

ABC’s of Safe Sleep Train the Trainer Course: How to reduce the Risk of Sudden Unexpected Infant Death (SUID).

**One of the greatest risks for infant deaths is an unsafe sleep environment. In fact, nearly half of the babies who died from unsafe sleep were sleeping in adult beds.**

Training incudes:

* Current Sudden Infant Death Syndrome (SIDS) and Sudden Unexpected Infant Death (SUID) U.S Data
* American Academy of Pediatrics (AAP) Safe Sleep Recommendations
* Current SIDS research
* Risk Factors
* SUID and Infant Mortality impact of poverty, race, and ethnicity
* Understanding ABC’s of safe sleep practices to reduce the risk of SIDS and preventing sleep related infant deaths
* Intervention focused on behavior change among parents and caregivers
* Addressing factors around health equity, culture, and tradition
* Current policy and legislation regarding safe sleep
* Consistent safe sleep messaging for professionals
* Safe sleep vs Unsafe sleep update
* Myths vs Facts
* Benefits of Back Sleeping
* Motivational Interviewing approach