

Let's Talk – Safe Infant Sleep



Each year about
3,400 infants
die from **sleep-related
death** in the U.S.

Efforts to reduce this number
were effective but have
stalled in the past 20 years.

In Texas, sudden infant death syndrome (SIDS) is the **third leading cause of infant death**, and some populations have higher rates of infant death compared to others. There are new strategies safe sleep community champions like you can use to help parents and other infant caregivers receive consistent and aligned messages from multiple sources, multiple times.

Let's Talk - Safe Infant Sleep (LT-SIS) is a community training that uses a conversations-based approach to help parents and other infant caregivers develop a plan that helps overcome personal barriers to safe infant sleep practices.

The LT-SIS Community Training will help you:

- Learn to engage in a new approach for encouraging safe infant sleep practices, using methods updated by the American Academy of Pediatrics (AAP) in 2022.
- Join a network of partners in your community and beyond who are dedicated to reducing sleep-related infant death.
- Debunk common myths and provide facts related to normal infant sleep.
- Access resources to engage with parents and caregivers, helping them overcome obstacles to safe infant sleep practices.
- Model how to share information and identify potential barriers using real-life scenarios.
- Get tools to help plan and build sustainability in your safe sleep programs and initiatives.



Let's Talk – Safe Infant Sleep Activities



**Community
Training**



**Clear the Crib
Awareness
Activity**



**Parent and
Caregiver Class**

Learn more about this
opportunity by emailing
InfantHealth@dshs.texas.gov.
Or check out the LT-SIS
training materials at:
dshs.texas.gov/SafeInfantSleep.



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