



# ESSI Safe Sleep Conversations

## Tips for Nurses and Providers

- Engage in judgement free conversations with families.
- Establish a baseline level of understanding by asking:
  - *What do you know about safe sleep?*
  - *Do you have a plan for where your baby will sleep when you get home?*
  - *What concerns you most about safe sleep?*
- Focus on positive responses first and then discuss areas of improvement or needs.
- Safe Sleep Education: There is no guaranteed way to prevent a sudden unexpected infant death (SUID). However, research tells us that a safe sleep environment can help reduce your baby's risk of Sudden Infant Death Syndrome (SIDS) and prevent unintentional suffocation and strangulation in bed.
  - ***There are 3 places that are safe for babies to sleep – in a crib, a bassinet, or a portable crib/play yard.***
  - ***Use a firm, flat surface with a fitted sheet.***
  - ***Put your baby on their back for all naps and at night.***
  - ***Never sleep with your baby and only one baby per safe crib.***
  - ***Instead of bed sharing, room share with your baby.***
  - ***Keep soft objects, blankets, toys and loose bedding out of your baby's sleep area.***
  - ***Don't let your baby get overheated. You can dress your baby in layers of clothing or use a wearable blanket. In general, you should dress your baby in only one layer more than you are wearing.***
  - ***Swaddle or use a sleep sack for your baby if you like.***
  - ***Feed your baby breast milk.***
  - ***Try giving your baby a pacifier at nap time and bedtime.***
  - ***Don't smoke, vape or use nicotine around your baby.***
  - ***Make sure your baby has tummy time while awake every day.***
- Babies sleep at night, just not all night. Brainstorm how to adjust to this:
  - ***You are going to be exhausted. What are some ideas to help you get at least 4 hours of uninterrupted sleep at night?***
  - ***Have you thought about what you're going to do when your baby is having trouble sleeping and you're exhausted?***
- Ensure that this information is shared with everyone.
  - ***How can I help you with getting this information to father, partner, grandparents, childcare providers?***
- Be cautious when buying certain products. Refer to the Consumer Products Safety Board at <https://www.cpsc.gov/SafeSleep>.



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## Additional Conversation Resources

Scan Here



Scan Here



Scan Here



Sudden Infant Death  
Services of IL, Inc.

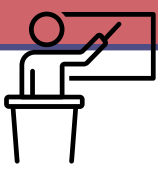


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American Academy of Pediatrics Provider and Patient  
Conversations for Safe Sleep has conversations around the  
following topics:

- Developing Baby's Self Soothing Abilities
- Preparing for Baby and Choosing Safe Sleep Products
- Maintaining Safe Sleep When Baby is Congested
- Talking with Families About Bedsharing
- Supporting Parents in Managing Safe Sleep Challenges



# ESSI Safe Sleep Educational Materials

*To be shared with families*

- Safe Sleep:
  - [NICHQ Myth vs. Fact](#) Safe Sleep for Infants (Available in 10 languages)
  - Cribs for Kids [Ask the Pediatrician](#)
- Grandparent Materials:
  - [Safe Sleep for Your Grandbaby](#)
  - Cribs for Kids [Grandparents and Safe Sleep](#)
- Sibling Materials:
  - Cribs for Kids [Siblings and Safe Sleep](#)
- Swaddling and Safe Sleep:
  - Cribs for Kids [Swaddling and Safe Sleep](#)
  - Healthy Children [Swaddling: Is it Safe for Your Baby?](#)
- Cribs for Kids Safe Sleep [Video Library](#)
  - Safe Sleep Recommendations
  - 12 Steps for Safe Sleep
  - Just Baby: A Safe Sleep Lullaby (English and Spanish)
  - What is Safe Sleep (English and Spanish)
  - Why Safe Sleep (English and Spanish)
  - Co-sleeping is Dangerous (English and Spanish)
  - Room Share. Don't Bed Share (English and Spanish)
  - Babies Sleep at Night. Not all Night. (English and Spanish)
  - Stay Awake (English and Spanish)
  - Set an Alarm for Safe Sleep (English and Spanish)
  - Stay Connected (English and Spanish)
  - How to Support a New Parent (English and Spanish)
  - Infant Falls by Pennsylvania Patient Safety Authority
  - Cribs for Kids Safe Sleep For Your Baby Caregiver Instructional Video
  - Cribs for Kids Back Position and Aspiration
  - Unsafe Sleep and the Risk of Rebreathing
  - Cribs for Kids Safe Sleep PSA
  - Cribs for Kids Designing Spaces: Ensuring Safe Sleep for Your Baby



*Scan here to access  
the video library*