

# Safe Sleep Training Activity

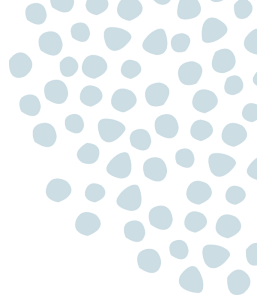
(Based on Current Recommendations)

## True or False?

1. Pacifiers must be attached with a strap. (True/False)
2. If a child spits up frequently after feeds, they should be placed on an incline to sleep. (True/False)
3. Safe sleep guidelines are only for infants younger than 4 months of age. (True/False)
4. If an infant seems cold while napping, it is appropriate to give them a few extra blankets to keep warm. (True/False)

Are there unsafe actions in the following scenarios? If so, what is unsafe?

5. A parent brings their child in to school, but they fell asleep in their car seat. Instead of disturbing the child, who normally has a hard time napping, they leave the child in the car seat on the floor in the classroom while you attend to other children.
6. On a cold day, you notice the temperature in the room is also cold. While waiting for the heat to come on and warm up, you decide to put hats on each child, including the ones that are sleeping.
7. While attempting to rock an infant to sleep, you decide to give them the pacifier that their parents supplied. Sucking on the pacifier calms them, and they quickly fall asleep. Once asleep, you attempt to transfer them into their crib.
8. An infant has fallen sleep in your arms. In attempt to transfer them to the crib, the fitted sheet becomes loose and falls off of one of the corners of the mattress. You don't have enough hands to pull it back under the mattress, so you place the sleeping infant on the other side of the crib, and you leave the sheet loose because they can't roll over yet, so there is no concern for the child rolling over and suffocating.



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## Multiple Choice

9. Which position should you always place a child when putting them in the crib?
- a) On their side
  - b) On their stomach
  - c) It doesn't matter once the child is able to roll over
  - d) On their backs
10. What is the proper volume for a noise machine?
- a) 50 decibels, right next to the child
  - b) 50 decibels, on the opposite side of the room as the child
  - c) As loud as it needs to be to cancel the noise of the rest of the room

## Short Answer

11. Why is it important to monitor the volume of the sound machines?
12. What items can be in the crib while an infant sleeps?
13. Why is it unsafe to swaddle infants for sleep?



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How would you handle the following tough situations?

14. A new family just enrolled, and today is their first day. The child's parents are very anxious as this is their first child and they've never been in daycare before. When they drop her off, they come into the classroom to discuss her schedule and common needs throughout the day. They hand you her sleep sack, bottles, and pacifier. The pacifier has an elephant lovey attached, and it is one of her favorite toys to play with, and the parents indicate that she absolutely needs it for her naps. Knowing the lovey shouldn't be placed in the crib with the child, what do you do/say to the parents?

15. A new lead teacher starts with you. She is very experienced with infants as she worked at her previous daycare for many years. You're getting along well, and everything is going great, until nap time. When putting one of the children down for a nap, she begins to swaddle him in a very thick, fuzzy blanket and proceeds to rock him. Once asleep, she places him in the crib, still swaddled in the blanket, and turns the light off so the room is very dark. Knowing these actions of swaddling, using an extra blanket in the crib, and turning the lights off are all unsafe actions, what do you do or say in this situation?

