



# NAPPPSS

National Action Partnership to Promote Safe Sleep  
A Wake-Up Call to Safeguard Sleeping Infants



National Center for Education  
in Maternal and Child Health  
Georgetown University

## Supporting Safe Infant Sleep and Optimal Breastfeeding Practices: An Organizational Self-Assessment

The purpose of this survey is to assess your organization's knowledge and support of safe infant sleep and optimal breastfeeding practices. The survey is designed to provide an overview picture and serve as a consciousness-raising activity to help identify strengths and gaps in how your organization serves families.

1. Select which area(s) your organization addresses below:

- ☐ Breastfeeding
- ☐ Infant safe sleep
- ☐ Breastfeeding and infant safe sleep
- ☐ Neither breastfeeding or infant safe sleep
- ☐ Other \_\_\_\_\_

2. Are you aware of the American Academy of Pediatrics [recommendations](#) for a safe infant sleeping environment?

- ☐ Yes
- ☐ No
- ☐ I don't know
- ☐ Other \_\_\_\_\_

3. Which of the following guidelines related to breastfeeding and safe infant sleep are supported/promoted by your organization? (select all that apply)

- ☐ Placing infants on their back to sleep (supine) for every sleep period until they are age one
- ☐ Using a firm sleep surface
- ☐ Breastfeeding
- ☐ Placing infants to sleep in the parents' room, close to the parents' bed, but on a separate surface designed for infants
- ☐ Keeping soft objects and loose bedding out of the infant's sleep area
- ☐ Offering a pacifier at naptime and bedtime
- ☐ Avoiding smoke exposure during pregnancy and after birth
- ☐ Avoiding alcohol and illicit drug use during pregnancy and after birth
- ☐ Other \_\_\_\_\_

4. Do the images/photos displayed on your organization's website and printed materials model breastfeeding-friendly, safe infant sleep practices? (select all that apply)

- ☐ Babies on their backs
- ☐ Babies sleeping alone
- ☐ Babies dressed in wearable blankets or other sleep clothing for warmth, without the use of blankets
- ☐ Cribs, bassinets, or other safe spaces completely bare (no blanket, quilt, pillows, bumper pads, sheepskin, stuffed animals, or toys)
- ☐ Bassinet without padded sides
- ☐ Images reflecting diversity of women (such as women of color, various body types, piercings and tattoos)
- ☐ Images with mom's eyes open if mom is breastfeeding baby in her bed
- ☐ Other \_\_\_\_\_

5. Please rate the following statements on a 5-point scale from 1 - "Strongly Agree" to 5 - "Strongly Disagree."

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
Staff in my organization can discuss best practices for breastfeeding and safe infant sleep environments with families/caregivers while respecting their beliefs, concerns, and decisions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My organization would be willing to explore and encourage dialogue regarding the ways unconscious biases might affect services to families.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My organization affirms parents/caregivers as experts regarding the unique characteristics of their baby and their own family environment.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My organization is willing to define a successful outcome as an encounter between staff and families/caregivers involving respectful exchange of information, regardless of family/caregiver practices.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other _____					

6. Rate your organization's readiness to engage families/caregivers with a conversations approach.

- ☐ Definitely will
- ☐ Probably will
- ☐ Neutral
- ☐ Probably will not
- ☐ Definitely will not
- ☐ Other \_\_\_\_\_

7. Select the following breastfeeding practices/policies that are supported by your organization for its employees. (select all that apply).

- ☐ A clean, private, comfortable multipurpose space (that is not a bathroom) with an electrical outlet in order to pump milk or to breastfeed
- ☐ A reasonable break time for an employee to express breast milk
- ☐ Infants that are welcomed with their mothers to feed on the premises
- ☐ I don't know
- ☐ Not applicable
- ☐ Other \_\_\_\_\_

8. Please share additional comments below:

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**Suggested citation**

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