

# Putting Baby Safely to Sleep:

## Tools for Nurses, Family Physicians Obstetricians and Pediatricians



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, provide them with information and 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

- Ask parents about infant sleep challenges during medical appointments and hospital stays, and whether they have questions about [National Institutes of Health recommended infant sleep guidelines](#). Do you have a patient who has just returned from deployment? Discuss the risks associated with fatigue while caring for an infant.
- Share safe sleep information with your patients. Use [American Academy of Pediatrics safe sleep information](#) or First Candle's downloadable resources, including "[Safe Sleep Saves Lives!](#)" and "[Room Sharing is Safer than Bed Sharing.](#)"\* For a full list of reliable, professionally approved resources, visit [Military OneSource](#).
- Encounter parents that might need extra support? Encourage them to contact their [local New Parent Support Program](#) or if they are not near a military installation, their state's [Joint Family Support Assistance Program](#) for parenting support.
- Connect parents online. Tell them about the new blog, "[Sleep Like a Baby: The Keys to Infant Slumber.](#)"
- Participate in FREE [American Academy of Pediatrics online training](#) about creating safe sleep environments.

### 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)

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