



## **Becoming a NE Safe Babies Safe Sleep and AHT/SBS Prevention Clinic Champion Step-by-Step Process**

In Nebraska, over 26,500 new babies are born every year. The NE Safe Babies Campaign is encouraging birthing hospitals and clinics throughout Nebraska to provide consistent messaging on Safe Sleep, Abusive Head Trauma/Shaken Baby Syndrome (ABH/SBS) Prevention, and the use of The Crying Plan. Your clinic can make an impact by joining our exciting venture. Every day, health providers educate with a prevention lens teaching new parents prenatally, within the hospital setting, and after birth in the clinics for well-baby checks. Providing a consistent message on infant safe sleep, AHT/SBS Prevention, and The Crying Plan will help protect our babies. All babies should celebrate their first birthday!

Five Steps to become a Clinic Champion:

### **1. Take the NE Safe Babies: Safe Sleep and AHT/SBS Prevention Clinic Campaign Pledge**

- Designate an Internal Safe Sleep and AHT/SBS Prevention Coordinator to supervise and guide the clinic based Safe Sleep and AHT/SBS Prevention Program and become the main point of contact for the NE DHHS Campaign State Coordinator.
- Sign and Return the Clinic Pledge right away, then start working on the other steps.
  - [Clinic Pledge Form](#)
  - The clinic CEO, clinic administrator, or director and the AHT/SBS Prevention Coordinator signs the pledge.
  - Return the form:
    - By MAIL: Jackie Moline, MCH 6<sup>th</sup> Floor  
P.O. Box 95026  
Lincoln, NE 68509
    - By EMAIL: Jackie.Moline@nebraska.gov with “NE Safe Babies Clinic Pledge” in the subject line



## 2. Develop or update current Safe Sleep and AHT/SBS Prevention policies

Develop, update, or incorporate safe sleep and AHT/SBS prevention education into a policy (combined or separate), procedure, protocol, or standard operating procedure, to address the following criteria:

- Annual safe sleep **and** AHT/SBS prevention education for all employees and providers caring for patients one year or younger (initial baseline education for all nurses & new employees, reviewed annually). The free baseline education is provided online and is approved for nursing continuing education.

**Safe Sleep:** *Risk Reduction for Sudden Infant Death Syndrome (SIDS) and Other Sleep-Related Causes of Infant Death*

**AND**

**AHT/SBS Prevention:** *[DHHS AHT/SBS Prevention with Crying Plan](#)*

- Provide evidenced-based patient education on Safe Sleep and AHT/SBS Prevention according to the American Academy of Pediatrics, National Center on Shaken Baby Syndrome, and/ or the Center of Disease Control and Prevention, with written materials and video.
- Quarterly internal chart audits to determine education / asking patients about infant sleeping positions, infant crying concerns and their crying plan during each well visit.

**Links of Sample Policy:** *[DHHS Safe Sleep and AHT/SBS Prevention Policy Template](#)*  
*[Complete Children's Health Policy](#)*

## 3. Education Plan and the Clinic Employee Education

### Education Plan:

Complete The NE Safe Babies: [Clinic Employee Education and Internal Audit Plan](#) to Jackie Moline at DHHS.

### Clinic Employee and Provider Online Education:

Complete **both** Safe Sleep **and** AHT/SBS Prevention on line education as listed below.



### Safe Sleep Education:

**Risk Reduction for Sudden Infant Death Syndrome (SIDS) and Other Sleep-Related Causes of Infant Death:** The national Safe to Sleep® campaign (formerly Back to Sleep), led by the Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD), recently launched an updated **free continuing education (CE) activity**, [Risk Reduction for Sudden Infant Death Syndrome \(SIDS\) and Other Sleep-Related Causes of Infant Death](#), now available online for nurses and health care providers to update their knowledge about Sudden Infant Death Syndrome (SIDS) and other sleep related causes of infant death. The updated CE activity gathers the latest research on SIDS and other sleep-related causes of infant death and the safe sleep recommendations from the American Academy of Pediatrics into one place so that **nurses and health care providers** can learn risk-reduction practices quickly and easily. In

addition to providing key messages that nurses can share with parents and caregivers, the updated CE activity also offers specific communication practices that nurses can easily incorporate into their workday. It is approved by the Maryland Nurses Association, an accredited approver of the American Nurses Credentialing Center's Commission on Accreditation, for 1.5 contact hours.

### AND

#### AHT/SBS Prevention Education:

The **1-2-3 Don't Shake Me, Prevention Education on Abusive Head Trauma**, is a free interactive online education containing three different modules on Abusive Head Trauma Prevention. As a result of participation in this activity, 80% of participants will demonstrate increased knowledge by stating that they intend to implement changes of practice incorporating Abusive Head Trauma Prevention and The CRYing Plan into education of new and expectant parents.

1.0 contact hour will be awarded to nurses that complete all three learning modules of the interactive online activity, successfully complete the posttest with a minimum grade of 75% and submit the online evaluation. The interactive online education can be found at: [Answers4Families](#). For more information, see to [Guide to Accessing 1-2-3 Don't Shake Me Training](#)

*This nursing continuing professional development activity was approved by the Georgia Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.  
The CE for this activity expires February 9, 2025.*

**Yearly Review:** An interactive yearly review on Safe Sleep and Abusive Head Trauma Prevention is available online at [Answers4Families](#).

For more information, see to [Guide to Accessing 1-2-3 Don't Shake Me Training](#)



#### 4. Provide patient / client education

Provide evidenced-based patient education on infant safe sleep and AHT/SBS according to the American Academy of Pediatrics; National Center on Shaken Baby Syndrome or the Center for Disease Control and Prevention.

**Safe Sleep: Evidenced based information can be found at [AAP](#), [CDC](#), [National Institute of Health](#)**

Patient education to include the following:

1. Definition of Sudden Unexpected Infant Death Syndrome
2. Place baby on back for all sleep – nap and bedtime
3. No blanket, crib bumper pads, stuffed animals or toys in crib
4. Encourage room-sharing not bed-sharing. Sleep in parents room in their own crib or pack and play for 1 year of age
5. Avoid overheating
6. Use an infant sleep sack or infant sleeper if needed to keep baby warm.
7. Encourage use of pacifier after breastfeeding is established
8. ABCs of Safe Sleep - Alone, on their Back, in their Crib.

DHHS Resource: [ABC's of Safe Sleep](#) is available in multiple formats in English and Spanish

**AHT/SBS Education: Evidenced based information can be found at [AAP](#), the [National Center on Shaken Baby Syndrome](#), or [CDC](#).**

Patient education to include the following:

1. Definition of AHT / SBS
2. Why babies are susceptible to injury
3. Factors that increase the parents or caregivers risk for harming a baby
4. Injuries that shaking a baby can cause.
5. Signs and symptoms of AHT /SBS
6. What parents should do if they think their baby has been shaken
7. Inconsolable crying is the #1 trigger for AHT
8. Explanation of why babies cry (tired, hungry, sick, .....)
9. Steps to calm a crying baby
10. Prevention Strategies / Tips on what the parent should do if the baby's crying is bothering them
11. Review the [CRYing Plan](#) and encourage them to fill it out prior to leaving the office.

DHHS Resource: [1-2-3 Don't Shake Me](#) and [The CRYing Plan](#) are available in multiple formats in English and Spanish.



## 5. Internal audits

Develop an Internal Audit Plan to pre-determine the process of gathering data and to assess the parent’s knowledge. Complete five (5) quarterly **internal** chart audits or patient surveys about infant sleeping positions, infant crying concerns and their crying plan reviewed at their last well child visit. A sample of an Audit Form is below. If compliance is less than 90%, follow up review with clinic employees is needed.

Well visit date	What position do you lay your baby down ?	Where does your baby sleep	Do you have crying concerns?	Do you have a crying plan?	Your own question if you want.

Complete and return the [NE Safe Babies Clinic Education and Internal Audit Plan Form](#) to Jackie Moline at DHHS.

### Champion Status:

To receive your NE Safe Babies Clinic Champion Certificate, send the following three (3) completed items

- [Pledge](#)
- Safe Sleep and AHT/SBS Prevention Policies (combined or separate)
- [Education Plan and Internal Audit Plan](#) indicating that clinic personnel have completed baseline education.

to NE DHHS State ABH/SBS Coordinator:

By MAIL: Jackie Moline MCH 6<sup>th</sup> Floor  
 P.O. Box 95026  
 Lincoln, NE 68509

By EMAIL: Jackie.Moline@nebraska.gov with “ABH/SBS Clinic Policy, Education Plan, and Audit form” in the subject line.

Your clinics name and location will be placed on the DHHS NE Safe Babies Clinic Champion list.