

ABCs^{z z Z} of Safe Sleep Training for Infant-Serving Programs

This checklist from the Massachusetts Interagency Task Force on Safe Sleep is meant to help organizations make sure that their safe sleep trainings for staff members contain the most up-to-date and relevant information about preventing sudden unexpected infant death (SUID).¹ It is based on safe sleep recommendations from the American Academy of Pediatrics and the Department of Public Health Safe Sleep Policy, as well as a statewide review of existing safe sleep trainings.

The checklist is organized by the ABCs of safe sleep:

- An infant should sleep **alone**
- On their **back**
- In a **crib** or bassinet

The checklist also includes additional risk and protective factors that are important to include in any safe sleep training.

Alone	Our safe sleep training says:	Yes	No
	Infants should sleep in the same room as the parent or caregiver, but on a separate, firm sleep surface.		
	Keep soft objects such as pillows, blankets, and wedges away from the baby's sleep area to reduce the risk of suffocation, entrapment, and strangulation.		
	Co-sleeping with other adults, siblings, or pets increases the risk of death.		
	Devices promoted to make bed-sharing "safe" are not recommended.		

Back	Our safe sleep training says:	Yes	No
	Infants should be placed on their back to sleep for every sleep (also called supine position).		
	Once an infant can roll over from supine to prone to supine, the infant can be left in the sleep position it assumes, as stated in the DPH policy.		

Crib	Our safe sleep training says:	Yes	No
	Infants should sleep in a crib, portable crib, or bassinet approved by the Consumer Product Safety Commission.		
	Couches, futons, and armchairs are not safe places to sleep with an infant.		
	Car seats and other sitting devices are not recommended for infant sleep.		

¹ The Interagency Task Force on Safe Sleep includes membership from the Massachusetts Department of Public Health (DPH), the Department of Children and Families (DCF), the Department of Housing and Community Development (DHCD), the Department of Early Education and Care (EEC), the Executive Office of Health and Human Services (EOHHS), and the Office of the Child Advocate (OCA). The Task Force also receives technical support and input from the University of Massachusetts Medical School

Additional Risk & Protective Factors	Our safe sleep training says:	Yes	No
Smoking of any kind increases the risk of SUID.			
Infants between 1-4 months old are at the highest risk of SUID.			
Alcohol and illicit drug use, before and after pregnancy, increases the risk of SUID.			
Pre-natal care is a protective factor against SUID.			
Breastfeeding is a protective factor against SUID.			
Supervised awake "tummy time" is a protective factor that helps promote healthy brain and muscle development.			
Keeping up-to-date with immunizations for the infant is a protective factor against SUID.			

