

The Safe Infant Sleep Policy Toolkit

The **Safe Infant Sleep Policy** is effective as of January 20, 2014. The policy applies to all AHS health care professionals, in all locations where they work with infants (birth to one year of age). It provides direction to ensure consistent and evidence-based safe infant sleep practices in all areas of AHS.

The following **tools** were developed for staff education about the new safe infant sleep policy and for public education (e.g., parents, childcare providers, grandparents, health care providers, foster parents, retailers who sell cribs and baby supplies, etc.) to learn more about safe infant sleep.

Safe Infant Sleep Policy Resources for AHS Health Care Professionals:

- **Safe Infant Sleep Policy Webinar:** Outlines the key elements of the new AHS Safe Infant Sleep Policy and how it guides AHS health care professionals to share and model safe infant sleep messages in their practice.
- **The Issues of Safe Infant Sleep – Educational Webinar:** Outlines the scope of the issue of sleep-related infant deaths in Alberta, the associated risks and ways to reduce them, and AHS resources available to health care professionals and public.
- **Safe Infant Sleep Policy FAQs**

The **policy and tools** can be found at the following locations:

- If you have access to AHS Internal Website
It is available on **Insite** under Clinical Policy.
- If you do NOT have access to AHS Internal Website:
<http://www.albertahealthservices.ca/7451.asp>

Educational Resources for Parents and Professionals:

The above tools and online versions of all resources listed below are also available on the external website at: <http://www.albertahealthservices.ca/7498.asp>

For the public, parents and caregivers:

- **Bookmark and Brochure:** AHS key messages of safe infant sleep. The bookmark is a low literacy option. Print from online version or bulk order from:
www.datagroup.ca/online2
User id: healthypublic
Password: healthy2013

- **Commonly Asked Questions about Safe Infant Sleep:** Answers to questions not covered in the resources. Online version can be printed off for parents/caregivers.

For professionals:

- **Professional Fact Sheet and Literature Reviews:** Detailed information on the research background related to the key messages.
- **Links to Policy Statements** from the Public Health Agency of Canada, Canadian Pediatric Society, and American Association of Pediatrics.

Additional Resources:

- **Healthy Parents, Healthy Children: The Early Years:** This new, provincial AHS parent resource includes safe infant sleep information in the *Young Baby* section. It is available in several formats (computer, tablet, smart phone, pdf, eBook) at: www.healthyparentshealthychildren.ca
- **Alberta Perinatal Professionals Electronic Library (APPEL) module on Safe Infant Sleep** developed in partnership with the Alberta Perinatal Health Program (APHP). One of several on-line preconception, antepartum, intrapartum, postpartum, and newborn health education modules for health professionals across the province. For more information, and to register, go to: <http://aphp.dapasoft.com> (use Internet Explorer). The User Orientation Module on the Home Page will guide you through the minimum requirements for Window based PCs, how to register, how to access the Safe Infant Sleep Module and how to navigate within the learning module.
- **AHS Injury Prevention's Million Messages Online Learning Module** at <http://www.albertahealthservices.ca/7607.asp> includes a section on safe infant sleep practices. Completion of the module is recommended as a part of orientation for health professionals working with parents/caregivers of children under 6 years old.

Everyone has a role to play in preventing infant death and injuries during sleep, whether it is supporting parents to quit smoking, giving information to grandparents on current safe crib standards, or helping parents access supports to cope with the exhaustion that comes with caring for a young baby. Please do your part in helping to reduce the risk of sudden unexpected infant deaths in sleep-related circumstances.