This guidance provides useful ideas and resources for sharing important messages with new and expectant parents about putting baby safely to sleep.

**Your role**

Engage new and expectant parents, direct them to resources that educate them about safe infant sleep environments and practices, and empower them to cope with infant sleep-related challenges.

**The opportunities**

- Incorporate safe sleep messages and resources into educational programs, parenting groups and briefings for military families. Use the parent-focused information from the [American Academy of Pediatrics](http://www.aap.org) First Candle’s brochure, “Room Sharing is Safer Than Bed Sharing,”* and articles on safe sleep practices on [Military OneSource](http://www.militaryonesource.mil).

- Share our archived blogs. Tell them about the archived blog series, “Sleep Like a Baby: The Keys to Infant Slumber,” designed especially for military parents.

- Connect online. Does your group have a website or a social media page? Consider linking to the archived blog series and resources available through Military OneSource.

- Encounter parents that might need extra support? Encourage them to contact their [local New Parent Support Program](http://www.militaryonesource.mil) by searching “New Parent Support Program” on MilitaryINSTALLATIONS.

**Key messages for new and expectant parents:**

- Sleep is often one of the most significant challenges for new parents.
- One of the most important decisions a new parent makes is where and how they place a baby to sleep.
- Ensuring your baby is in a safe sleep environment involves closely monitoring your own personal level of alertness while caring for your infant.
- Safe sleep can save lives.

**Key online resources:**

- [https://www.theparentreview.com/DoD/](https://www.theparentreview.com/DoD/)
- [https://text4baby.org/](https://text4baby.org/)

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* The American Academy of Pediatrics and First Candle are private organizations. The Department of Defense does not control or endorse the content of these sites.