

Putting Baby Safely to Sleep:

Tools for *family readiness representatives*



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**, First Candle's brochure, "**Room Sharing is Safer Than Bed Sharing**,"* and articles on safe sleep practices on **Military OneSource**.
- 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** 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:

- <http://www.militaryonesource.mil/parenting/safe-sleep-practices>
- <https://www.theparentreview.com/DoD/>
- <http://www.zerotothree.org/child-development/from-baby-to-big-kid/>
- <https://text4baby.org/>
- <http://www.extension.org/pages/22110/just-in-time-parenting-enewsletters>

* 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.

