



# Give Your Baby Space

A Presentation on Safe Sleep **NOTES**

# Things to Know

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This presentation is designed to inform the audience about safe sleep practices. You might notice that the “presenter” side of this has very few bullets/direction. This presentation should be “yours” and rather than get caught up with following a script, trust your knowledge and use this a guide to give a presentation you are proud of.

- The purpose of this flip chart is to be clear and concise while remaining efficient. The whole presentation should be around 10 minutes.
- You will notice there are two sides to the flip chart, the **AUDIENCE SIDE** and the **PRESENTER SIDE**.
- If you only have a short time with your audience, use page 1, 3, do the demo, and end on page 7 with resources. You can highlight the information from the rest of the slides during the demonstration.
- The **AUDIENCE** side is what the audience sees; the **PRESENTER SIDE** is designed to help guide the demonstration with key points and reminders. There is also a shot of what the audience sees for extra assistance.
- On the presenter side, there are two parts.
  - First, “**NOTES,**” are in **red**. The purpose of the notes is to give the presenter background/extra tips. **None of the notes need to be vocalized to the audience.**
  - Second, all other text highlights which points to make sure to include during the presentation. This information is very important for the audience to learn!

## Presenter Slide: GYBS Presentation

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# Give Your Baby Space

## A Presentation on Safe Sleep

*What the AUDIENCE sees*

- Introduce yourself, and give a brief overview what “safe sleep” means
- Babies need a safe space to sleep to reduce their risk of dying from SIDS and suffocation
- We’re going to talk today about ways to protect babies while they sleep and lower the risk of sleep-related death

# WHY is a Safe Sleep Environment important?

## WHY is a Safe Sleep Environment Important?

In Louisiana, about 100 babies die each year in their sleeping area due to:

- Accidental suffocation
- SIDS

Many of these deaths are preventable!



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- About 100 babies die in Louisiana each year suddenly and unexpectedly in their sleeping environment (if you have local data, you may share it)
- Suffocation is one of the leading causes of these deaths
- Safe sleep practices help reduce the risk of both suffocation and SIDS

*What the AUDIENCE sees*

**NOTES:** This should be informative but do not make it scary. Also make sure parents are not feeling guilty or ashamed if their baby has slept unsafely in the past.

1

# Myth Busters

## Myth Busters

**Tell me...**

What have you heard or learned in the past about how a baby should sleep?



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(ask the audience) What are some common things you hear about bed time for your baby?

- In what position should baby sleep in (on back, on stomach, etc.)?
- Where should baby sleep?
- What should be in the crib/ Pack 'n Play with baby?

*What the AUDIENCE sees*

**NOTES:** Ideally this would be a time that people discuss myths they have heard. You will discuss these topics over the next 3 slides, so just listen to what people say here. If they share safe practices, congratulate them, and if it is not a best practice, let them know you'll talk about that in a minute.

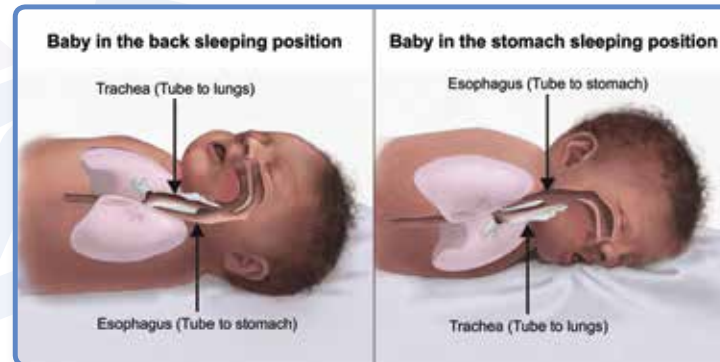
2

# What's the safest way for my baby to sleep?

## What's the safest way for my baby to sleep?

### On baby's BACK

- Mouth and nose are not blocked
- Able to breathe fresh air



### Concern: "I'm scared my baby will spit up and choke if she sleeps on her back!"

- **Actually, the opposite is true.**
- The wind pipe is on top of the food pipe so if baby is on her back, gravity keeps her from choking if she spits up
- If baby is face-down or on the side, spit up can pool, and she may breathe it in and choke

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*What the AUDIENCE sees*

- Babies should always sleep on their backs, not their tummies or sides - EVERY time they sleep: naptime and bedtime.
- Study findings suggest that an infant who sleeps on her stomach gets less oxygen or is less able to get rid of carbon dioxide because she is "rebreathing" the air from a small pocket of bedding pulled up around the nose.
- Back sleeping does not increase the risk of choking.
  - Babies may be better able to clear fluids when they are on their backs, possibly because of where the breathing tube is compared to the tube to the stomach. (refer to the picture).
  - In the back sleeping position, the breathing tube lies on top of the tube to the stomach. Anything spit up or refluxed from the tube to the stomach actually must work against gravity to get into the breathing tube.
  - In the stomach sleeping position, anything spit up or refluxed will pool at the opening of the breathing tube, making it easier for the baby to breathe it in or choke.

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# WHERE should my baby sleep?

## WHERE should my baby sleep?

- In a crib, bassinet or Pack 'n Play, with a FIRM, flat mattress
- Share a room with your baby if you can
- Baby is safest when sleeping alone and not when sharing a sleep surface with another adult, child, or pet
- Avoid car seats, swings, or other furniture
- Keep baby's sleep space free of blankets, pillows and toys, and away from curtains and blinds



*Alone doesn't mean lonely!*

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*What the AUDIENCE sees*

**NOTES:** This is a good opportunity to point out "good things" in the image.

- Babies should sleep in an empty, safety-approved crib or bassinet with a firm mattress and tightly fitted sheet, or a Pack 'n Play with a firm base.
- Babies should sleep where their caregiver can see and hear them. Share a room with your baby if you can.
- About co-sleeping, you may feel like you can hear your baby sleep if they sleep in bed with you - but you can both sleep better if you aren't worried about rolling over or accidentally harming your baby. If you think you may fall asleep during a breastfeeding session, make sure your bed is as safe as possible by clearing away any pillows or blankets and keeping baby on her back.
- Never place a baby to sleep on a couch, sofa, or recliner.
- Car seats, swings and sitting devices are not made for routine, extended sleep as the baby's face could fall forward and constrict their air way. A sleeping baby shouldn't be left in them for too long.
- Don't put pillows, stuffed animals, bumpers or blankets in with baby.
- Keep the crib or Pack 'n Play away from cords, curtains, or drapes - babies can get tangled in these and choke.

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# What else can I do to help keep baby safe?

## What else can I do to help keep my baby safe?

- Breastfeed your baby if possible
- Keep the home smoke-free
- Avoid overheating
- Dress baby in loose but fitted clothing, such as a sleep sack, footed pajamas, or onesie
- Baby can sleep with a pacifier



*Babies can't push things away from their faces!*

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*What the AUDIENCE sees*

**NOTES:** You can tell your audience **where** to find sleep sacks – ask at the hospital and any retailer that sells baby goods.

**\*This is a good time to ask if they have any questions, or clarify any confusion**

- Babies can lay or cuddle with you to breastfeed and bond. When it's time for them to fall asleep, or if you get drowsy, return them to their OWN sleep space.
- Babies should sleep in smoke-free homes, both where they live and where they visit. If you can, make it a rule that your home is smoke-free.
- Babies shouldn't overheat. Keep room temperature at what would be comfortable for a lightly dressed adult.
- Under most conditions, a baby can sleep comfortably in a onesie. If it gets cold out, just dress them in an infant sleep sack.
- Once breastfeeding is established, you may want to give baby a pacifier to sleep with. It's totally safe.

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# Which is the safer sleep space? Demo Time!

NOTE: If you have a Pack 'n Play and a doll for a demonstration, do a demo with the audience. Set up the Pack 'n Play with some unsafe items like baby on tummy, stuffed animals, blanket, etc. and ask audience to make it safe. If you do not have a Pack 'n Play with a doll, you can use these photos with the following discussion.

## Which is the safer sleep space? Demo Time!



vs



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*What the AUDIENCE sees*

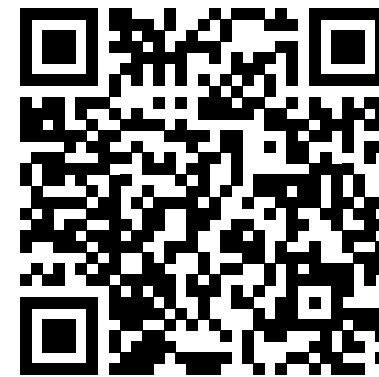
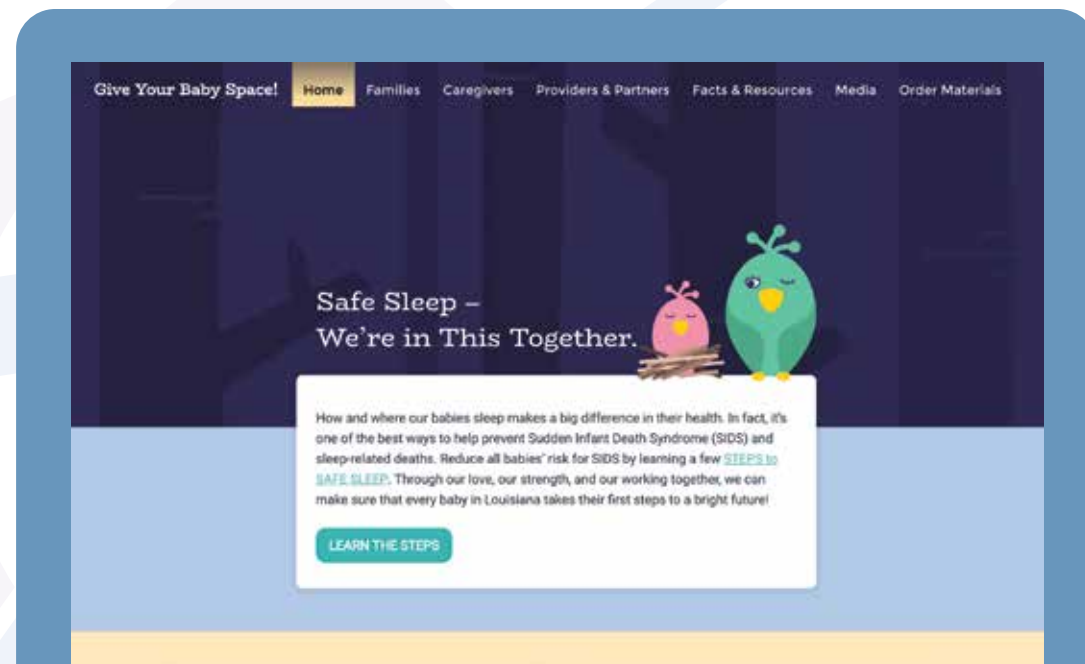
- What needs to be changed in this first picture to make sure it is safe for a baby?
- Probes - bedding, stuffed animals, bumpers, pillows, near curtains
- What do you notice about the baby in the Pack 'n Play or crib?
- Probes - on back, no blankets, safe space, fitted sheet, footed pjs

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# Thank You!

## Thank You!

For more information, visit [www.GiveYourBabySpace.com](http://www.GiveYourBabySpace.com)



Scan code to play interactive  
Safe Sleep quiz!

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- Thank them for coming!
- Encourage them to visit [GiveYourBabySpace.org](http://GiveYourBabySpace.org) for more information:
  - Play the safe sleep quiz (QR code)
  - Print the "Steps to Safe Sleep"
  - Share with babysitters, grandparents, and other caregivers

*What the AUDIENCE sees*

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