

# Putting Baby Safely to Sleep:

## *Tools for Family Readiness Representatives*



This guidance provides useful ideas and resources for sharing important messages about **Putting Baby Safely to Sleep** with new and expectant parents.

### Your Role

Engage new and expectant parents, direct them to resources that educate them about safe infant sleep environments and practices, and empower them to cope with infant sleep-related challenges.

### The Opportunities

- Incorporate safe sleep messages and resources in your meetings or newsletter. Use the parent-focused information from the [American Academy of Pediatrics](#) or First Candle's brochures: "[Safe Sleep Saves Lives!](#)" and "[Room Sharing is Safer than Bed Sharing.](#)"\* For a full list of reliable, professionally approved resources, visit [Military OneSource](#).
- Connect parents online. Tell them about the new blog, "[Sleep Like a Baby: The Keys to Infant Slumber.](#)" designed especially for military parents, and encourage them to follow the campaign on [Facebook](#). Does your group have a Website or a social media page? Consider linking to the campaign blog and resources available through Military OneSource.
- Encounter parents that might need extra support? Encourage them to contact their [local New Parent Support Program](#) or if they are not near a military installation, their state's [Joint Family Support Assistance Program](#) for help with infant care and parenting stress.

\* The American Academy of Pediatrics and First Candle are private organizations. The Department of Defense does not control or endorse the content of these sites.

### Key Messages for New & Expectant Parents:

- Sleep is often one of the most significant challenges for new parents.
- One of the most important decisions a new parent makes is where and how he or she places a baby to sleep.
- Ensuring your baby is in a safe sleep environment involves closely monitoring your own personal level of alertness while caring for your infant.
- Safe sleep can save lives.

### Key Online Resources:

- Visit the blog, "Sleep Like a Baby: The Keys to Infant Slumber!"  
[www.blog-brigade.org/blogs/sleep-like-a-baby](http://www.blog-brigade.org/blogs/sleep-like-a-baby)
- Follow us on Facebook!  
[www.facebook.com/military.1source](http://www.facebook.com/military.1source)
- Find professionally approved resources!  
[www.militaryonesource.com/MOS/FindInformation/PuttingBabySafelytoSleep.aspx](http://www.militaryonesource.com/MOS/FindInformation/PuttingBabySafelytoSleep.aspx)

