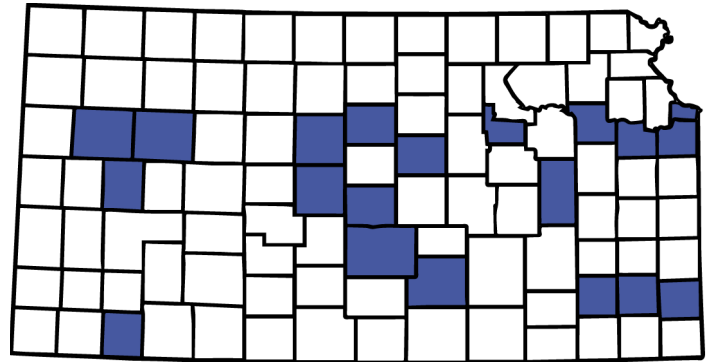


Safe Sleep Training & Outreach

In November 2016, the KIDS Network and its collaborators held a Safe Sleep Instructor (SSI) training event. The latest cohort of safe sleep trainers are 35 healthcare providers, home visitors, childcare providers, and caregivers from across the state with a passion for safe sleep education. Of those attending this year's training, 24 were new instructors.

Locations of new and existing SSIs



24 Trainings Presented by SSIs

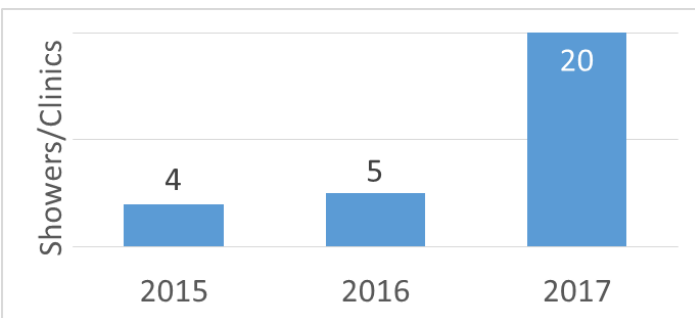
459 Professionals Trained

(e.g. Clinicians, childcare providers, health department employees, first responders)

83 Caregivers Trained

Trained

Community Baby Showers & Crib Clinics



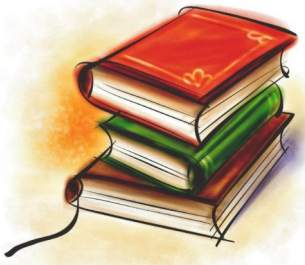
Leveraging the resources of the statewide SSIs, the KIDS Network was able to conduct 20 community baby showers and crib clinics this year, a vast increase over past years. Several counties had their first community baby showers this year.

841

mothers were provided education and resources at showers/clinics.

The KIDS Network was able to assist many safe sleep instructors to secure local funding for cribs to distribute to shower participants.





Education

- Through baby showers and individual trainings, the KIDS Network and SSIs provided education, with assessment, to 459 professionals and 924 caregivers.
- Professionals (first-responders, child care providers, health care providers) showed significant improvement in knowledge of risk factors for SIDS and strategies to mitigate risk of sleep-related death.
- Caregivers showed significant improvements surrounding ability to recognize ABCs of safe sleep and intentions to share information surrounding safe sleep.

This year, the KIDS Network began evaluating smoking and breastfeeding interventions during community baby showers. Following the showers:



- Participants were significantly more likely to identify at least 3 ways to avoid 2nd hand smoke for their infant.

- More than twice as many participants knew at least 3 local smoking cessation resources.
- Of 48 smokers who initially had no intention to quit, 6 reported readiness to quit.



- Confidence and likelihood to breastfeed for 6 months or more increased significantly.

- There was a 50% increase in the number of participants with knowledge of at least 3 local breastfeeding resources.

Publications

Ahlers-Schmidt CR, Schunn C, Kuhlmann S, Kuhlmann Z, Engel M. Developing a state-wide infrastructure for safe sleep promotion. *Sleep Health: Journal of the National Sleep Foundation*. 2017 Aug; 3(4): 296-9.

Brown KK, Lewis RK, Baumgartner E, Schunn C, LoCurto J. Exploring the Experience of Life Stress Among Black Women with a History of Fetal or Infant Death: a Phenomenological Study. *Journal of racial and ethnic health disparities*. 2017 Jun;4(3):484-96.

Kuhlmann Z, Kuhlmann S, Schunn C, Klug BF, Greaves T, Foster M, Ahlers-Schmidt CR. Collaborating with obstetrical providers to promote infant safe sleep guidelines. *Sleep health*. 2016 Sep;2(3):219-24.

