**Frequently Asked Questions about infant safe sleep**

*Complete the worksheet with the workshop facilitators.*

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| **Can we use a pacifier with our baby while she’s sleeping?** |
| **Is it safe to swaddle our baby?** |
| **My baby cries a lot and we get frustrated. How can we get him to stop crying?** |
| **The doctor said our baby has acid-reflux. Should we still follow the safe sleep guidelines?** |
| **Our baby is 8 months old and can roll over in his sleep. What should I do?** |
| **My grandma made a quilt for our baby. We don’t want to disrespect her, but we want our baby to be safe to sleep. What can we do?** |
| **Where can we get a crib?**  |

**Myth Busters**

*Complete the worksheet with the workshop facilitators.*

|  |  |
| --- | --- |
| **MYTH** | **DEBWE/TRUTH** |
| **My baby is healthy and doesn’t need to sleep on his back.** |  |
| **Babies can choke on their spit-up if they sleep on their back.**  |  |
| **I’m breastfeeding so my baby is safe sleeping with me.**  |  |
| **Babies need blankets and soft things to keep them comfortable.**  |  |
| **All my children went to sleep on their tummies, and they survived. So my grandkids don’t need to sleep on their backs.**  |  |

**Make it Safer**

*Complete the worksheet with your own answers.*

**Situation 1**



|  |  |
| --- | --- |
| **What’s unsafe about this situation?** | **How could you make it safer?**  |

**Situation 2**

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| --- | --- |
| **What’s unsafe about this situation?** | **How could you make it safer?**  |

**Situation 3**

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|  |  |
| --- | --- |
| **What’s unsafe about this situation?** | **How could you make it safer?**  |