

Kennesaw State University

DigitalCommons@Kennesaw State University

---

Symposium of Student Scholars

---

## Educating Parents on Infant Safe Sleep to Reduce Sleep-Related Deaths

Marleni Cervantes

Follow this and additional works at: <https://digitalcommons.kennesaw.edu/undergradsymposiumksu>



Part of the [Maternal, Child Health and Neonatal Nursing Commons](#), and the [Pediatric Nursing Commons](#)

---

Cervantes, Marleni, "Educating Parents on Infant Safe Sleep to Reduce Sleep-Related Deaths" (2022). *Symposium of Student Scholars*. 168.

<https://digitalcommons.kennesaw.edu/undergradsymposiumksu/Fall2022/presentations/168>

This Poster is brought to you for free and open access by the Office of Undergraduate Research at DigitalCommons@Kennesaw State University. It has been accepted for inclusion in Symposium of Student Scholars by an authorized administrator of DigitalCommons@Kennesaw State University. For more information, please contact [digitalcommons@kennesaw.edu](mailto:digitalcommons@kennesaw.edu).

**Educating Parents on Infant Safe Sleep Practices to Reduce Sleep-related Deaths**

Marleni Cervantes

Kennesaw State University – WellStar School of Nursing

NURS 4417

October 21, 2022

### Abstract

During my pediatric clinical rotation, I saw parents practicing unsafe sleeping practices with their infants. Infants would sleep with their pillows, blankets and in non-supine positions. There are around 3000 sleep related infant deaths annually in the United States (Patrick et al., 2021). To combat this issue a safe sleep education program should be implemented in labor and delivery and NICU units to ensure parents are getting the proper training before discharge. Parents will attend an education program before discharging from the hospital. The program will be completed in 2 days to ensure the parents are able to ask questions and clearly understand. On day one this program will include a behavior skill training (BST), videos and reading material. With one session of education and BST participants have showed improvement in safe sleep practices (Carrow et al., 2020). A pre-questionnaire will be taken before to assess the patient's education needs. On day two they will demonstrate or teach back what they learned and upon completion get a children's book about safe sleep practices. A post-questionnaire will also be taken to see parents' improvements. Healthcare personnel will also go through training to ensure they are modeling the correct safe sleep practices to parents and give out correct, consistent information. To evaluate the effectiveness of the safe sleep practices program we will use the pre and post questionnaires. Also, upon completion of the project the number of infant sleep related deaths will be compared to the number before the project was implemented.

*Keywords:* infants, newborn, safe sleep, parents, SIDS, sleep related deaths, education, SUID