



## Straight Talk for Infant Safe Sleep Curriculum

*Straight Talk for Infant Safe Sleep is a training course on the current AAP Safe Sleep recommendations that provides an in-depth discussion behind the reasoning for them, explores implicit biases that exist among participants when working with their patients and provides role-playing and self-reflection opportunities to facilitate active dialogue to overcome obstacles and objections to the adherence to the recommendations which also includes promoting breastfeeding. Participants earn 5 contact hours.*

### Target Audience:

Health care providers, Social Service agencies, Childcare providers

### Goals:

- Clarity on SIDS vs. SUID
- Thorough understanding of the American Academy of Pediatrics' Safe Sleep recommendations
- Recognition of personal biases impacting delivery of messaging to families and strategies to overcome them
- Demonstrated ability to engage in respectful dialogue with families regarding current beliefs around safe sleep and breastfeeding

### Pre-test

### About First Candle

#### Introductions - Discussion

– What brings you here? What do you want to take away? Have you experienced an infant loss?

#### Community conversation – Group discussion

What are the greatest challenges in your community regarding safe sleep and breastfeeding? Who are your patients/clients demographically? What are the family dynamics (i.e. single parent household, multigenerational, grandparent as primary caregiver)? – Video and group discussion

#### Understanding SIDS vs. SUID – Power Point

Statistics on mortality rates

Triple Risk Model

Current attitudes regarding SIDS diagnosis in ME community

Accidental suffocation and asphyxiation

#### In-depth review of safe sleep guidelines and reasons behind them – Power Point



## **Exploration of personal biases and adverse childhood experiences (ACEs) – Exercise, Lecture & Discussion**

How lived experiences influence discussions with families.

### **Conversation approach “Let’s Talk!” – Lecture and Role Playing**

- Respectful Listening
- Cultural Differences
- Taking conversations deeper - understanding the messages, understanding the challenges, problem solving

### **Resources Available - Discussion**

What supports to provide – resources – toolkits –

### **Marketing a Straight Talk Parent Class - Discussion**

- How to promote and identify collaborators
- What resources they need and suggested ways to get them
- Implementation – together, father segment

### **Wrap up/Questions/Survey**

### **Post-test/Evaluation**