

MODULE 7: Handout

Sample Template



Here is a sample template you could use to create a plan with a family. Imagine a family and fill out this plan based on what that family might include. Check Handouts in the left navigation bar to download a copy of this template.

Preferred way of getting information	Plans for Sleeping	Plans for Feeding
What do we need to know—more information?		
What do we need? (Things—equipment, etc.)		
What do we need to do to prepare?		
What help do we have?		
What other support do we need? Where will we get it?		
Bumps in the road and who to call.		

This handout has been developed as a component of the Building on Campaigns with Conversations: An Individualized Approach to Helping Families Embrace Safe Sleep & Breastfeeding online curriculum. To view the entire curriculum, please visit: <https://www.ncemch.org/learning/building>.

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Information is based on the American Academy of Pediatrics (AAP) technical report: Moon, R. Y., & AAP Task Force on Sudden Infant Death Syndrome. (2016). SIDS and other sleep-related infant deaths: Evidence base for 2016 updated recommendations for a safe infant sleeping environment. *Pediatrics*, 138(5) e20162940 and the AAP policy statement: Eidelman, A. I., Schanler, R. J., Johnston, M., Landers, S., Noble, L., Szucs, K., & Viehmann, L. (2012). Breastfeeding and the use of human milk. *Pediatrics*, 129(3), e827-e841.

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