



Available Trainings that Promote Safe Sleep for Babies

The **NYC Safe Sleep Initiative** offers free, educational presentations led by expert Borough Community Coordinators to increase awareness about the potentially fatal risks associated with unsafe sleep practices. Our interactive workshop trainings focus on sharing safe sleep best practices and resources and feature an informational slide presentation and crib demonstration for diverse audiences, including parents and caregivers, expectant and parenting teens, community stakeholders, as well as child welfare and other professionals.

- **Parent and Caregiver Training:**

This workshop educates parents and caregivers about the importance of creating a safe sleep environment for their infants. A facilitated discussion and PowerPoint presentation addresses the following:

- ▶ Assessment of each participant's current knowledge about safe sleep practices;
- ▶ The most up-to-date infant safe sleep recommendations from the American Academy of Pediatrics (AAP);
- ▶ Exploration of the values and barriers to implementing safe sleep practices (i.e., historical family practices and cultural beliefs); and,
- ▶ Tips and strategies to guide parents in how to open dialogues with grandparents, babysitters and other caregivers about the risks associated with unsafe sleep practices for the babies in their care.

At the conclusion of the training, each participant receives Safe Sleep resources, including a brochure and the DVD **Breath of Life: The How and Why of Safe Sleep**, which addresses the reasons **why** parents should follow the ABCs of safe sleep to eliminate risk factors that are associated with sleep-related infant injury deaths.

- **Provider Training:**

This interactive workshop and PowerPoint presentation highlights the following:

- ▶ The most up-to-date infant safe sleep recommendations from the American Academy of Pediatrics (AAP);
- ▶ The latest citywide data on sleep-related infant injury deaths;
- ▶ Exploration of the values and barriers (i.e., historical family practices, cultural beliefs, housing quality concerns such as lack of heat, pest infestations) that may interfere with a family's ability to adopt safe sleep practices for their children.
- ▶ Role-play exercises lift up how to have use strategies and conversation techniques that build trust and address resistance with the goal of helping families understand the existing the rationale behind the recommendations and the life-saving importance of adopting Safe Sleep habits for their babies.

Please complete a [Training Request Form](#) (also available on the [Safe Sleep Summit landing page](#))

Available Trainings that Promote Safe Sleep for Babies (continued)

- **Safe Sleep eLearning Program for NYC Child Welfare Professionals**

Developed in partnership with the ACS Workforce Institute, this e-learning program is accessible on Cornerstone for ACS and provider agency staff. The interactive, two-module training is designed to:

- ▶ Dispel common myths and misconceptions about infant sleep
- ▶ Identify the behaviors that may contribute to seep-related injury deaths
- ▶ Establish and practice Safe Sleep habits
- ▶ Lead a strengths-based conversation with parents and caregivers around implementing infant safe sleep practices

The first module, **“Infant Safe Sleep Practices,”** is geared toward direct service staff caring for infant and covers foundational knowledge about how to safely place an infant to sleep, the importance of following Safe Sleep guidelines, and how to overcome barriers to practicing Safe Sleep. The second module, **“Communicating Infant Safe Sleep Practices,”** is for direct service staff and supervisors in child protection, prevention, and foster care. This course builds on the foundational knowledge provided in the first module and includes skills for communicating Safe Sleep practices to parents and caregivers.

Click [here](#) for more information, or to register for the e-Learning program.