



Straight Talk for Infant Safe Sleep

A Community Program to Reduce Sudden Unexpected Infant Death

Straight Talk for Infant Safe Sleep is an innovative, evidence-based training program for community partners including nurses, social service agencies, doulas and faith-based groups closely aligned with families. Our program acknowledges the lived experiences, cultural beliefs and social determinants of health impacting families and the obstacles/objections surrounding the safe sleep guidelines developed by the American Academy of Pediatrics. We review these guidelines and, most importantly, the reasoning behind them.

Just as important, our program delves into how implicit bias impacts the way Safe Sleep and breastfeeding information is delivered to new families. We have meaningful conversations about long-held beliefs and examine how structural racism factors into the willingness and ability for families to access health information and receive support at this critical time in mom and baby's life.

This program reviews ways in which participants can engage with families in a manner that respects their lived experiences and explores optimal safe sleep situations while encouraging breastfeeding in a judgement-free manner.

Combining education on safe sleep with an honest conversation about implicit bias has led to tremendous success with our program. We also have been accredited by the Montana Nurses Association to provide 5 contact hours to nurses for completing our program.

In post-training surveys, **97% of participants reported learning something new about Safe Sleep.**

The qualitative responses to the implicit bias training of our program is equally impressive:

- *“Barb’s empathy and awareness around the matter of cultural diversity made me aware of how I interact with my clients.”*
- *“Extremely grateful for the information which will allow me to become a better doula.”*



Saving babies. Supporting families.

Organizations that have brought our program to their agencies and hospitals have this to say:

“First Candle had everything I was looking for: an evidenced based-program that also addressed implicit bias and how different factors influence families. We hosted a series of 5 trainings across the state of Indiana and received great feedback from the attendees. I’ve observed attendees appreciating the chance to ask questions and share ideas with each other, talk openly in a safe learning environment, and leave feeling motivated to continue advocating for safe sleep in their communities.” - Katherine Bosma, BSN, RN - Maternal and Infant Quality Improvement Advisor for the Indiana Hospital Association

First Candle graciously worked with me to present the course virtually which was attended by over 91 nurses, home visitors, and early care and education staff across West Virginia. Barb’s knowledge and compassion, along with her presentation style, was well-received, and the training received outstanding evaluation ratings. We greatly appreciated the opportunity to partner with First Candle to offer this excellent training opportunity! - Becky King, Co-coordinator - Our Babies: Safe and Sound

To discuss how to bring Straight Talk for Infant Safe Sleep to your hospital or agency contact Barb Himes – barb@firstcandle.org



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Straight Talk for Infant Safe Sleep Curriculum

*Straight Talk for Infant Safe Sleep is a training course on the current AAP Safe Sleep recommendations that provides an in-depth discussion behind the reasoning for them, explores implicit biases that exist among participants when working with their patients and provides role-playing and self-reflection opportunities to facilitate active dialogue to overcome obstacles and objections to the adherence to the recommendations which also includes promoting breastfeeding. **Participants earn 5 contact hours.***

Target Audience:

Health care providers, Doulas, Social Service agencies, Childcare providers, Faith-Based Organizations

Goals:

- Clarity on SIDS vs. SUID
- Thorough understanding of the American Academy of Pediatrics' Safe Sleep recommendations
- Recognition of personal biases impacting delivery of messaging to families and strategies to overcome them
- Demonstrated ability to engage in respectful dialogue with families regarding current beliefs around safe sleep and breastfeeding

Pre-test

About First Candle

Introductions - Discussion

– What brings you here? What do you want to take away? Have you experienced an infant loss?

Community conversation – Group discussion

What are the greatest challenges in your community regarding safe sleep and breastfeeding? Who are your patients/clients demographically? What are the family dynamics (i.e. single parent household, multigenerational, grandparent as primary caregiver)?– Video and group discussion

Understanding SIDS vs. SUID – Power Point

Statistics on mortality rates

Triple Risk Model

Current attitudes regarding SIDS diagnosis in ME community

Accidental suffocation and asphyxiation

In-depth review of safe sleep guidelines and reasons behind them – Power Point



Exploration of personal biases and adverse childhood experiences (ACEs) – Exercise, Lecture & Discussion

- How lived experiences influence discussions with families.

Conversation approach “Let’s Talk!” – Lecture and Role Playing

- Respectful Listening
- Cultural Differences
- Taking conversations deeper - understanding the messages, understanding the challenges, problem solving

Resources Available - Discussion

What supports to provide – resources – toolkits –

Developing a Straight Talk Parent Class - Discussion

- How to promote and identify collaborators
- What resources they need and suggested ways to get them
- Implementation – together, father segment

Wrap up/Questions/Survey

Post-test/Evaluation