

# Putting Baby Safely to Sleep:

## Tools for **Child Development** Program Service Providers



This guidance provides useful ideas and resources for sharing important messages about **Putting Baby Safely to Sleep** with new and expectant parents.

### 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

- Partner with your [local New Parent Support Program](#) to offer a parent group focused on the topic of safe infant sleep. Use the Consumer Product Safety Commission's video, "[Safe Sleep for Babies.](#)" to help you share your message.
- Be a resource to parents. Ask them if they have questions about the [National Institutes of Health recommended infant sleep guidelines](#) and make available [American Academy of Pediatrics safe sleep information](#) in your infant room or family child care home. First Candle also provides easy downloadable resources, including "[Safe Sleep Saves Lives!](#)" or "[Room Sharing is Safer than Bed Sharing.](#)"\* For a full list of reliable, professionally approved resources, visit [Military OneSource](#).
- Connect parents online. Tell them about the new blog, "[Sleep Like a Baby: The Keys to Infant Slumber.](#)" designed especially for military parents, and encourage them to follow the campaign on [Facebook](#).
- Participate in FREE [American Academy of Pediatrics online training](#) to learn more about creating safe sleep environments.

\* 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.

### Key Messages for New & 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 he or she places 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:

- Visit the blog, "Sleep Like a Baby: The Keys to Infant Slumber!"  
[www.blog-brigade.org/blogs/sleep-like-a-baby](http://www.blog-brigade.org/blogs/sleep-like-a-baby)
- Follow us on Facebook!  
[www.facebook.com/military.1source](http://www.facebook.com/military.1source)
- Find professionally approved resources!  
[www.militaryonesource.com/MOS/FindInformation/PuttingBabySafelytoSleep.aspx](http://www.militaryonesource.com/MOS/FindInformation/PuttingBabySafelytoSleep.aspx)

