Safe Sleep Risk Reduction Study Guide

As stated in *Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Settings*, infants who are cared for by adults other than their parent or guardian or primary caregiver are at increased risk of dying from sudden infant death syndrome. Much can be gained from learning why these risks remain present.

Directions:
Study the pamphlets on safe sleep provided in this section. Complete the study guide questions below:

1. What are reasons for SIDS-related deaths to continue to occur at an alarming rate in child care settings?

2. Why do you think safe sleep standards discourage toys or mobiles in cribs and recommend direct, active, and ongoing supervision when infants are falling to sleep, are sleeping, or are waking up?

3. If caregivers or parents are concerned about the infant developing a flat spot on the head (known as plagiocephaly) infants should still use recommended safe sleep practices. What are recommendations to address this problem?