



Infant Safe Sleep Toolkit

Incorporating Infant Safe Sleep Practices into
Michigan's American Indian Communities



For Tribal Leaders



Acknowledgments

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These children will never be forgotten.

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Preface: Scope of the Problem

Every 2 ½ days in Michigan, an infant dies from accidental suffocation, entrapment, or strangulation during sleep. Over 560 Michigan babies have died in the past-four years from sleep-related deaths. All of those tragic deaths were preventable.

Native Americans have the highest rate of infant death due to unsafe sleep. *In Michigan alone, we have lost enough Native babies to fill 3 Kindergarten classes.* Native families want what's best for their babies. However, there are many factors that make safe sleep complicated for Michigan families, including confusion about the safe sleep recommendations, conflicting messages from the past, media, and the false belief that **“It will never happen to me.”**

The following photographs each depict a real-life situation where a baby in Michigan was found dead due to unsafe sleep.

Michigan babies have died in these ways: trapped between an adult mattress and a dresser, covered entirely by soft blankets, wedged under an adult's shoulder, and stuck in a couch cushion.



Our ancestors knew that babies should sleep safely at all times. We should do everything we can to ensure that these teachings continue today to prevent more babies from dying in their sleep.

Introduction to the Infant Safe Sleep Toolkit

Purpose:

Infant Safe Sleep is critically important to the survival of Native American communities. Children are a sacred gift from the Creator and should be protected at every stage of life. Community members may be confused about safe sleep because of conflicting messages from the media, family members, and even stores that sell baby items. This toolkit was developed to educate tribal leaders about the importance of infant safe sleep with accurate and up-to-date information. The toolkit then provides action items for the promotion of infant safe sleep in tribal policy development, strategic planning, and community wide education.

Intended audience:

The Infant Safe Sleep Toolkit was developed for tribal leaders including Board/Tribal Council members, health care administrators, child care administrators, elders, and employers.

Key actions for tribal leaders:

- 1. Affirm the importance of infant safe sleep at the tribal leadership level.**
- 2. Integrate the infant safe sleep recommendations into tribal workplace policies, including ordinances for tribal child care, daycare, and pre-primary centers.**
- 3. Provide the support needed for tribal employees to safely care for their own children (e.g. breastfeeding breaks, provision of Pack N' Plays, commercial tobacco cessation, etc.).**
- 4. Provide support and funding to projects that promote culture and family health including infant safe sleep.**
- 5. Nurture relationships with multiple stakeholders including health care staff, culture-keepers, parents, and elders.**
- 6. Provide accurate, up-to-date education and resources to tribal employees who work with women, infants, and children.**



Infant Safe Sleep Recommendations

- Place baby on their back every time they go to sleep – even during the day, and even if you're visiting with friends or family.
- Back to sleep helps protect baby from re-breathing harmful carbon dioxide. Back to sleep will not cause choking if baby spits up. In fact, babies are more likely to choke while sleeping on their tummies.
- Put baby to sleep on a firm surface – car seats, swings, and other sitting devices are not safe for routine sleep.
- Keep baby's crib or portable sleep area completely clear from soft bedding and other objects like blankets, pillows, teddy bears, and bumper pads. Bumper pads aren't actually effective at preventing injury, and can increase the risk for suffocation, strangulation, or entrapment of baby.
- Don't overheat baby or cover their heads with blankets or too much clothing. Babies just need warm pajamas or a "wearable blankie" (sleep sack) to keep warm. Babies can overheat easily, even in the winter.
- Do not use wedges or positioning devices.
- Do not use home monitors or commercial devices marketed to reduce the risk of SIDS. Remember that just because something is sold in the store, doesn't mean there is any evidence that it protects babies.
- Baby should sleep in the same room as their parents, but never in the same bed.
- Offer a clean, dry pacifier at bedtime and naptime.

Sleep Time...



Infant Safe Sleep Recommendations Cont.

There are many ways to protect baby's sleep while they are actually awake!

- Babies who are breastfed are less likely to die during sleep, because breastmilk is the healthiest food for a baby.
- Do not smoke commercial tobacco during pregnancy, or after baby is born. Never smoke around baby. It is never too late to quit smoking for the health of everyone in the family.
- Vaccinate baby. Shots may hurt for a short period of time, but they protect baby from a number of serious and potentially life-threatening illnesses.
- Women should receive prenatal care as early as possible during their pregnancy.
- Prenatal care will help mom and baby be healthy all day and night.
- Baby should have "tummy time" every day. A responsible adult should supervise tummy time. This will help with baby's development physically, mentally, and socially. A bonus: tummy time helps prevent baby from getting a flat head.

These infant safe sleep recommendations should be followed from birth until baby is 12 months old.

The American Academy of Pediatrics developed this helpful list of recommendations for keeping baby safe during sleep and awake time. For more information including parenting resources, please visit the website aap.org or view the complete safe sleep guidelines at

<http://pediatrics.aappublications.org/content/early/2011/10/12/peds.2011-2284.full.pdf+html>

Awake Time...



Terms and Definitions

Many people – even professionals – are confused by the terms used in infant safe sleep education. In past years, SIDS (Sudden Infant Death Syndrome) was a term used to label the unexplained death of a baby who was probably healthy but seemed to die peacefully in their sleep. Some people referred to these types of deaths as “crib death.” This led people to believe that placing babies to sleep alone in a crib was dangerous. Some people believed that babies would not die if they were brought to bed with their parents instead. Other people believed that SIDS was not preventable because the word “syndrome” implies an inherent illness or condition that parents could do nothing about.

Because of new wisdom, we know now that **“crib death” is a myth**; many deaths that occurred in cribs were due to preventable causes such as suffocation, strangulation, or entrapment. Furthermore, we know that bringing baby to bed is also risky because of suffocation, strangulation, entrapment, and roll-over accidents. Today, we know that SIDS and “crib death” are not the same thing.

Infant deaths are now classified differently to help clarify messages for prevention.

SIDS still refers to the sudden death of an infant who was seemingly healthy but passed away during sleep. Many of these deaths have one or more unsafe sleep factors present, which is why some doctors will label these deaths not as SIDS but as *ASSB* (accidental suffocation, strangulation in bed). *ASSB* deaths are completely preventable by following the infant safe sleep recommendations.

Sometimes doctors do not know why a baby has passed away in their sleep. Sometimes, there are tiny, virtually undetectable phenomena within their bodies that doctors can't see. Other times, they don't have enough information to determine a cause of death. Those deaths will be defined as a *SUID* case (sudden, unexplained infant death).

No matter the definition or term used, one thing is for certain:

Safe sleep saves the lives of babies.



Key Action 1: Sample Tribal Resolutions



Sample Tribal Resolution: Infant Safe Sleep Policy Implementation

[Tribe] Letterhead
[Tribe] Tribal Council Resolution
TRIBAL RESOLUTION #

WHEREAS, the [Tribe] Tribal Council is the duly recognized governing body of the Tribe and is responsible for the health, safety, education and welfare of all community members;

WHEREAS, the leading cause of American Indian infant mortality in Michigan is sudden and unexpected infant death related to an unsafe sleep environment;

WHEREAS, approximately 30% of American Indian infants in Michigan are often placed to sleep in an unsafe sleep environment as suggested by the Native American Pregnancy Risk Assessment Monitoring System questionnaires of 2012;

WHEREAS, infant sleep related deaths are preventable when American Academy of Pediatrics Guidelines for Infant Safe Sleep are adhered to;

WHEREAS, the Inter-Tribal Council of Michigan's Healthy Start/Family Spirit Project, Maaajtaag Mnobmaadzid, **contracts with [Tribal Name] to provide services to infants and families** including accurate and consistent safe sleep education;

WHEREAS, **(Tribal Name) is committed to the primary goal of the Maaajtaag Mnobmaadzid Program which is to reduce infant mortality and improve the quality of life for Native American women of child bearing age and their families through intensive, culturally appropriate material and child health services;**

WHEREAS, all infants rely on the actions of others to keep them safe by addressing the aforementioned risk behaviors;

WHEREAS, an Infant Safe Sleep Policy would strengthen and promote infant safe sleep practices;

THEREFORE BE IT RESOLVED that the Tribal Council of [Tribal Name] recognizes the importance of infant safe sleep and will implement the Infant Safe Sleep Policy in all Tribal departments working with infants 12 months of age or younger;

BE IT FURTHER RESOLVED THAT, all Tribal departments working with infants 12 months of age or younger will adhere to the Infant Safe Sleep Policy and will promote infant safe sleep through the modeling of infant safe sleep practices, the displaying of a Safe Sleep poster in a prominent area, and through collaboration with Maaajtaag Mnobmaadzid staff in the provision of infant safe sleep promotion activities with parents.

Sample Tribal Resolution: Infant Safe Sleep Awareness Week

[Tribe] Letterhead
[Tribe] Tribal Council Resolution
TRIBAL RESOLUTION #

- WHEREAS, the [Tribe] Tribal Council is the duly recognized governing body of the Tribe and is responsible for the health, safety, education and welfare of all community members;
- WHEREAS, the leading cause of American Indian infant mortality in Michigan is sudden and unexpected infant death related to an unsafe sleep environment;
- WHEREAS, approximately 30% of American Indian infants in Michigan are often placed to sleep in an unsafe sleep environment as suggested by the Native American Pregnancy Risk Assessment Monitoring System questionnaires of 2012;
- WHEREAS, infant sleep related deaths are preventable when American Academy of Pediatrics Guidelines for Infant Safe Sleep are adhered to;
- WHEREAS, the Inter-Tribal Council of Michigan's Healthy Start/Family Spirit Project, Maaajtaag Mnobmaadzid, **contracts with [Tribal Name] to provide services to infants and families** including accurate and consistent safe sleep education;
- WHEREAS, **(Tribal Name) is committed to the primary goal of the Maaajtaag Mnobmaadzid Program which is to reduce infant mortality and improve the quality of life for Native American women of child bearing age and their families through intensive, culturally appropriate material and child health services;**
- WHEREAS, all infants rely on the actions of others to keep them safe by addressing the aforementioned risk behaviors;
- WHEREAS, an annual Safe Sleep Awareness Week in the month of September would be an opportunity for (Tribal Name) to focus on infant safe sleep within their community;

THEREFORE BE IT RESOLVED that the Tribal Council of [Tribal Name] recognizes the importance of infant safe sleep and will designate the (number) week of September as Infant Safe Sleep Awareness Week;

BE IT FURTHER RESOLVED THAT, all Tribal departments will participate in the Infant Safe Sleep Awareness Week by providing guests/patients/participants with a copy of an Infant Safe Sleep flyer or brochure, by displaying a Safe Sleep poster in a prominent area and by collaborating with Maaajtaag Mnobmaadzid staff to provide infant safe sleep promotion activities.

Key Action 2: Sample Tribal Policies



Sample Tribal Policy: Infant Safe Sleep for Tribal Departments

[Tribe] Letterhead

To be used in Tribal Departments who work with infants aged 12 months or younger, including but not limited to childcare facilities and Early Head Start.

TRIBAL COMMITMENT

[Tribal Entity] believes all families have a right to safe and healthy child care. We believe that child care providers and parents can work together to provide safe sleep environments for infants, thereby reducing the risk of sleep-related infant deaths.

[Tribal Entity] requires all Tribal departments – including but not limited to departments that care for infants aged 12 months or younger – to adhere to the guidelines in this Infant Safe Sleep policy. Additionally, Tribal staff that care for infants aged 12 months and younger will share the Infant Safe Sleep policy with parents/guardians and will also participate in infant safe sleep training.

SAFE SLEEP TRAINING

All child care staff, substitute staff, and volunteers who care for infants will receive training on Infant Safe Sleep practices and policies annually at minimum, and upon hire before being allowed to care for infants. Documentation that staff, substitute staff, and volunteers have read and understand these policies will be kept in each individual's file. Before being allowed to care for infants, all staff, substitute staff, and volunteers will receive training on first aid for unresponsive infants including instructions for addressing staff questions, concerns, and requests for assistance.

SAFE SLEEP GUIDELINES /PRACTICES

- “Infants” will refer to children aged zero months to twelve months.
- Infants will be placed flat on their backs every time they are placed to sleep, unless there is an up-to-date sleep position waiver signed by a medical provider (Physician or Nurse Practitioner). This facility does not accept alternate sleep position requests from parents. In the case of a medical waiver, a waiver notice will be posted on the infant's crib without identifying medical information. The full waiver will be kept in the infant's file.
- Infants will not be placed on their side for sleep.
- Infants will not be placed to sleep with wedges, positioners, or similar devices because these devices are not proven to reduce the risk of sudden unexplained infant death.
- When infants can easily turn over from their back to their stomach, they will be placed to sleep on their backs and will be allowed to adopt the sleep position they prefer in accordance with the American Academy of Pediatrics recommendations.
- Staff will reduce the risk of overheating by not over-dressing or over-wrapping infants before and during sleep.

SAFE SLEEP ENVIRONMENT

- The childcare staff will use Consumer Product Safety Commission guidelines for safety-approved cribs and firm mattresses. (Crib slats will be less than 2 3/8" apart, playpen weave will be less than 1/4", etc.)
- Consumer Product Safety Commission safety-approved cradles and bassinets may be used for sleeping if the infant meets the weight and height requirements.
- Infants will not be placed to sleep on any standard bed, waterbeds, couches, air mattresses, or on other soft surfaces.
- A tight fitting sheet will be used on safety-approved cribs.
- Infants' heads and infant cribs will not be covered with blankets or bedding. Sleep clothing, such as sleepers, sleep sacks, and wearable blankets, may be used as alternatives to blankets.
- No loose bedding, pillows, bumper pads, etc. will be used in cribs. Toys and stuffed animals will be removed from the crib when the infant is sleeping.
- The temperature in the room where the infant(s) sleep will be kept between 65-75°F and monitored by a thermometer kept in the infant sleeping room.
- Pacifiers will be allowed in infants' cribs while they sleep. When the pacifier falls out of the sleeping infant's mouth, it will not be reinserted.
- Bibs and pacifiers will not be tied around an infant's neck or clipped on to an infant's clothing during sleep.
- Each infant will sleep in his or her own crib. Only one infant will be placed to sleep in each crib. Siblings, including twins and triplets, will be placed in separate cribs.
- Infants will spend limited time in car seats, swings, and bouncer/infant seats when they are awake. These devices will not be used for sleep.
- Smoking is not permitted in the infant room or on the premises.

SUPERVISION

- When infants are in their cribs, they will be within sight and hearing of staff at all times. Sleeping infants will be visually checked every 15-20 minutes by assigned staff. Staff will be especially alert to monitoring a sleeping infant during the infant's first four weeks of care.
- While visually checking a sleeping infant, staff will look for normal skin color, normal breathing patterns, and signs of overheating including flushed skin color, increased body temperature (hot to the touch), and restlessness. Staff will follow the standard instructions for addressing any concerns that may arise.
- When an infant is awake, they will have daily supervised "tummy time" for exercise and play. This will help strengthen their muscles and promote healthy development.

Sample Tribal Policy: Infant Safe Sleep for Childcare Providers

[Tribe] Letterhead

To be used in all tribal childcare departments that care for infants aged 12 months and younger.

TRIBAL COMMITMENT

[Tribal Entity] believes all families have a right to safe and healthy child care. We believe that child care providers and parents can work together to provide safe sleep environments for infants, thereby reducing the risk of sleep-related infant deaths.

[Tribal Entity] requires all Tribal departments – including but not limited to departments that care for infants aged 12 months or younger – to adhere to the guidelines in this Infant Safe Sleep policy. Additionally, Tribal staff that care for infants aged 12 months and younger will share the Infant Safe Sleep policy with parents/guardians and will also participate in infant safe sleep training for childcare providers sponsored by the State of Michigan.

SAFE SLEEP TRAINING

All child care staff, substitute staff, and volunteers who care for infants will receive training on Infant Safe Sleep practices and policies annually at minimum, and upon hire before being allowed to care for infants. Documentation that staff, substitute staff, and volunteers have read and understand these policies will be kept in each individual's file. Before being allowed to care for infants, all staff, substitute staff, and volunteers will receive training on first aid for unresponsive infants including instructions for addressing staff questions, concerns, and requests for assistance.

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- “Infants” will refer to children aged zero to twelve months.
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- Infants will not be placed on their side for sleep.
- Infants will not be placed to sleep with wedges, positioners, or similar devices because these devices are not proven to reduce the risk of sudden unexplained infant death.
- When infants can easily turn over from their back to their stomach, they will be placed to sleep on their backs and will be allowed to adopt the sleep position they prefer in accordance with the American Academy of Pediatrics recommendations.
- Staff will reduce the risk of overheating by not over-dressing or over-wrapping infants before and during sleep.

SAFE SLEEP ENVIRONMENT

- The childcare staff will use Consumer Product Safety Commission guidelines for safety-approved cribs and firm mattresses. (Crib slats will be less than 2 3/8" apart, playpen weave will be less than 1/4", etc.)
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- Infants' heads and infant cribs will not be covered with blankets or bedding. Sleep clothing, such as sleepers, sleep sacks, and wearable blankets, may be used as alternatives to blankets.
- No loose bedding, pillows, bumper pads, etc. will be used in cribs. Toys and stuffed animals will be removed from the crib when the infant is sleeping.
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- Bibs and pacifiers will not be tied around an infant's neck or clipped on to an infant's clothing during sleep.
- Each infant will sleep in his or her own crib. Only one infant will be placed to sleep in each crib. Siblings, including twins and triplets, will be placed in separate cribs.
- Infants will spend limited time in car seats, swings, and bouncer/infant seats when they are awake. These devices will not be used for sleep.
- Smoking is not permitted in the infant room or on the premises.

SUPERVISION

- When infants are in their cribs, they will be within sight and hearing of staff at all times. Sleeping infants will be visually checked every 15-20 minutes by assigned staff. Staff will be especially alert to monitoring a sleeping infant during the infant's first four weeks of care.
- While visually checking a sleeping infant, staff will look for normal skin color, normal breathing patterns, and signs of overheating including flushed skin color, increased body temperature (hot to the touch), and restlessness. Staff will follow the standard instructions for addressing any concerns that may arise.
- When an infant is awake, they will have daily supervised "tummy time" for exercise and play. This will help strengthen their muscles and promote healthy development.

Key Action 3: Worksite Wellness



Ideas for Worksite Wellness Promotion and Policies

Tribal leaders and employers can provide the supports needed for tribal employees to safely care for their own children. By prioritizing breastfeeding, safe sleep, and commercial tobacco cessation, you will be helping save the lives of babies and increase the health of the entire community.

Promote Breastfeeding:

- Breastfeeding prevents SIDS and keeps babies safer while they sleep.
- Make all tribal workplaces and public gathering places more breastfeeding friendly.
- Read about breastfeeding policy implementation and see sample tribal policies here:
<http://www.itcmi.org/wp-content/uploads/2013/05/Breastfeeding-Toolkit-for-the-American-Indian-Worksite.pdf>

Provide Pack N' Plays or portable cribs:

- Some parents may not be able to access or afford a safe crib or portable crib for their baby.
- Tribal employers can offer free or low-cost Pack N' Plays or portable cribs for their employees as part of the benefits, prizes, or incentives offered to employees.
- To find low-cost cribs, check out your local Walmart, Target, Amazon.com, or cribsforkids.org.
- Ask your local Healthy Start/Family Spirit or Maternal Child Health Nurse for infant safe sleep materials and instructions on safe use of portable cribs.

Promote Commercial Tobacco Cessation:

- Cigarette smoking is a proven risk factor for infant death.
- Most smokers want to quit but don't know how, or they need extra help.
- Offer flexible time for tribal employees to meet with your local cessation counselor or call the American Indian Commercial Tobacco Program to receive free support to quit smoking.
- The American Indian Commercial Tobacco Program is available for tribal members of all ages and tribal nations, including pregnant women. Call this free quitline service at **1-855-372-0037** to connect with a specially trained Native coach.



Key Action 4: Ideas for Infant Safe Sleep Promotion



Ideas for Infant Safe Sleep Promotion

Parent Outreach:

- Set up a safe sleep display at your tribal library during Safe Sleep Awareness Week.
- Host a Super DADS class (Dads Against Dangerous Sleep) during Father's Day Celebration.
- Provide Infant Safe Sleep education to local parenting and breastfeeding support groups.
- Provide free or low-cost Pack N' Plays and wearable blankets (also called "Sleep Sacks") to parents in need.
- Use social media, radio advertisements, and tribal newsletters to send Infant Safe Sleep PSAs to the community.

Tribal Employee Outreach:

- Host Infant Safe Sleep trainings for childcare, youth outreach, community health, home visiting, and clinical staff.

Elder Outreach:

- Host cultural gatherings where elders give teachings on pregnancy, parenting, cradleboards, and moss bags.
- Use Healthy Native Babies curriculum to educate elders, adults, and youth on Infant Safe Sleep, or curriculum found here:
https://www.nichd.nih.gov/publications/Pages/pubs_details.aspx?pubs_id=5733



Parent Resource: Important Questions to Ask Your Childcare Providers About Infant Safe Sleep

Every parent wants to be assured that their baby is safe and healthy while in the care of a childcare provider. When meeting with potential childcare providers, and before placing your baby in their care, ask these questions. It is okay to seek clarification for your own assurance.

1. Are you a licensed childcare provider through the State of Michigan or tribe?
2. What is your educational and training background?
3. Who else may be caring for my baby at this facility? What is their role in caring for my baby? What are their qualifications and experience?
4. What specific training have you and your staff had related to early childhood development?
5. Do you and all your staff have up-to-date certification in First Aid and Infant/Pediatric CPR?
6. Our family adheres to the American Academy of Pediatrics Safe Sleep Guidelines for infant safe sleep and SIDS prevention. What do you and your staff know about the American Academy of Pediatrics Safe Sleep Guidelines?
7. What kind of training have you had related to infant safe sleep?
8. Can I see where my baby will be sleeping? I want to be assured that my baby will never be placed to sleep in a swing, car seat, other sitting device, couch, futon, or adult bed.
9. Can I see how my baby will be placed to sleep? I want to be assured that my baby will always be placed to sleep on their back in their own crib, with their head uncovered and without any blankets, pillows, teddy bears, or bumper pads.
10. Will my baby be supervised at all times, including during sleep times?
11. I want to be assured that my baby will not be exposed to second-hand smoke. Do you or your staff smoke while on break? Is this facility/house smoke-free?
12. Have you, your staff, and all persons living, working, and volunteering in this facility passed a criminal background check?
13. I'd like some referrals from previous and/or current clients of yours.
14. I will be doing an open records request with the State of Michigan. Has there ever been an incident in this facility that involved your children or children under your care?

Other questions, requests, or concerns:

Michigan Department of Health and Human Services Department of Childcare Licensing offers open records requests for consumers to access credentials, background information, and any past violations or license suspensions of childcare providers. For more information, search: http://michigan.gov/lara/0,4601,7-154-63294_5529---,00.html

Key Action 5: Nurture Relationships





Infant Safe Sleep is everybody's business.



Tribal leaders can promote infant safe sleep by nurturing relationships between multiple stakeholders. We all have an important role to play in protecting the lives of babies. When planning infant safe sleep policies, activities, and campaigns, assure that multiple stakeholders are involved from start to finish. Key stakeholders include: Home Visiting staff, Childcare providers, health care staff, parents, elders, and culture-keepers/teachers.

Key Action 6: Provide Education and Resources to Tribal Employees



Education and Resources

Getting Safe Infant Sleep Messages into Native Communities

<http://www.nichd.nih.gov/news/resources/spotlight/Pages/091313-HNBP.aspx>

Educational Resources

Professional Resources

Healthy Native Babies

Workbook and Toolkit

https://www.nichd.nih.gov/publications/pubs/documents/healthy_native_babies_workbook.pdf

Safe Sleep Education Websites

Children's Safety Network

<http://www.childrensafetynetwork.org/injury-topics/safe-sleep>

Cribs For Kids

Helping Every Baby Sleep Safer

<http://www.cribsforkids.org/>

DOSE- Direct On Scene Education

Information and resources for first responders on how to identify and remove hazards from an infant's sleep space while on scene during emergency and non-emergency 911 calls.

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(517) 335-1825

First Candle/SIDS Alliance

www.firstcandle.org

Michigan Department of Health and Human Services

www.michigan.gov/safesleep

Safe to Sleep Campaign

www.nichd.nih.gov/SIDS

<http://safetosleep.nichd.nih.gov>

MDHHS Clearinghouse

Free Infant Safe Sleep Information and Materials

<http://www.healthymichigan.com/>

Education and Resources Cont.

Infant Safe Sleep for Child Care Providers Online Training

On-line Infant Safe Sleep Training (continuing education credits offered)

www.learning.mihealth.org

<https://courses.mihealth.org/PUBLIC/cm710/home.html>

At the login screen, enter your User ID and password and click Go. First time users will need to click the Create New User button and complete the Create New User pop-up. Once logged in, locate the "Infant Safe Sleep for Child Care Providers" course (Catalog ID: I0200) and click the Launch Course icon to the left of the course name.

The Inter-Tribal Council of Michigan Healthy Start program offers on-site safe sleep trainings for health care providers, head start staff, child care providers, students, youth babysitters, parents and community members along with free educational materials and information on free/low-cost cribs.

<http://www.itcmi.org/>

(906) 632-6896

2956 Ashmun Street

Sault Ste. Marie, MI 49783

Media Guide

PSA

Keep Your Baby Sleeping Safely (Public Service Announcement - Radio) available by hard-copy or digital file. Contact the Inter-Tribal Council of Michigan Department of Maternal, Infant, and Early Childhood Services at (906) 632-6896.

Videos

Rethink your Position

<http://www.youtube.com/watch?v=PFJpwwSypSU>

Shelby's Not Breathing

<http://www.youtube.com/watch?v=7KQDwpblmtU>

Baltimore Safe Sleep PSA

<http://www.youtube.com/watch?v=yBBiG6e4xRw>

Safe Sleep: What Every Parent Needs to Know with Introduction by Sue Snyder First Lady of Michigan

<https://www.youtube.com/watch?v=8VznZeCf2h8>

Safe Sleep for Babies

U.S. Consumer Product Safety Commission

https://www.youtube.com/watch?v=VNekf5P9_Yg

References

Reference Articles

American Indian Infant Mortality Rates, Michigan Department of Health and Human Services Division of Vital Records, 1994-2004

Bed sharing when parents do not smoke: is there a risk of SIDS? An individual level analysis of five major case-control studies

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