

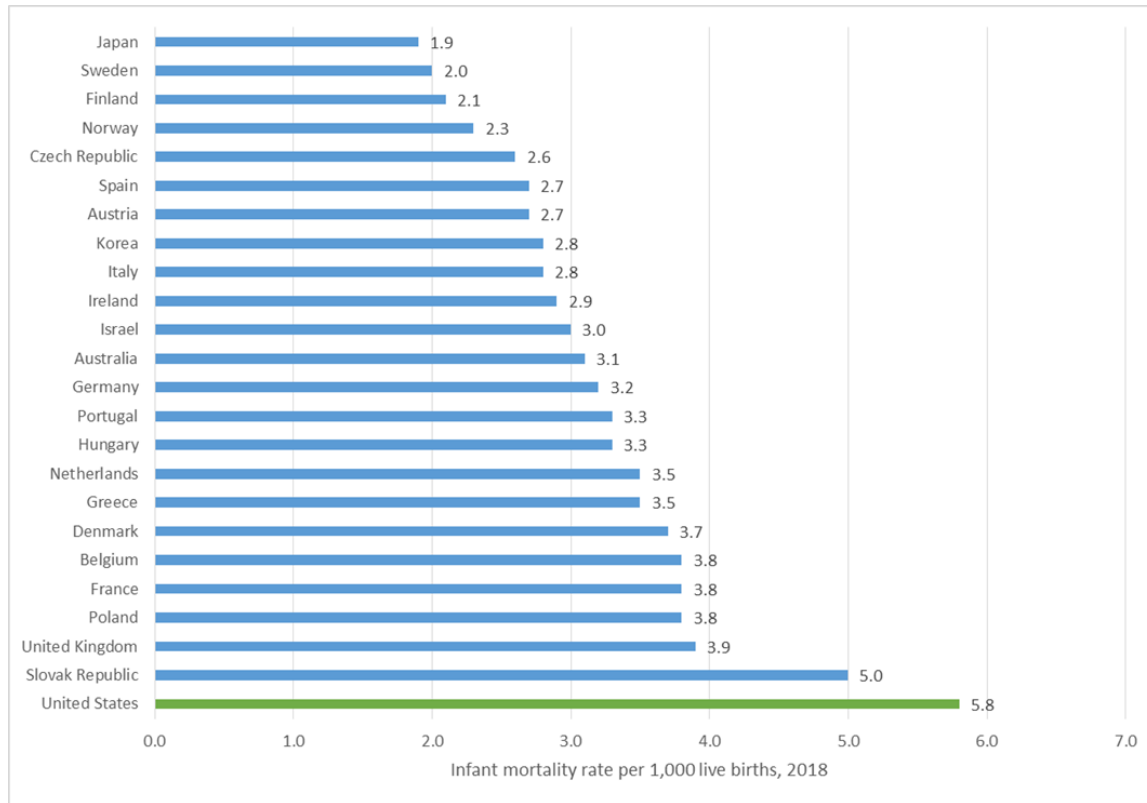


Sleep Baby Safe training for professionals working with families

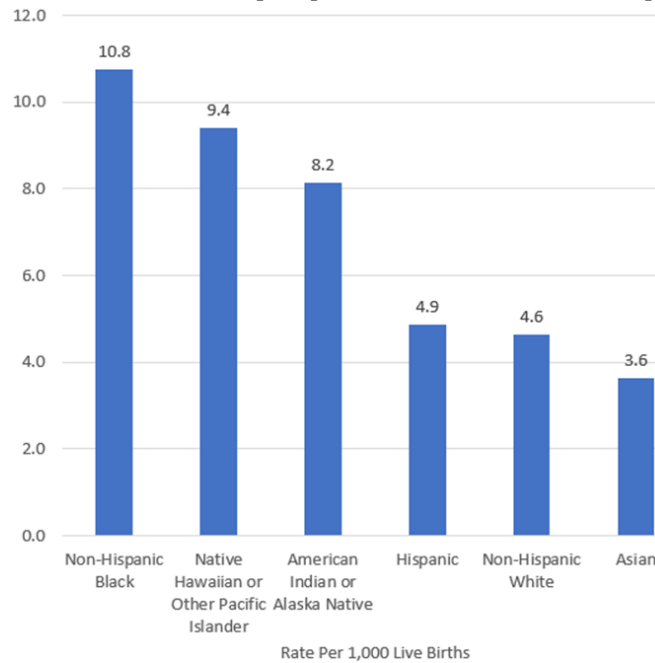
This packet contains the materials and resources for a Sleep Baby Safe training with professionals working with families. The audience may include home visitors, local public health staff, child care providers, and other professionals. The following documents are included:

- Infant mortality graphs for printing
- Instructions on how to conduct pre and post tests
- Sleep Baby Safe pre-test
- Sleep Baby Safe post-test
- Sign in sheet
- Certificate of completion

Infant mortality by country, 2018

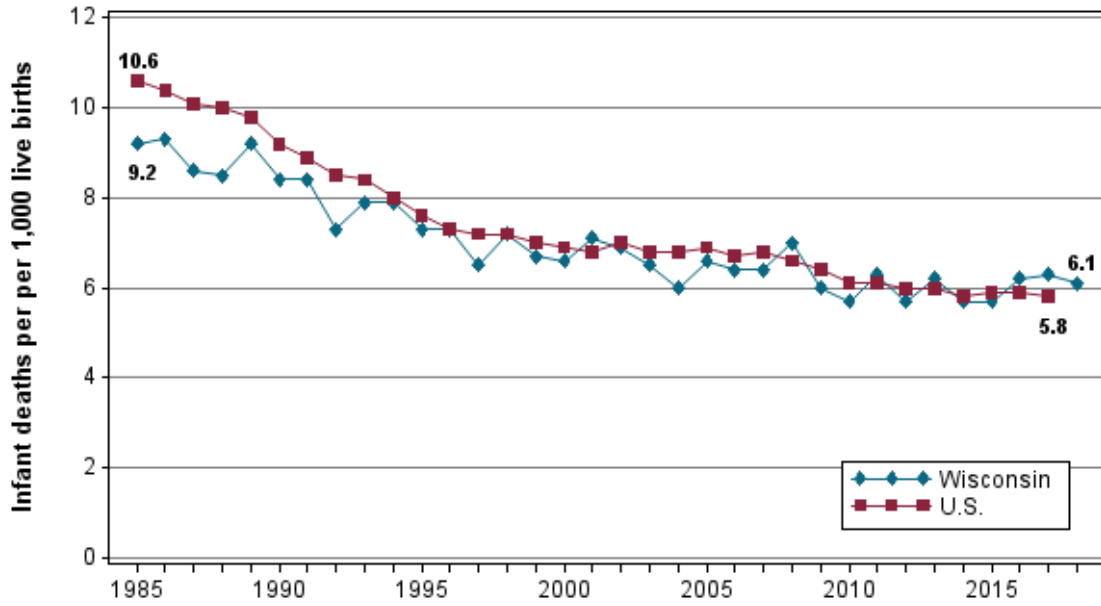


U.S. infant mortality by race and ethnicity, 2018



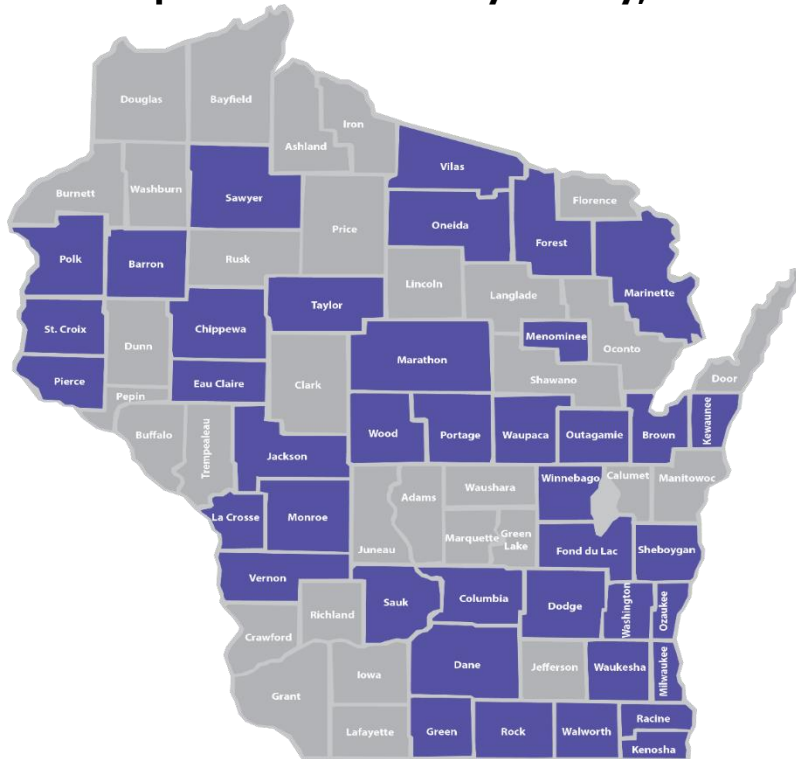
Infant mortality in Wisconsin

Infant Mortality Rates, Wisconsin and U.S., 1985-2018



Note: Rates are the number of infant deaths per 1,000 live births. Infant deaths are those that occur before 365 days of age.

Infant sleep-related deaths by county, 2015-2017





How to conduct pre and post tests for Sleep Baby Safe trainings

1. Print the sign in sheet and pre and post-tests for each attendee.
2. Have each attendee legibly sign in with their agency and email address. Attendees will be contacted with a follow-up survey link approximately 1-2 months following your training date with this information.
3. After your introduction to the course, pass out the pre-test. Instruct everyone to put their middle initial and the last four digits of their phone number on the ID line of their test. This is an anonymous way to match the pre and post-tests after the training.
4. Remind attendees that it is ok if they do not know the answer and that their results will remain anonymous. Collect all pre-tests before conducting the training.
5. Conduct the training.
6. At the end of the training, pass out the post-test and have attendees put the same letter and number variation on the ID line at the top of their test. Remind them again that their test will remain anonymous. Be sure to collect all post-tests before the attendees leave.
7. Remind the attendees that they will receive a follow-up survey link one to two months after the training. Reiterate the importance of their response to the survey so that we can continue to improve our trainings and resources.
8. Mail the sign in sheet, pre-tests and post-tests to:

Children's Health Alliance of Wisconsin

6737 W Washington St. Suite

1111

West Allis, WI 53214

Or scan and email to your contact at the Alliance.



Training date: _____

Location: _____

ID: _____

(Middle initial + last 4 digits of phone number)

Sleep Baby Safe
Pre-training evaluation

	1 = Low confidence	2	3	4	5 = High confidence
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1. Rate your confidence level in talking with a parent about how to sleep their baby safely.

2. Rate your confidence level in answering questions or concerns of parents about safe sleep practices.

	1 Not at all	2 Slightly	3 Moderately	4 Very	5 Extremely
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3. How important do you believe it is to speak with families and caregivers about safe sleep practices?

4. Providers sometimes refer to the "ABCs of Safe Infant Sleep." What does ABCs stand for as it relates to safe sleep of an infant?

- A.
- B.
- C.
- s.

5. On average, about how many babies in Wisconsin die in a sleep-related death?

- A. 1 baby per day
- B. 1 baby per week
- C. 1 baby per month
- D. 1 baby per year

6. Which of the following are safe sleep options? Mark all that apply.

- A. Infant swing
- B. Car seat
- C. Pack 'n Play®
- D. Dresser drawer
- E. Couch
- F. Sibling's bed

Please indicate whether the statement is true or false.

7. Most sleep-related infant deaths in Wisconsin involve drugs or alcohol.

- True
 False

8. If I slept my own babies on their tummies, it is ok for me to recommend the same practice to other families.

- True
 False

9. Breast feeding an infant reduces the risk of a sudden and unexpected death.

- True
 False

10. An infant is more likely to choke if sleeping on his back.

- True
 False

11. Safe sleep practices only apply to nighttime sleep.

- True
 False
-



Training date: _____

Location: _____

ID: _____

(Middle initial + last 4 digits of phone number)

Sleep Baby Safe
Post-training evaluation

1. Providers sometimes refer to the "ABCs of Safe Infant Sleep." What does ABCs stand for as it relates to safe sleep of an infant?

- A.
- B.
- C.
- s.

2. Which of the following are safe sleep options? Mark all that apply.

- A. Pack 'n Play®
- B. Car seat
- C. Swing
- D. Couch
- E. Dresser drawer
- F. Sibling's bed

Please mark the circle indicating whether the statement is true or false.

- 3. Breast feeding an infant reduces the risk of a sudden and unexpected death.** True False
- 4. Safe sleep practices only apply to nighttime sleep.** True False
- 5. An infant is more likely to choke if sleeping on his back.** True False
- 6. Most sleep-related infant deaths in Wisconsin involve drugs or alcohol.** True False
- 7. If I slept my own babies on their tummies, it is ok for me to recommend the same practice to other families.** True False

	1 = Low confidence	2	3	4	5 = High confidence
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8. Rate your confidence level in talking with a parent about how to sleep their baby safely.

9. Rate your confidence level in answering questions or concerns of parents about safe sleep practices.

10. On average, about how many babies in Wisconsin die in a sleep-related death?

- A. 1 baby per day

- B. 1 baby per week
- C. 1 baby per month
- D. 1 baby per year

11. Please tell us how much you agree with the following statements about the presentation.	1 Strongly disagree	2 Disagree	3 Neutral	4 Agree	5 Strongly agree
A. The content of the presentation was appropriate.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
B. The format of the presentation was appropriate.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
C. The presentation included enough detail to prepare me to talk with families about safe sleep.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

12. How useful do you anticipate the following materials to be when working with families?	1 Not useful	2	3	4	5 Very useful	N/A (e.g. have not used)
A. Presentation and PowerPoint	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
B. Role playing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
C. Safe sleep refresher notebook	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
D. Table talk sheets	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

13. List two things you know now that you did not know before.

A.

B.

	1 Not at all	2 Slightly	3 Moderately	4 Very	5 Extremely
14. How important do you believe it is to speak with families and caregivers about safe sleep practices?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

15. What would help us improve the Sleep Baby Safe presentation?

16. What other materials do your families need related to safe sleep?

17. What additional training or resources would you appreciate?

18. Please describe your role in talking with families about safe sleep (e.g. supervisor, child care provider, home visitor, etc.).

19. Do you intend to share the safe sleep information from this training with the families you serve? Yes No

11. Please tell us how much you agree with the following statements about the presentation.	1 Strongly disagree	2 Disagree	3 Neutral	4 Agree	5 Strongly agree
A. The content of the presentation was appropriate.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
B. The format of the presentation was appropriate.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
C. The presentation included enough detail to prepare me to talk with families about safe sleep.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

12. How useful do you anticipate the following materials to be when working with families?	1 Not useful	2	3	4	5 Very useful	N/A (e.g. have not used)
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B. Role playing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
C. Safe sleep refresher notebook	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
D. Table talk sheets	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
E. Burp cloth give-away	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

13. List two things you know now that you did not know before.

A.

B.

	1 Not at all	2 Slightly	3 Moderately	4 Very	5 Extremely
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14. How important do you believe it is to speak with families and caregivers about safe sleep practices?

15. What would help us improve the Sleep Baby Safe presentation?

16. What other materials do your families need related to safe sleep?

17. What additional training or resources would you appreciate?

18. Please describe your role in talking with families about safe sleep (e.g. supervisor, child care provider, home visitor, etc.).



This document certifies that:

has successfully completed the Sleep Baby Safe Training



Signature, Sleep Baby Safe Trainer

Date

This training was conducted by:

