

## **CMARC Safe Sleep Education and Portable Crib Distribution Check List**

CMARC staff member:

✓ **Determine eligibility**

- Current CMARC family
- No other resources available
- Agree to use portable crib
- Infant is under 6 months of age (this requirement can be waived if needed)

*Other considerations that would make this family most at need for this resource:*

- 4 months of age or younger
- Plan of Safe Care
- Preterm and/or Low Birth Weight
- Tobacco and/or substance exposure
- Ongoing medical needs
- Currently bed sharing, but open to using portable crib if available

✓ **Coordinate with family delivery of safe sleep kit and education**

✓ **Discuss safe sleep practices**

- Discuss key safe sleep recommendations by reviewing the Safe Sleep NC booklet or flyer.
- Use open-ended questions to prompt discussion.
- Work with parents to identify possible risks, including personal risks of sleeping with baby.
- Discuss tips to make sleep safer especially at night.
- Discuss where portable crib should be placed (away from window cords, smoke/vape free space, ideally next to parents bed)
- Share with parents that a sheet should be a fitted bottom sheet that is specifically made for this portable crib (like the one provided)
- Discuss how 'bare is best' meaning that decorative pillows, quilts, comforters, sheepskins, blankets, bumper pads, or stuffed animals should not be placed in the portable crib while the baby is sleeping because these items may prevent proper air circulation around your baby's face or cause suffocation or strangulation

- ✓ **Ensure parents register the portable crib online by using the camera on a Smartphone to scan QR code linking to an online registration or mail in postcard**
- ✓ **Demonstrate how to set up and take down the portable crib, including the bassinet.**  
([Video Instructions](#) and [Written Instructions](#))
  - Discuss bassinet should no longer be used when the infant begins to push up on hands and knees or weighs over 15 pounds (6.8 kg), whichever comes first.
  - Review that the portable crib should no longer be used when the child reaches 35 inches (89 cm) in height, weighs more than 30 pounds (14 kg), or is able to climb out.
- ✓ **Review with families your county’s “Safe Sleep and Portable Crib Distribution Form”**
- ✓ **Continue to work with families to make sleep safer by monitoring their needs and support them to make sleep safer, including scheduling a “task” for 30 days out to have families provide feedback.**
- ✓ **Complete Post Distribution Information**  
[https://unc.az1.qualtrics.com/jfe/form/SV\\_clyEGKAHI7sxcPj](https://unc.az1.qualtrics.com/jfe/form/SV_clyEGKAHI7sxcPj)
- ✓ **Order new kits by emailing [megancanady@med.unc.edu](mailto:megancanady@med.unc.edu)**
  - Provide the following information
  - Health Department
  - Address
  - Contact Name
  - Language: Spanish or English
  - Sleep-Sack: Fleece or Cotton