# Policy

[DPH Infant Safe Sleep Policy](https://www.mass.gov/service-details/information-about-the-dph-infant-safe-sleep-policy)

# Videos

[Safe Sleep for Your Baby – English and](https://www.youtube.com/watch?v=29sLucYtvpA) [Spanish](https://www.youtube.com/watch?v=2KhDr8nM3pc)

[Safe Infant Sleep for Grandparents and Other Trusted Caregivers – English and](https://www.youtube.com/watch?time_continue=3&v=7cXwlpSJL08&feature=emb_logo) [Spanish](https://www.youtube.com/watch?v=QMzt_wL2ies&feature=emb_logo)

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

[Educational video about ways to reduce SIDS for parents and caregivers.](https://www.youtube.com/watch?v=29sLucYtvpA)

[Educational video about ways to reduce SIDS for grandparents and caregivers, and emphasizes on the safe sleep environment.](https://www.youtube.com/watch?v=29sLucYtvpA)

# Fact Sheets

[Video quiz used to engage parents in conversations about safe sleep and breastfeeding recommendations.](https://www.youtube.com/watch?v=29sLucYtvpA)

[How Sleep Savvy Are You?](https://www.nichq.org/resource/how-safe-sleep-savvy-are-you)

[What Does A Safe Sleep Environment Look Like?](https://www.nichd.nih.gov/sites/default/files/publications/pubs/documents/safe_sleep_environment_rev.pdf)

[Breastfeed Your Baby to Reduce the Risk of SIDS](https://www.nichd.nih.gov/sites/default/files/2018-11/Breastfeed_Baby_SIDS_final.pdf)

[Keeping Sleep Time Safe (for parents)](https://www.mass.gov/doc/keeping-sleep-time-safe-for-parents/download)

[Illustrates a safe infant sleep environment and best practices to reduce SIDS and other sleep-related causes of infant death.](https://www.youtube.com/watch?v=29sLucYtvpA)

[Information about providing a safe sleep environment and breastfeeding to reduce the risk of SIDS for the infant.](https://www.youtube.com/watch?v=29sLucYtvpA)

[Information on safe sleep practices and facts about SIDS.](https://www.youtube.com/watch?v=29sLucYtvpA)

Information on safe sleep practices and facts about SIDS.

Keeping Sleep Time Safe (for providers) – [English,](https://www.mass.gov/doc/keeping-sleep-time-safe-for-providers-0/download) [Spanish, and](https://www.mass.gov/doc/keeping-sleep-time-safe-for-providers-spanish/download) [Portuguese](https://www.mass.gov/doc/keeping-sleep-time-safe-for-providers-portuguese-0/download)

# Materials

[All Babies Cry](https://massclearinghouse.ehs.state.ma.us/PROG-INJPREV/SB3101.html)

[MA Health Promotion Clearinghouse](https://massclearinghouse.ehs.state.ma.us/)

[Safe Sleep Door Knob Hangers – Multiple Languages](https://massclearinghouse.ehs.state.ma.us/PROG-INJPREV/IP2922kit.html)

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

[Free health promotion materials for MA residents and health and social services providers.](https://www.youtube.com/watch?v=29sLucYtvpA)

[Features "Shhhhh... I'm Sleeping Safely Inside!" on one side, and instructions for keeping your baby sleeping safely on the other.](https://www.youtube.com/watch?v=29sLucYtvpA)

**SAFE SLEEP RESOURCE GUIDE z zz**

Features instructions for keeping your baby sleeping safely.

[Safe Sleep Flyers – Multiple Languages](https://massclearinghouse.ehs.state.ma.us/PROG-INJPREV/IP2926.html)



**For additional information and resources, please visit mass.gov/infant-safe-sleep**