



NICHQ National Institute
for Children's
Health Quality

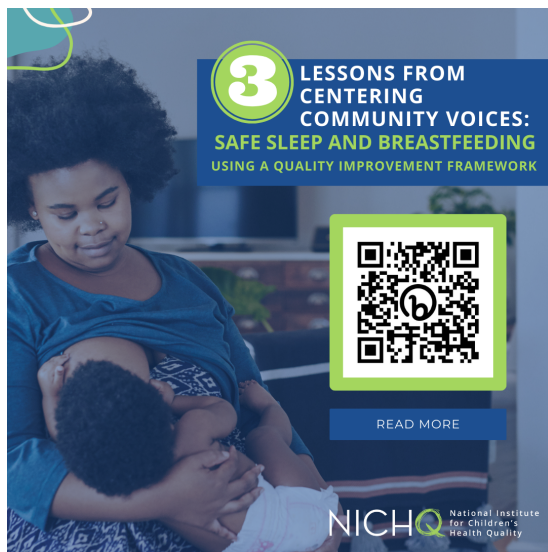
Safe Sleep Saves Lives

October is Sudden Infant Death Syndrome (SIDS) Awareness Month. Approximately 3,500 infants die annually in the United States from sleep-related infant deaths, including SIDS. This month, join NICHQ in raising awareness about safe sleep and breastfeeding recommendations.

Resources and Tools for Promoting Safe Sleep and Breastfeeding

Sudden Infant Death Syndrome (SIDS) accounts for a large proportion of Sudden Unexpected Infant Death (SUID) in the United States. SUID is a public health concern across population groups, but significant inequities impact American Indian/Alaska Native and non-Hispanic Black families.

During the [*National Action Partnership to Promote Safe Sleep Improvement and Innovation Network \(NAPPSS-IIN\)*](#) project, community-based participatory quality improvement emerged as an innovative way to address these concerns in breastfeeding and safe sleep QI work. By restructuring the quality improvement process to be authentically community-based, NAPPSS-IIN was able to gain invaluable insight into the drivers of health inequities and desired solutions.



Read three key lessons that emerged from the NAPPSS-IIN project about the value of engaging community voice in breastfeeding and safe sleep quality improvement initiatives.

[READ INSIGHT](#)



Watch a webinar featuring community health workers who share their experience with promoting infant safe sleep and breastfeeding and providing educational tools and resources to mothers, birthing people, and caregivers in need of support.

[WATCH WEBINAR](#)



Read a NICHQ-led study, [Community-based approaches to infant safe sleep and breastfeeding promotion: a qualitative study](#), published in BMC Public Health, that details opportunities and challenges to improve community-level promotion of infant safe sleep and breastfeeding in communities vulnerable to infant safe sleep and breastfeeding disparities.

[READ STUDY](#)



The National Institutes of Health (NIH) Safe to Sleep campaign released a helpful [SIDS Awareness Month Toolkit](#) with educational resources, shareable content, safe sleep images, and more!

Safe Sleep Resources & Tools

Check out NICHQ's official online guide to ensuring safe infant sleep. We're sharing the tools and knowledge to work toward eliminating SIDS and other sleep-related deaths. Find strategies and interactive resources to promote safe infant sleep guidelines, along with lessons learned to empower health professionals, community advocates, and families across the country to be champions of safe sleep.

[SAFE SLEEP 101](#)



Safe Sleep and Equity

Black, American Indian/Alaskan Native, and low-income families are disproportionately impacted by sudden unexpected infant death (SUID) and SIDS. These glaring inequities are rooted in systemic barriers caused by structural racism.

Read recommendations for how health professionals and improvement initiatives can better support the health and well-being of Black families from three NAPPSS-IIN faculty experts.

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