

# SAFE SLEEP RESOURCE GUIDE<sup>z z Z</sup>

## Policy

[DPH Infant Safe Sleep Policy](#)

DPH recommendations on sleep position, environment, and best practices.

## Videos

Safe Sleep for Your Baby – [English](#) and [Spanish](#)

Educational video about ways to reduce SIDS for parents and caregivers.

Safe Infant Sleep for Grandparents and Other Trusted Caregivers – [English](#) and [Spanish](#)

Educational video about ways to reduce SIDS for grandparents and caregivers, and emphasizes on the safe sleep environment.

[How Sleep Savvy Are You?](#)

Video quiz used to engage parents in conversations about safe sleep and breastfeeding recommendations.

## Fact Sheets

[What Does A Safe Sleep Environment Look Like?](#)

Illustrates a safe infant sleep environment and best practices to reduce SIDS and other sleep-related causes of infant death.

[Breastfeed Your Baby to Reduce the Risk of SIDS](#)

Information about providing a safe sleep environment and breastfeeding to reduce the risk of SIDS for the infant.

[Keeping Sleep Time Safe \(for parents\)](#)

Information on safe sleep practices and facts about SIDS.

[Keeping Sleep Time Safe \(for providers\) – English, Spanish, and Portuguese](#)

Information on safe sleep practices and facts about SIDS.

## Materials

[All Babies Cry](#)

Helpful tips for parents and caregivers on how to soothe a crying baby.

[MA Health Promotion Clearinghouse](#)

Free health promotion materials for MA residents and health and social services providers.

[Safe Sleep Door Knob Hangers – Multiple Languages](#)

Features "Shhhhh... I'm Sleeping Safely Inside!" on one side, and instructions for keeping your baby sleeping safely on the other.

[Safe Sleep Flyers – Multiple Languages](#)

Features instructions for keeping your baby sleeping safely.

