



Safe Sleep
NORTH CAROLINA

Safe Sleep Education and Portable Crib Project

Funding



**North Carolina
Public Health Association**

UNC Center for Maternal and Infant Health received \$30,000 from North Carolina Public Health Association (NCPHA) to provide safe sleep education and portable crib resources to families in need.

Safe Sleep Kit



- Portable Crib (Cribette)
- Sleep Sack (cotton or fleece)
- Cribette fitted sheet with safe sleep messaging
- Help Your Baby Sleep Safe Booklet

<https://cribsforkids.org/partner-product-catalog/>

Getting Started

- ✓ Local County Health Director has been notified of participation
- ✓ All participating CMARC staff has completed a Safe Sleep NC training
- ✓ Finalize a *Safe Sleep and Portable Crib Distribution/Waiver Form* for your county-- Click [HERE](#) for template. Please customize this template for your county
- ✓ CMARC staff has reviewed and agrees to adhere to the requirements and protocol for this project

Requirements and Protocol

- ✓ Follow eligibility criteria for project
- ✓ Discuss and provide families with the flyer called “Does Your Baby Sleep Safe,” or the booklet called “Help Your Baby Sleep Safe”
- ✓ Review with families the “Cribs for Kids Cribette- Instructional Manual” on how to properly set up and break down the portable, including how to use the basinet
 - Work with families as able to put together the cribette and/or use the teaching video
- ✓ Ensure families to register the portable crib online or mail the postcard provided to receive information about any recalls.

Requirements and Protocol Cont.

- ✓ Review with families that the portable crib:
 - Is free for helping give their baby a safe place to sleep and ensuring that they intend to use it for their baby.
 - Is being provided to them based on their involvement with the CMARC program, but that this resource is limited.
 - Should not be sold or given away, but should be used for their baby.
- ✓ Review and obtain completed distribution form (serves as waiver)
- ✓ Submit recipient information via Qualtrics survey
- ✓ Request by email a new safe sleep kit, if needed

Determine Eligibility



Who is eligible?

- ✓ 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:

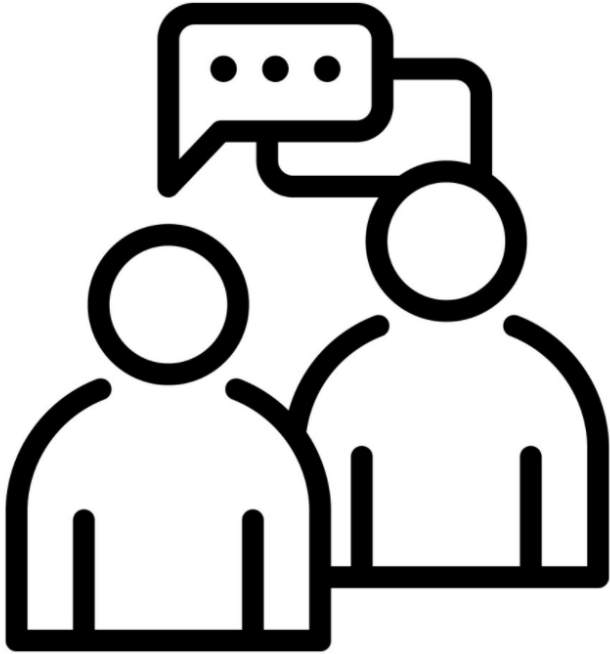
- 4 months of age or younger
- Plan of Safe Care
- Preterm and/or Low Birth Weight
- Tobacco and/or substance exposure
- Ongoing medical needs
- Currently bed sharing, but open to using portable crib if available

Order and Receive Resources

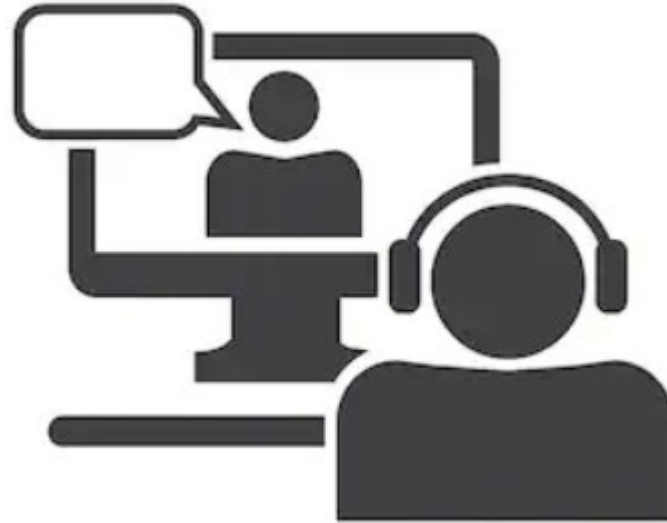
- Safe sleep kits mailed to each Health Department
- CMARC staff pick up kit and coordinate delivery with families
- Order new kits by emailing megancanady@med.unc.edu
 - Provide the following information
 - Health Department Address
 - Contact Name
 - Language: Spanish or English
 - Sleep-Sack: Fleece or Cotton



Delivering Safe Sleep Info & Resources



Socially Distanced
Home/Office Visit



Video Conference Call



Phone Call

Review with Families Cribette Instructional Manual



Cribette Instructional Manual

<https://cribsforkids.org/wp-content/uploads/instruction-manual-cribette-2019-PRINT-V2.pdf>

- **Bassinet:** To help prevent falls, do not use the bassinet when the infant begins to push up on hands and knees or weighs over 15 pounds (6.8 kg), whichever comes first.
- **Cribette:** Stop using the Cribette when the child reaches 35 inches (89 cm) in height, weighs more than 30 pounds (14 kg), or is able to climb out.

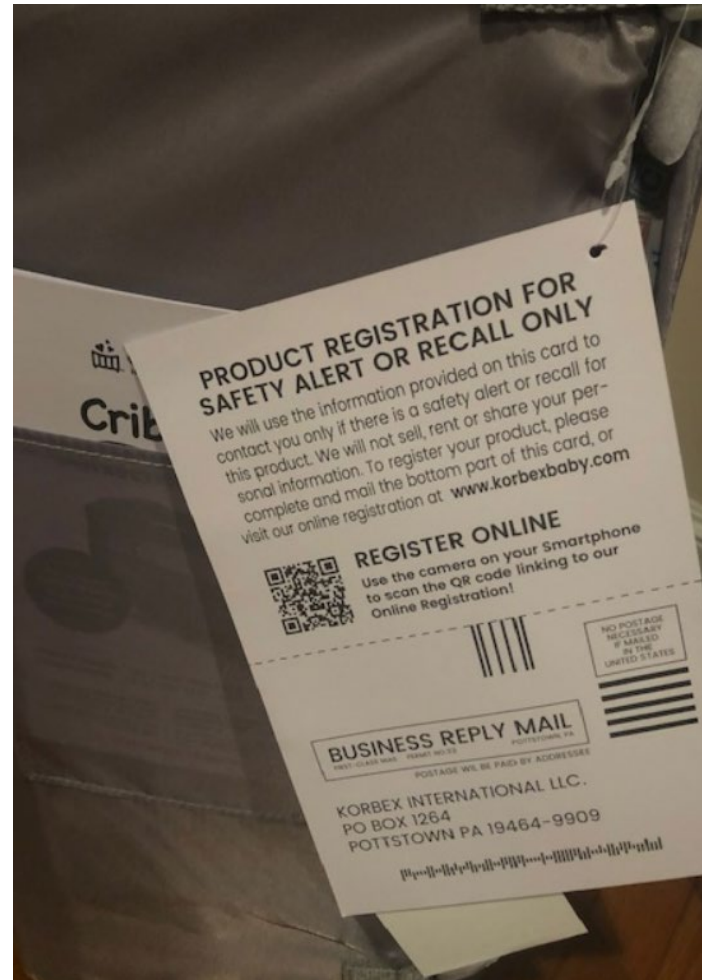
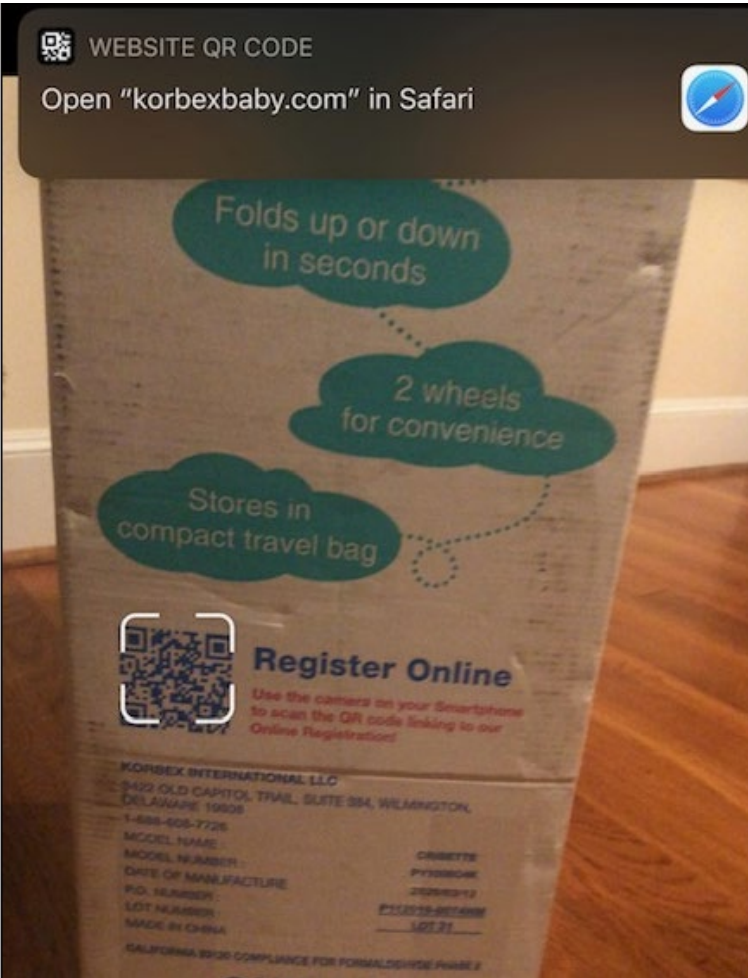
Assembling the Cribette

<https://youtu.be/jKAzECeLOIE>

Inform Families to Register Cribette Online



Use the camera on a Smartphone to scan QR code linking to an online registration or mail in postcard



Distribution Form/Waiver -TEMPLATE-

Click [HERE](#) for template. Please
customize this template for your
county

Health Department Name
Address
Phone

Safe Sleep and Portable Crib Distribution Form
To be completed by CMARC staff

Date Distributed _____

Name of CMARC staff providing information and portable crib: _____

Parent's Name: _____

Child's Name: _____ Child's DOB: _____

Home Address: _____ City: _____ State: _____ Zip: _____

Has parent/caregiver been provided with verbal AND written safe sleep education? _____

Has parent/caregiver been provided with guidelines for using portable crib and registering it? _____

Parent/Caregiver should read and initial below:

____ I understand that this portable crib is free to me for helping give my child a safe place to sleep and I plan to use it for my baby.

____ I understand that I am receiving this portable crib because my baby is in the CMARC program and CMARC has a limited number of portable cribs to give to families.

____ I understand that this portable crib should not be sold or given away, but should be used for my baby.

____ I agree that I need to follow the guidelines on setting up the portable crib correctly and I agree to use it according to manufacturer's instructions, which have been given to me.

____ I agree to register the portable crib online or mail the postcard provided to receive information about any recalls.

____ I have been given the flyer called "Does Your Baby Sleep Safe," or the booklet called "Help Your Baby Sleep Safe" and discussed safe sleep for my baby with someone from CMARC

____ I understand that I can help to keep my baby safer while they sleep by:

- Having them sleep alone in a portable crib
- Putting them on their back for every sleep
- Placing nothing other than my baby in the portable crib (no blankets, no pillows, no toys)

____ I agree that I will not hold the (NAME) County Health Department or any of its programs responsible for any injury, damage, or harm that may come from using the portable crib.

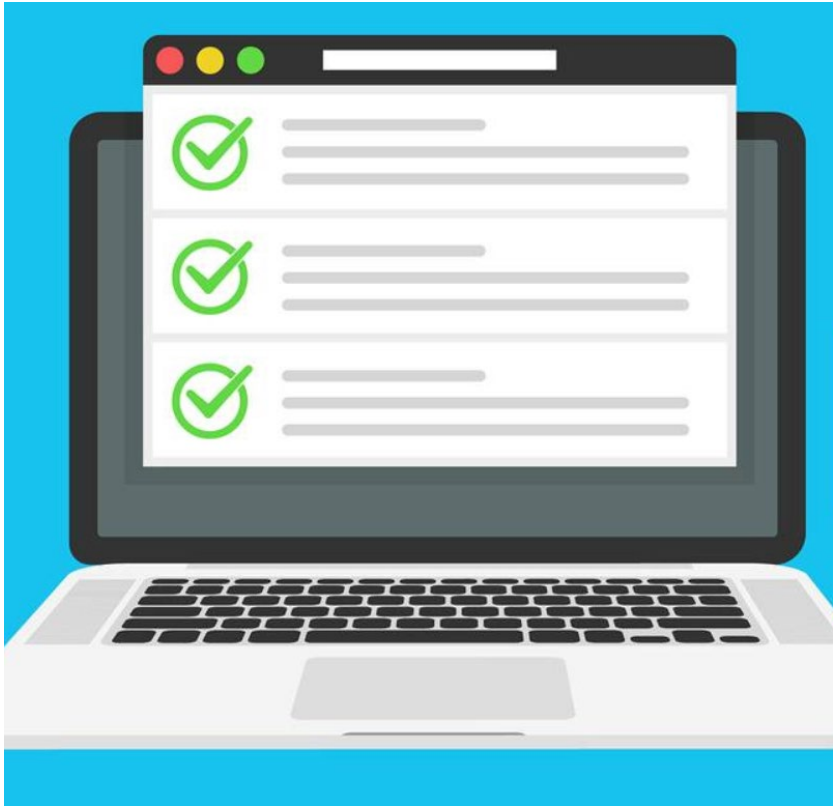
Parent/Caregiver Signature

Date

Care Manager Signature

Date

Post Distribution Information



- County Name
- Age: Under 4 months, 4-6 months, 7+ months
- Medically Fragile
(LBW, Preterm, ongoing medical needs, etc.)
- Tobacco exposure in the home

https://unc.az1.qualtrics.com/jfe/form/SV_clyEGKAHI7sxcPj



CMARC Staff Check List

- ✓ Determine eligibility
- ✓ Coordinate with family delivery of safe sleep kit and education
- ✓ Discuss safe sleep practices
- ✓ Ensure parents register the portable crib
- ✓ Demonstrate how to set up and take down the portable crib, including the bassinet.
([Video Instructions](#) and [Written Instructions](#))
- ✓ Review with families your county's "Safe Sleep and Portable Crib Distribution Form"
- ✓ Continue to work with families, 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_clyEGK_AHI7sxcPj
- ✓ Order new kits by emailing
megancanady@med.unc.edu

Click [HERE](#) for Check List

Project Feedback

- CMARC staff complete survey
- Families provide feedback



Thank you!

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SafeSleepNC.org