

ILPQC: Equity and Safe Sleep for Infants

Why Interpreter Use Matters in the NICU

Effective communication is critical, especially when educating families about safe sleep practices. Language barriers can prevent families from fully understanding important safety messages, increasing the risk of sleep-related infant deaths. Utilizing trained medical interpreters ensures that all families receive accurate and culturally appropriate information.

Always use a trained medical interpreter when communicating with families who prefer a language other than English.

When engaging your interpreter, remind them to use safe sleep messaging accurately and consistently.

Safe sleep messaging should be clear, consistent, and aligned with evidence-based recommendation.



**FOR SAFE SLEEP EDUCATION
IN DIFFERENT LANGUAGES,
SCAN HERE**

[IDHS Infant Safe Sleep](#)



Both providers and parents should prioritize the use of interpreters as a vital resource for effective communication.

Hello! We are a _____-speaking family.

Please use an interpreter to help us communicate and be part of our baby's care team.

♥ Thank you for your support! ♥

Equity and Safe Sleep for Infants Initiative (ESSI)

What is ESSI? Building upon the foundational work of the ILPQC Birth Equity initiative, Equity and Safe Sleep for Infants (ESSI) will promote neonatal equity, address racial and social inequities, and seek to reduce neonatal health disparities in sudden unexpected infant death (SUID) related to the sleep environment.