



PEI Tip Sheet

SAFE SLEEP PRACTICES

What You Need to Know



ONLY **58%** OF BLACK AND AFRICAN AMERICAN FAMILIES IN SAN BERNARDINO COUNTY REPORT **PLACING THEIR INFANTS ON THEIR BACK TO SLEEP**, COMPARED TO **80%** OF THE ENTIRE POPULATION.

For more information, access the Maternal Health Data Snapshot [here](#).

Many families may not understand that sharing a bed can significantly increase an infant's risk of Sudden Infant Death Syndrome (SIDS). Safe sleep practices can help prevent SUIDS/SIDS, but cultural beliefs may inhibit families from adopting safe sleep practices with their baby. Maternal Health providers should explore with Black mothers their cultural beliefs while educating them about and establishing a plan for safe sleep practices.

Additional Resources on the Topic

For more information on this topic, please follow these resource links:

Safe Sleep Environments for Infants: This website from the California Department of Public Health provides resources specifically designed for health care professionals to address SIDS.

Building on Campaigns with Conversations: A series of learning modules from Georgetown University designed to help those who interact with families on topics of safe sleep and breastfeeding to use an individualized approach taking into account family's needs, beliefs, and the context of their lives.

Sharing Our Message

Download and customize the following messages from our website: <https://www.maternalhealthnetworksb.com/safe-home>



Referring to Programs

Click onto the following links to refer families to these programs

Black Infant Health

Group-based services where Black/African American women can connect, learn and prepare for the birth of their child.

Home Visiting

Home visiting services are offered to Black/African American families.

Fatherhood Partnership

The 24/7 Dad program offers Black/African American fathers the opportunity to learn and grow together.

Doula Supports

Doulas are available to Black/African American families in their birthing experience.