs for Kids Internal Compliance Audit Tool		This audit tool includes tools and instructions for auditing safe sleep and modeling techniques in a newborn hospital setting.
State of Michigan, Infant Safe Sleep Audit Tools		This bundle of audit tools includes instructions for auditing safe sleep and modeling techniques in a newborn hospital setting.
American Academy of Pediatrics Infant Safe Sleep Toolkit		To help guide conversations about safe sleep with families, the American Academy of Pediatrics has developed a suite of materials including posters, infographics, videos and social media messages.
SIDS Awareness Month Toolkit		Use this toolkit to: <ul style="list-style-type: none"> - Raise awareness about safe infant sleep, such as through the #ClearTheCrib challenge - Use our partner resources to compliment your awareness month activities



Updated 2024.03.15

		<ul style="list-style-type: none">- Normalize images of safe sleep practices- Celebrate caregivers' roles in helping to keep baby safe during sleep
NYSPOC Safe Sleep Crib Cards		Safe sleep cards explaining the guidelines of a safe sleep environment (when to start, following the ABCs, etc.) Created by New York State Perinatal Quality Collaborative.