

## ABC SAFE SLEEP DISCUSSION GUIDE

The information below offers a format for having a brief discussion about safe infant sleep. The change principle is: a little and often by many over time. It is the 'by many' that is the power of brief interventions. The table supports a range of 2 minute conversations that can be positive, focussed, supportive and brief.

- ▶ **ASK:** everyone about safe sleep conditions (position, place, smokefree status.
- ▶ **BE CLEAR:** about what is essential. Oxygen must be able to get "through the tubes".
- ▶ **CHECK:** safety, support, understanding, plans, unusual 'what if situations... reinforce safe practice and address any concerns. Refer as appropriate, to support safe action.

### Examples of "through the tubes" brief interventions

#### In pregnancy

- Ask** *What support have you had to keep your baby smokefree?*
- Be clear** Be clear that smokefree is **essential** care, both during pregnancy and after. *Smoking takes oxygen away from your baby. Babies need oxygen to grow and stay alive..*
- Check** Check expectations and offer referral for smokefree support.  
*Are/were you smokefree (in pregnancy)? Family smokefree? Home smokefree? If you were smokefree, how would things be different? Would you like support?*

#### During sleep

- Ask** *What are you hearing is the best position for babies to sleep in?*
- Be clear** Be clear that sleeping face-up is **essential** care, every place, every sleep.  
*'On the back' is essential protection from getting into positions that can cut off airways*
- Check** Check understanding and address concerns. Is there any occasion when you might not sleep your baby face-up (on the back)?
- Ask** *How much do people talk with you about protecting a baby's face?*
- Be clear** Be clear that a clear face and head is **essential** care, in every sleep. *A clear face and head helps a baby breathe freely and protects from suffocation.*
- Check** Check confidence with identifying hazard situations  
*How confident are you about doing a 'hazards check' of where your baby sleeps?*
- Ask** *How much have you heard about where babies should and shouldn't sleep?*
- Be clear** Be clear that 'close to a parent' is **essential** care, day and night, and every sleep.  
*The safest place for your baby to sleep is close by you and in their own safe space.*
- Check** Check understanding and address concerns.  
*When might your baby sleep in another room or a place not designed for babies?*

In pregnancy



In sleep