



Michigan WIC

Nutrition Education Module for State
Sharing

Help Your Baby Sleep Safe and Sound

Self-Directed Education for
Parents and Caregivers of Infants



[Flickr.com/NICHD](https://www.flickr.com/photos/nichd/)

This lesson was developed in collaboration with the Michigan Infant Safe Sleep Program for State Sharing.
Michigan Department of Health and Human Services, WIC Program, Lansing, Michigan.

www.michigan.gov/wic February 2021.

This institution is an equal opportunity provider.

Michigan WIC Nutrition Education Lesson Plan

- I. Title:** Help your Baby Sleep Safe and Sound
- II. Target Group:** Pregnant, postpartum, breastfeeding women and parents and caregivers of infants.
- III. Suggested MI-WIC NE Topic(s):** Infant Feeding: Newborn; Infant Feeding: 1-5 months; Infant Feeding: 6-12 months; Breastfeeding: Problem Solving and Support.
- IV. Learning Objectives:** Clients, parents, and/or caregivers will be able to:
1. Identify one or more appropriate ways to provide a safe sleep environment for their infant.
 2. Identify one or more ways to breastfeed and/or formula feed at night and provide a safe sleep environment for their infant.
 3. Identify at least one safe sleep strategy they plan to try, change or maintain to provide safe sleep for their infant.
- V. Learning Activities/Method:** Self-directed education
- VI. Materials Needed:**
Help Your Baby Sleep Safe and Sound module includes:
- “Michigan WIC Nutrition Education Lesson Plan”
 - “Client Feedback Form”
 - “Client Feedback Form Key”
 - *Help Your Baby Sleep Safe and Sound* Nutrition Education Binder kit (Binder, Tabs A-E, and printed file of dialogue and articles. Readability: 6th grade.
 - Download content for the *Help Your Baby Sleep Safe and Sound* binder at https://www.michigan.gov/mdhhs/0,5885,7-339-71547_4910_19205-275624--,00.html
- Reinforcement Materials (optional):**
- Print extra copies of the articles from the *Help Your Baby Sleep Safe and Sound* binder.
 - *Baby Sleeping and Eating. What’s Normal?* Download from https://www.michigan.gov/documents/mdhhs/Baby_Eating_Sleeping_What_is_Normal_624788_7.pdf Readability: 5th Grade
 - *Breastfeeding and Safe Sleep.* Download from https://www.michigan.gov/documents/mdhhs/Breastfeeding_and_Safe_Sleep_630063_7.pdf Readability: 6th Grade
 - *Promoting Health for Infants.* Download fact sheets from <https://www.cdc.gov/chronicdisease/pdf/factsheets/infant-health-H.pdf> Readability: College
- VII. Equipment and Facilities Needed:** Table and chair
- VIII. Approximate Time:** 15-20 minutes
- IX. Outline of Content:**

1. Introduction: Each parent or caregiver will be welcomed by a WIC staff member who introduces himself/herself.
2. The WIC Nutrition Educator/CPA/RD will discuss their interests with the parent/caregiver and will invite them to use the Help Your Baby Sleep Safe and Sound binder for nutrition education.
3. The parent/caregiver will turn to the appropriate sections in response to questions as they read through the *Help Your Baby Sleep Safe and Sound* binder. If the parent/caregiver has difficulty the nutrition educator may assist them.
4. Staff can reinforce the following factual messages:

Factual Messages – The ABCs of Safe Sleep

- Babies should always sleep **Alone**.
- Babies should always be placed to sleep on their **Backs**.
- Babies should always sleep in a **Crib**, bassinet or play yard with a firm mattress and fitted sheet; no blankets, stuffed animals, pillows or anything else should be in the crib.

X. Evaluation Methods and Materials:

1. The parent/caregiver will complete the “Client Feedback Form” and return it to WIC staff. The “Client Feedback Form” encourages parents/caregivers to think about and describe what they learned and what they plan to change or continue in applying the ABCs of Safe Sleep with their baby.
2. Staff can use the “Client Feedback Form Key” to identify the parent/caregiver(s) stage of change intent for follow up.
3. The client will be offered an opportunity to speak to a WIC Nutrition Educator/CPA/RD.

VIII. Staff Trained to Present: RD, CPA, and other trained nutrition education staff.

IX. References:

“Baby Sleeping and Eating. What’s Normal?” Michigan Department of Health and Human Services. Web. 03 Jul 2019.

https://www.michigan.gov/documents/mdhhs/Baby_Eating_Sleeping_What_is_Normal_624788_7.pdf

“Breastfeeding and Safe Sleep.” Michigan Department of Health and Human Services. Web. 13 Aug 2018. https://www.michigan.gov/documents/mdhhs/Breastfeeding_and_Safe_Sleep_630063_7.pdf

“Promoting Health for Infants”. *National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP)*. Centers for Disease Control and Prevention. Jan. 2019 Web. 03 Jul 2019. <https://www.cdc.gov/chronicdisease/resources/publications/factsheets/infant-health.htm>

Task Force on Sudden Infant Death Syndrome. (2016). SIDS and Other Sleep-Related Infant Deaths: Updated 2016 Recommendations for a Safe Infant Sleeping Environment. *Pediatrics*, 138(5). doi:10.1542/peds.2016-2938.



Help your Baby Sleep Safe and Sound
Client Feedback Form

Name: _____ Family No.: _____

Congratulations on completing this lesson!

Which section did you read? Circle one: A B C D E

Please answer the following:

Did you enjoy this topic?	Yes	No
Did you learn something to help your baby have sleep safe?	Yes	No

Tell us one thing you learned today:

Check ONE statement that best describes you:

- I plan to *continue* doing the ABC's of Safe Sleep to help my baby have safe sleep.
- I plan to *start* following the ABCs of Safe Sleep to help my baby have safe sleep, *soon*.
- I am *thinking about* trying at least one of the ABCs of Safe Sleep to help my baby have safe sleep, *someday*.
- I *don't plan to change* the way I put my baby to sleep.

If you plan to make changes, please tell us what they are:

Would you like to talk to a WIC nutritionist? Yes No

This institution is an equal opportunity provider.

<p>Staff Use Only</p> <p>MI-WIC NE Topic: Safe Sleep</p> <p>MI-WIC Recorded by: Staff Initials:</p>
--

