

“Safe to Breathe” Teaching Guide

Essential education for protecting babies as they sleep

Course Name	Safe to Breathe
Vision	Safe sleep for every baby, in every place, at every sleep
Purpose	To support teenage parents in pursuing safe sleep for their babies
Need	To reduce rates of accidental suffocation in place of sleep for babies born to teenage mothers
Goal	All teen parents will have the knowledge and skills to sleep their babies safely
Core Competencies	Know how babies suffocate, ways they are vulnerable, how to protect them Understand how sleep related risks change with development Identify and address hazards in a baby’s sleeping environment Promote safe sleep principles to friends and whanau
Time	Total: 45 minutes 15 minutes presentation 15 minutes discussion 15 minute skill practice
Resources	Presentation: Safe to Breathe PowerPoint (with voice over) 1 x Safe to breathe presentation notes 1 x demonstration sleep bag 1 x demonstration merino blanket 1 x plastic tube and talk card Web page: http://www.changeforourchildren.co.nz/our_projects/young_parents (presentation and all resources can be downloaded from webpage)

Section 1: Knowledge update: Guide for teachers presenting “Safe to Breathe” to students.

Introduce presentation

“Safe to Breathe is an evidence-based programme of essential education for protecting a baby’s life. It has been designed for parents of young babies. There are two parts: information update (understanding) and skill practice (doing). This presentation is the understanding part.”

Presentation

Choose “Option A” or “Option B” below to share the presentation “Safe to Breathe” (in slideshow view) with the students.

- Option A: Play the presentation in voice-over mode. If presentation downloads in protected view, click “enable editing”. View in “slide show’ mode and ensure computer volume is turned on.
- Option B: Use the “presentation notes” to present the slide show without voice-over.

Section 2: Discussion

- Facilitate discussion about new learnings and support parents to identify hazards in their own baby's sleep environment (common hazards include pillows/toys in cot, bed sharing with vulnerable babies, babies sleeping in positions other than the back etc.).
- Discuss potential strategies that could enable mothers' to sleep their baby's safely (e.g. removing pillows/toys from cot, ensuring baby has own safe space to sleep in where ever it sleeps, sleeping baby on back, becoming smokefree).
- Discuss strategies to ensure baby is always in safe hands - especially when others care for their baby.

Section 3: Skills practice (complete **any** or **all** of the following)

- a. Ask students to make up a safe bassinet/cot for a young baby.
- b. Ask students to set up a cot for a baby who has started moving. What needs to be different?
- c. Set up a cot with identified hazards and task students with making it safe.
- d. Demonstrate ways of sleeping an older baby safely using resources in kit (eg. sleep bag and bare cot, or no sleep bag and firmly tucked blankets).
- e. Students practice talking to others about ways that babies can stop breathing, and how to enable safe sleep, every sleep.

Section 4: Homework

1. Students will identify and address potential hazards in their own baby's sleep space.
2. Students will discuss safe sleep for babies with their friends and family- how many people can they speak to in one week?

For more information on this education and to download any of these resources, go to

http://www.changeforourchildren.co.nz/our_projects/young_parents