

Cribs for Kids® Infant Safe Sleep Hospital Initiative

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Cribs for Kids®



Cribs for Kids®

Helping Every Baby Sleep Safer

FACTS:

- ▶ Established in 1998
- ▶ 4,000 infant sleep-related deaths in US annually
- ▶ Mission: preventing these deaths through educating parents and providing the Cribs for Kids® “Cribette”, Pack n Play® portable cribs and Halo® SleepSack® wearable blankets to families in need.



What is it?

The Cribs for Kids® Safe Sleep Hospital Initiative is a hospital certification program awarding recognition to hospitals that demonstrate a commitment to community leadership for best practices and education on infant sleep safety.

By becoming certified, a hospital is demonstrating that it is committed to the mission of:

- ▶ Making babies as safe as possible in their sleep environment
- ▶ Eliminating as many sleep-related deaths as possible



How Does it Work?

This initiative has three levels of Safe Sleep Certification:



I. Certified Safe Sleep Hospital

Requirements:



▶ **Develop a safe sleep policy statement**

incorporating the most current AAP's Infant Safe Sleep guidelines.

▶ **Train staff** on safe sleep guidelines, your hospital's safe sleep policy, and the importance of modeling safe sleep for parents.

▶ **Educate** parents on the importance of safe sleep practices, and implement these practices in the hospital setting.

II. Certified Safe Sleep Leader



Requirements:

- ▶ **Develop a safe sleep policy statement**
- ▶ **Train staff**
- ▶ **Educate parents**

- ▶ **Replace regular receiving blankets**
in nursery and NICU with wearable blankets to model no loose bedding in the crib.

- ▶ **Audit program**

III. Certified Safe Sleep Champion



Requirements:

- ▶ **Develop a safe sleep policy statement**
- ▶ **Train staff**
- ▶ **Educate parents**
- ▶ **Audit**
- ▶ **Replace regular receiving blankets**
- ▶ **Provide community and media outreach on safe sleep in your community.**
- ▶ **Affiliate with or become a local Crib for Kids® partner and provide safe sleep alternatives to at-risk parents in your community, that are safety approved.**

Application



Cribs for Kids, Inc.®

Note that Cribs for Kids® reserves the right to refuse applications from hospitals, organizations, or separate entities that implement programs that are not in compliance with the most current recommendations of the American Academy of Pediatrics (AAP) or implement any alternatives that do not ensure a safe sleep environment for infants up to one (1) year of age.

The National Safe Sleep Hospital Certification Program Criteria for Designation

To be designated a *Certified Safe Sleep Hospital*, the hospital must:

1. Develop and maintain a Safe Sleep Policy (see **POLICY** on page 2);
2. Provide staff working on the units serving infants and children under the age of 1 with training on infant safe sleep (see **STAFF TRAINING** on page 3);
3. Provide infant safe sleep education to the parents of infants prior to discharge (see **PARENT EDUCATION** on page 4);

To be designated a *Certified Safe Sleep Leader*, in addition to the above criteria, the hospital must:

1. **AUDIT** – Record your progress and report your successes with the use of our Audit Tool Kit page 5. (See PDSA Cycle worksheet on Safe Sleep Academy Tool Kit).
2. Make use of wearable blankets in the Well-Baby Nursery and Neonatal Intensive Care Unit, as applicable. (see **WEARABLE BLANKET PROGRAM** on page 6);

To be designated a *Certified Safe Sleep Champion*, in addition to the above criteria, the hospital must:

1. Conduct outreach activities related to infant safe sleep (see **COMMUNITY OUTREACH** on page 8);
2. Affiliate with or become a Cribs for Kids® Partner (see **CRIBS FOR KIDS®** on page 9).

The following expands on the requirements to be designated a *Certified Safe Sleep Hospital, Leader or Champion*. Each page contains three sections:

1. **Criteria.** To achieve a designation, you must meet – or exceed – each criterion.
2. **Documentation.** Please make the documentation available to Cribs for Kids® upon request.
3. **Resource.** Multiple resources have been provided, to facilitate the process of achieving a designation.



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Safe Sleep Hospital Certification Application Form

Select the designation the hospital is applying for:	<input type="checkbox"/> Certified Safe Sleep Hospital
	<input type="checkbox"/> Certified Safe Sleep Leader
	<input type="checkbox"/> Certified Safe Sleep Champion

Name of Hospital:	
Hospital Unit:	
Contact Person:	
Title:	
Street Address 1:	
Street Address 2:	
City, State, and Zip Code:	
Phone Number:	
Fax Number:	
E-Mail Address:	
Select all of the units serving infants and children under the age of 1:	<input type="checkbox"/> General Pediatrics
	<input type="checkbox"/> Neonatal Intensive Care Unit (NICU)
	<input type="checkbox"/> OB/Mother and Baby
	<input type="checkbox"/> Well-Baby Nursery
	<input type="checkbox"/> Other: _____

Please list two staff members who will lead the hospital's infant safe sleep effort. At least one person listed must be a physician, nurse manager, or nurse educator.

Name:	
Title:	
Phone:	
E-Mail Address:	

Name:	
Title:	
Phone:	
E-Mail Address:	

Training Materials

- ▶ Safe Sleep Policy
- ▶ Infant Sleep Safety Education Module for Nurses (PowerPoint Presentation)
- ▶ Safe Sleep Flipchart
- ▶ Audit tool forms and PDSA
- ▶ Materials to download or purchase
- ▶ NICU Certificates and Educational Certificates

CAN WE PREVENT INFANT SLEEP-RELATED DEATHS?

What you need to know now

A Nursing Competency



Flipchart

Safe Sleep For Your Baby



Preventing Suffocation and Reducing the Risk of
Sleep-Related Infant Death

PDSA Worksheet for Testing Change



Aim: (overall goal you wish to achieve)

Every goal will require multiple smaller tests of change

Describe your first (or next) test of change:	Person responsible	When to be done	Where to be done

Plan

List the tasks needed to set up this test of change	Person responsible	When to be done	Where to be done

Predict what will happen when the test is carried out	Measures to determine if prediction succeeds

Do

Describe what actually happened when you ran the test

Study

Describe the measured results and how they compared to the predictions

Act

Describe what modifications to the plan will be made for the next cycle from what you learned

NICU Safe Sleep Certificate

Hip, Hip, Hooray!

(Baby's Name)

Graduated to Safe Sleep Today!

(Hospital)
NICU



Awesome Job!

(Date)



Parent Certificate

Safe Sleep Certificate

Congratulations! You've learned
how to keep

(Baby's Name)

sleeping safely!

(Date)

(Hospital)



Door Hangers (English and Spanish)

Safe Sleep for your Baby
(Avoid hanging this within baby's reach)



8 Steps for Safe Sleep

-  **1** Always place your baby to sleep on his back.
-  **2** Never dress your baby too warmly for sleep; keep room temperature comfortable for an adult.
-  **3** Dress your baby in a wearable blanket instead of loose blankets.
-  **4** Do not bed share. Place your baby's crib near your bed.
-  **5** Remove all soft bedding, bumpers and toys from your baby's sleep area. Use only a tight fitted sheet.
-  **6** Breastfeed if possible. Offer a pacifier when putting baby to sleep. If breastfeeding, offer a pacifier after 1 month.
-  **7** Visit your baby's pediatrician regularly and stay up-to-date on your baby's immunizations.
-  **8** Don't smoke around your baby.

For more Safe Sleep visit www.cribsforkids.org

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(Avoid hanging this within baby's reach)



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Posters (8 1/2 x 11)



8 Steps for Safe Sleep

1 Always place your baby to sleep on his back.

2 Never dress your baby too warmly for sleep; keep room temperature comfortable for an adult.

3 Dress your baby in a wearable blanket instead of loose blankets.

4 Do not bed share. Place your baby's crib near your bed.

5 Remove all soft bedding, bumpers and toys from your baby's sleep area. Use only a tight fitted sheet.

6 Offer a pacifier when putting baby to sleep. If breastfeeding, offer a pacifier after 1 month.

7 Visit your baby's pediatrician regularly and stay up-to-date on your baby's immunizations.

8 Don't smoke around your baby.

Cribs for Kids
Holding every baby sleep safer

For more Safe Sleep visit www.cribsforkids.org

Posters (11 x 17)

English & Spanish

8 Steps for Safe Sleep 8 Pasos Para un Sueño Seguro



- 1** Always place your baby to sleep on his back.
 **1** Siempre coloque al bebé boca arriba para dormir.
- 2** Never dress your baby too warmly for sleep; keep room temperature comfortable for an adult.
 **2** Nunca vista al bebé con ropa demasiado abrigadora para dormir; mantenga la temperatura de la habitación a un nivel cómodo para un adulto.
- 3** Dress your baby in a wearable blanket instead of loose blankets.
 **3** Use una cobija tipo saco para dormir en lugar de usar cobijas sueltas.
- 4** Do not bed share. Place your baby's crib near your bed.
 **4** No duerma en la misma cama que el bebé. Ponga la cuna del bebé cerca de su cama.
- 5** Remove all soft bedding, bumpers and toys from your baby's sleep area. Use only a tight fitted sheet.
 **5** Retire toda la ropa de cama suave, los protectores y los juguetes del área donde duerme su bebé. Use únicamente una sábana de cajón que ajuste bien.
- 6** Offer a pacifier when putting baby to sleep. If breastfeeding, offer a pacifier after 1 month.
 **6** Al acostar al bebé, ofrézcale un chupón. Si está lactando, ofrézcale un chupón al bebé después de un mes.
- 7** Visit your baby's pediatrician regularly and stay up-to-date on your baby's immunizations.
 **7** Visite al pediatra de su bebé periódicamente y manténgase al corriente con las vacunas del bebé.
- 8** Don't smoke around your baby.
 **8** No fume cerca de su bebé.

For more Safe Sleep visit www.cribsforkids.org
Para un sueño más seguro, visite www.cribsforkids.org

We can help

Cribs for Kids® provides a robust suite of comprehensive support materials and tools to aid you in implementing this certification program in your hospital, including:

- ▶ sample policy statements,
- ▶ training materials,
- ▶ posters, certificates, brochures,
- ▶ a marketing kit and more.
- ▶ Visit www.cribsforkids.org for more information.