

## **Guidelines for Approval of Safe Sleep Training**

December 2023

The North Dakota Department of Health and Human Services (HHS) requires all direct care providers who care for infants to complete annual Department-approved training on safe sleep practices/SIDS. Department-approved means that training has been approved by the Registry and is reported on individuals' Registry records. To be approved, safe sleep training must meet the following criteria:

### **Learning Objectives:**

The training must be based on the following learning objectives, and describe specific learning activities to support attendee's knowledge and application of safe sleep practices in group child care settings:

- Define SIDS and SUID
- Discuss leading theories related to SIDS
- Identify safe sleep practices in child care settings
- Identify risks that can be modified
- Review North Dakota HHS licensing rules for safe sleep practices in child care

### **Target Audience:**

The training content must be developed specifically for and targeted to the child care audience. Materials designed for parents are insufficient to adequately equip direct care providers with the knowledge they need to provide safe sleep environments for infants in child care, and will not be approved. The training description must include an explanation of how the content applies to a child care setting and supports ND licensing requirements.

### **Major Resources and References Used to Develop the Training:**

The training content must be developed and based on information provided by the following sources. Examples of course materials and handouts must be included with the request for approval and must demonstrate support and compliance with all current recommendations and directives from these organizations:

- American Academy of Pediatrics  
[https://cpsc.gov/s3fs-public/AAP\\_Sleep%20Death%20Policy%20Statement%202016.pdf](https://cpsc.gov/s3fs-public/AAP_Sleep%20Death%20Policy%20Statement%202016.pdf)
- U.S. Consumer Product Safety Commission
- Caring for Our Children: National Health and Safety Performance Standards
- ND HHS Licensing rules and policies  
[https://www.nd.gov/dhs/policymanuals/62001/62001.htm#620-01-95-05.htm%3FTocPath%3DEarly%20Childhood%20Services%20Policies%20and%20Procedures%20620-01%7CHealth%20and%20Safety%20620-01-95%7C\\_2](https://www.nd.gov/dhs/policymanuals/62001/62001.htm#620-01-95-05.htm%3FTocPath%3DEarly%20Childhood%20Services%20Policies%20and%20Procedures%20620-01%7CHealth%20and%20Safety%20620-01-95%7C_2)

### **Trainer Qualifications:**

Trainers must have current health professional qualifications and SIDS expertise. While trainers for this topic are not required to be pre-approved as Registry Early Childhood Instructors or Content Specialists, a description of their professional qualifications and safe sleep expertise, along with the name of their current employer and employer contact information must be provided with the request for training approval.