Infant Safe Sleep Hospital Certification Initiative
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 Cribs for Kids® partner and provide safe sleep alternatives to at-risk parents in your community, that are safety approved.
Application

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, if 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.
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

 Cribs for Kids®
Helping every baby sleep safer

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*

<table>
<thead>
<tr>
<th>Describe your first (or next) test of change:</th>
<th>Person responsible</th>
<th>When to be done</th>
<th>Where to be done</th>
</tr>
</thead>
</table>

**Plan**

<table>
<thead>
<tr>
<th>List the tasks needed to set up this test of change</th>
<th>Person responsible</th>
<th>When to be done</th>
<th>Where to be done</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Predict what will happen when the test is carried out</th>
<th>Measures to determine if prediction succeeds</th>
</tr>
</thead>
</table>

**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

Institute for Healthcare Improvement
NICU Safe Sleep Certificate

Hip, Hip, Hooray!

(Baby’s Name)
Graduated to Safe Sleep Today!

(Hospital)
NICU

(Date)

Awesome Job!
Safe Sleep Certificate

Congratulations! You’ve learned how to keep

__________________________
(Baby’s Name)

sleeping safely!

__________________________
(Date)

__________________________
(Hospital)
Door Hangers
(English and Spanish)

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.cribsoforkids.org
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 toyes 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 3 months.
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
8 Steps for Safe Sleep
8 Pasos Para un Sueño Seguro

1. Always place your baby to sleep on his back.
   Siempre coloque al bebé boca arriba para dormir.

2. Never dress your baby too warmly; keep room temperature comfortable for an adult.
   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.
   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.
   No duerma en la misma cama que al 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.
   Retire toda la ropa de cama suave, los protectores y los juguetes del área donde duerme su bebé. Use únicamente una sábana de cama ajustada.

6. Offer a pacifier when putting baby to sleep. If breastfeeding, offer a pacifier after 1 month.
   Ofrezca un chupón al acostar al bebé. Si está lactando, ofrezca 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.
   Visite al pediatra de su bebé periódicamente y manténgase al corriente con las vacunas del bebé.

8. Don’t smoke around your baby.
   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.