

## Nebraska Safe Sleep Environment Checklist

- This form is for Home Visiting Use and Documentation and not to be given to the parents as an educational piece. This form or electronic version will be a permanent part of the record.
- Patient / Client Educational Information to be reviewed and left with the parents includes “What Does A Safe Sleep Environment Look Like”. See Checklist #7. The “What Does A Safe Sleep Environment Look Like” information sheet can be ordered for free from the National Institute of Health. <https://www.nichd.nih.gov/sts/materials/Pages/default.aspx> . It is available in English and Spanish.
- We will be starting out in paper form, looking at ways to incorporate this into electronic charting so we can quickly obtain measurable data if needed.
- The form will be used at the following visits:
  - prenatally between 36 and 38 weeks,
  - weekly for the first month after the birth of the baby,
  - monthly up to 6 months of age,
  - or at any time more information / review is needed.
  - There is evidence that by the time that the baby reaches 3 months of age, parents have switched to putting the baby to sleep on their stomachs.
- All Home Visitors will be **required** to complete the NICHD Online Module: Continuing Education Activity on *Risk Reduction for Sudden Infant Death Syndrome (SIDS) and Other Sleep-Related Causes of Infant Death: Curriculum for Nurses*. The Free Education is approximately one hour in length and can be found at: <https://www.nichd.nih.gov/sts/materials/Pages/default.aspx> located under the Campaign Materials tab, Materials for Providers and Health Workers section. Nurses can acquire 1.1 CE for this education.
- A copy of the certificate of completion will be given to your supervisor and /or placed in your training folder.

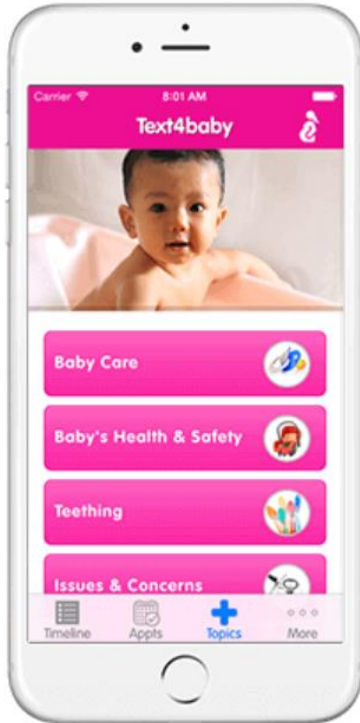
### To use the Safe Sleep Environment Checklist:

- Fill out completely
- Use key areas to educate if needed.
- Columns one and two are the key areas to observe.
- The column three section describes if this was observed by the Home Visitor or if the caregiver / parent is reporting it.
- Column four, five and six– document any Action Step identified, follow-up time frame, when you will follow up and is it now resolved.
- If an Action Step / pertinent medical history is identified, document how that Action Step was addressed on the bottom of the page.

## Interactive resources for Clients:

### Text4baby:

Text4baby is a free text messaging service that promotes maternal and child health by sending informational text messages programmed to the due date or the baby's birth date throughout the pregnancy and up to the baby's first birthday.



The messages on prenatal care include labor signs and symptoms, prenatal care, urgent alerts, developmental milestones, immunizations, nutrition, birth defect prevention, safe sleep, safety and more. Text4baby also has an app to get more health and safety tips and fun interactive features. You are also able to put in reminder notifications for your or your babies health care provider's appointments.

It is easy to sign up. Text BABY (or BEBE for Spanish) to **511411**. Enter you due date and zip code when prompted.

- To cancel the service at any time, text STOP.
- Text HELP for technical assistance.
- To update your due date or baby's birthdate, text UPDATE.

<https://text4baby.org/>

Text for baby sends safe sleep messages out to parents twice prenatally and five different times after the baby has been born from two weeks of age to 34 weeks of age.

### Safe Sleep Sweep:

Mobile app designed to raise awareness about safe sleep best practices. An amusing, multi-level, culturally and linguistically appropriate game that can be downloaded onto your phone from the app store or google play app for free.

