

# Straight Talk for Infant Safe Sleep

A Community Program To Reduce Sudden Infant Death Syndrome  
and Other Sleep-Related Infant Deaths



**You know your community. We know about safe sleep recommendations.  
Together we can save babies' lives.**

Straight Talk for Infant Safe Sleep is an innovative, evidence based training program for nurses, community health providers, social service agencies and faith-based groups closely aligned with families. The safe sleep guidelines developed by the American Academy of Pediatrics are reviewed in depth and, most importantly, the reasoning behind these recommendations. We discuss socio-economic and cultural beliefs present in the community that could prevent families from adopting the safe sleep recommendations and explore implicit biases that might influence the way in which information is presented.

Our program is developed as a collaborative model - we are students as well as trainers, similar to the relationship that exists between care providers and families. We discuss ways in which participants can engage with families in a manner that respects their lived experiences while exploring optimal safe sleep situations and encouraging breastfeeding in a judgement-free manner.

First Candle is a national non-profit organization committed to ending SIDS and other sleep-related infant deaths and providing bereavement support to families who have experienced a loss.

**Nurses can earn up to 5 contact hours through our training program.**

To learn more contact Barb Himes at  
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**first  
candle**

Saving babies. Supporting families.