

## Key Points for Safe Sleep Audits

### Recognition of Safe Sleep Practices

Utilize the ABC mental checklist that babies under one year old should be sleeping ....

- ALONE ( no co-sleeping, no toys)
- On their BACK
- In a CRIB

### Using the audit tool

- Location of baby (crib, cot, co sleeping, etc...)
- Position of baby (back, side, tummy)
- Head of bed position (up, flat)
- Items in the crib (toys, wipes etc...)
- What is the baby wearing?
- What is the baby bundled in?
- List your questions about safe sleep.

### Communication

- Communicate with your instructor.
- Plan for feedback to assigned staff.
- Plan of action for unsafe sleep situations.
- Partner with the nursing staff.

### Education

- Role modeling safe sleep practices.
- Teach-back moments with families.
- Review the ABC's for Safe Sleep one page handout with families.
- Document your teaching on the ITS (Interdisciplinary Teaching Sheet)
- Explain the reason that sleeping on the back is safest (Health Facts Choking #1254)