

Safe Sleep Initiative



Prior to Safe Sleep Initiative

- No uniformed signage
- No uniformed teaching of safe sleep
- No sleep sacs in nursery
- No safe sleep surfaces to donate to families in need



Implementation strategy

- PA Perinatal Quality Collaborative Monthly Meetings
 - Hospital staff: Nursery staff, general pediatrics, ER, OBGYN, Education, Quality staff, Case Management
 - Community organizations: Geisinger pediatrics, Geisinger OBGYN, Nurse Family Partnership, Child and Youth


Education materials

- Halo Hospital Program
- Staff education Jan 2025: 93% WCS Safe Sleep Education

Gold Standards of Practice for Safe Sleep in Hospital
Part of the PA/PQC Safe Sleep Initiative

The Sleep Surface:


- Nothing but baby in the Bassinette (baby may wear a hat in hospital, may have pacifier without string/attachment)
 - Bassinette is FLAT:




PLEASE NOTE:

1. Once home, it is recommended baby wear a hat only while outside, not inside or while sleeping.
2. Baby may be double-wrapped/swaddled for heat stabilization per nurse or provider instruction

The Sleep Sack: Use for infants 19-23 inches long, 6-12 lbs
Three positions:



Place soiled sleep sacks here:



Parent Education:
After delivery: "Your Guide to Postpartum and Newborn Care" pages 28 and 29
At discharge: "What Does a Safe Sleep Environment Look Like?" handout AND a Halo Sleep Sack to take home (found in postpartum PAR)

Documentation:

- **L&D:** under "Infant Plans": Safe Sleep Surface at home Yes No If NO, please contact Case Management for Safe Sleep Supplies
- **Postpartum:** Teaching Record as "SIDS Education"

Questions? See SAFE SLEEP EDUCATION policy #1022, revised 10/2024
Contact: Ann Cathcart, Courtney Leitch, Katie Swartz, Wanda Mertick, Jess Lewis, Dr. McKinley, Dr. Joseph

Safe sleep materials

Safe Infant Sleep Checklist

Crib card:



Place babies on their backs for naps and at night until they are 1 year old. Make sure babies sleep on a firm, flat surface in their own crib, bassinet or play yard.

Share your room, not your bed. Place baby's crib or bassinet in your bedroom instead of letting baby sleep in the same bed with you.

Follow the manufacturer's instructions to assemble your crib. Make sure to complete and submit the product registration card to learn about any recalls or safety updates.

For more information, visit www.safekids.org

SAFE KIDS WORLDWIDE

Clinic poster:

What does a safe sleep environment look like?
The following image shows a safe sleep environment for a baby.



Give babies their own sleep space in your room, separate from your bed.

Use a firm, flat, and level sleep surface covered only by a fitted sheet.

Remove everything from baby's sleep area except a fitted sheet to cover the mattress. No objects, toys, or other items.

Use a wearable blanket to keep baby warm without blankets in the sleep area. Make sure baby's head and face stay uncovered during sleep.

Place babies on their backs to sleep for naps and at night.

Couches and armchairs are not safe for baby to sleep on alone, with people, or with pets.

Keep baby's surroundings smoke/vape free.

mountnittany.org

Additional tools for families:

- Pack'n plays available
- 403 donated sleep sacs

