

## Sample Safe Sleep Screening Questions for Use during Perinatal and Postnatal Encounters

### Perinatal – Prenatal (OB or Prenatal Pediatric Visit), Post-Partum (In-hospital)

#### First baby:

1. What have you heard about the safest way for a baby to sleep (at naptime and during the night)?
2. Where will your baby sleep after you take him/her home?
3. Do you have/will you be getting a crib or bassinette for the baby?
  - a. Is it/will it be in your room with you?
  - b. Is it new or did you get a used one? How old is it?
4. Have you heard about how to set up the baby's crib/bassinette safely? What should be in the bed with the baby?
5. Some parents feel it's good to have their baby sleep with them in the bed. What do you think about that? Are you planning on having your baby sleep in the bed with you?
6. Who will be helping you with the baby after you give birth?
7. Does anyone smoke at home?

#### If this is not a first baby:

1. Tell me about how your last baby/other children slept when they were infants?
  - a. How did you get your baby/babies to sleep?
  - b. When you put your baby/babies in their crib/bassinette, did you put them on their back, stomach or side?
  - c. Did your other child/children sleep in the bed with you? With other family members?
  - d. Was he/she (were they) a good sleeper?
  - e. If the older child experienced sleep problems as an infant, explore with the patient how she handled this.
2. Where will this baby sleep? Will you be using a crib or bassinette?
3. Is/will the crib/bassinette in your room with you?
4. How old is the crib/bassinette? Make sure to check that it's still sturdy and in good shape for this baby.
5. What are some of the safe sleep tips you used with your older children when you put them to sleep for a nap or for the night?
  - a. Could you tell me which ones work best for you?
6. Does anyone at home smoke?

#### **In-hospital (after delivery):**

1. **All members of the Labor and Delivery, post-partum and newborn nursery staff** need to pay careful attention to the explicit and implicit messages they are giving to new parents and family members

- a. Make sure the baby is always supine in the bassinette – the baby does not need to be on the side “to let the fluid clear from the baby’s lungs”, “keep the baby from choking if she spits up” or what ever other explanations are given to families to justify the staff placing the baby on the side.
2. Health professionals caring for the dyad need to pay special attention to how a new mother cares for her baby. These are important teachable moments.
  - a. How is she positioning the baby in the bassinette?
  - b. Is the baby in the bed with her?
  - c. Is the baby on a pillow in the bed with her or covered with blanket?
  - d. What is her understanding about safe sleep for her newborn?
  - e. What are her concerns about these recommendations?
  - f. Where will the baby be sleeping at home?
3. Special attention needs to be given to **women delivering by C-section or who experience complications during delivery** given their relatively short hospital stays.
  - a. Will the mother have any help at home caring for the baby and/or her other children?
  - b. Where will the mother be sleeping and napping?
  - c. Where will the baby be sleeping?
  - d. How close is the baby’s crib/bassinette to the mother’s bed/sleep space?
  - e. Are there other young children in the home?
    - i. Where do they sleep?
    - ii. Do they share the bed with the mother?

**Pediatric healthcare encounters: routine primary care, emergency or acute episodic care**

1. Tell me about how your baby sleeps?
2. Where does the baby sleep? Do you have a crib/bassinette for the baby?
3. Is the baby in your room with you?
4. Does the baby ever sleep with you or another family member in your bed, or on a couch or chair?
5. Does the baby sleep with other children/family members?
6. Do you put the baby on her stomach, back or side to sleep?
  - a. If the parent/caregiver is using a non-supine sleep position explore why this is – what are the concerns, challenges, barriers to following the supine sleep recommendation
7. Does anyone smoke at home?