

Tips for working with grandparents and other caregivers

- Respect their cultural insight and knowledge on infant care.
 - Address similarities and/or differences.
 - Explain how and why things have changed. See resources below.
 - We know more about what contributes to sleep related infant deaths. <https://www.nichd.nih.gov/sts/about/risk/Pages/factors.aspx>
 - Practicing safe sleep for every sleep can reduce risks associated with sleep related infant death; especially when the infant is not in his or her usual sleep environment. <https://www.nichd.nih.gov/sts/about/risk/Pages/reduce.aspx>
- Explain a safe and unsafe sleep environment; a demonstration may be needed. The resources below are helpful tools to incorporate during the explanation.
 - <http://www.chawisconsin.org/documents/IP6AE.pdf>
 - https://www.nichd.nih.gov/publications/pubs/Documents/Safe_Sleep_Environment_English.pdf
- Create a care plan to ensure all caregivers follow safe sleep recommendations. It may be helpful to include:
 - Clear instructions on what your infant's sleep environment looks like. <http://www.chawisconsin.org/documents/IP6AAE.pdf>
 - Do's and don'ts for infant safe sleep. <http://www.uwhealthkids.org/kids-health-and-safety/safe-to-sleep/35395>
- Ask for feedback on how to encourage others to follow current safe sleep recommendations.
- Show appreciation for their insight on the topic.