January 2020

MCH Grantee/Health Provider

Dear [ ],

Because **sleep-related death is the leading cause of death for infants from one month to one year**, the KIDS Network, the Kansas Department of Health and Environment, and the Kansas Maternal Child Health Council wish to partner with to help support your [practice/program/office] in promoting safe sleep. Kansas has made significant progress in reducing the rate of sleep-related deaths. However, there is still work to be done. Based on the most recent data, here are two priorities for improvement:

* While health care workers are doing a good job of advising new mothers on placing their baby on their back, alone, and in a clutter-free crib, **only 55.6% of mothers reported being advised to place their baby’s crib or bed in the mother’s room (“same room, separate bed”).**
* In asking mothers how infants sleep, **nearly half (49.4%) of mothers reported that their baby slept with a blanket,** and thus lacked a clutter-free crib.

We are interested in public-private partnership opportunities to ensure your [practice/program/office] has the training and resources needed and all members of our health community are sharing consistent messaging with parents and families on a safe sleep environment. We can also connect you with a safe sleep instructor in your area and help you identify or develop a safe sleep champion to be a resource for your office or community.

Related to first point of consistent messaging, the attached flyer highlights the latest AAP evidence-based recommendations for safe sleep, as well as areas for potential improvement based on the most recent data from new mothers in Kansas, including the two priority points above. We invite you to post this flyer in your office and share it with your staff. The full AAP policy paper and technical report with evidence-based recommendations can be found at the bottom of this webpage: <http://www.kidsks.org/safe-sleep.html>

Next, we are encouraging every community or office to identify a safe sleep champion who will promote safe sleep, provide training, and serve as a resource to both providers and families. A list of certified safe sleep instructors is available here: <http://www.kidsks.org/safe-sleep-instructors.html>, and online training can be access through KS-TRAIN and the link on this page: <http://www.kidsks.org/safe-sleep.html> Contact the KIDS Network to be connected to a champion, receive training for your office, or to seek training for a member of your own team to become a safe sleep champion and certified instructor.

Please let us know what training and resources you need. Together, we can reduce sleep-related deaths and make a positive impact on the lives of Kansas families.

Sincerely,

Lee. A. Norman, M.D., Secretary Kari Harris, M.D., Chair

Kansas Department of Health and Environment Kansas Maternal and Child Health Council