Group Name: FACE Family Circle_ALH (1)
Event Start: Oct-01-2019 6:00 PM (160)

<table>
<thead>
<tr>
<th>Document</th>
<th>Group Connections Planning Guide &amp; Record</th>
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<tbody>
<tr>
<td>Date</td>
<td>Jul-26-2019</td>
</tr>
<tr>
<td>Description</td>
<td>Safe Sleep</td>
</tr>
<tr>
<td>Created</td>
<td>Harbaugh, Angela on Jul-26-2019</td>
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<td>Modified</td>
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**Group Connections Planning Guide & Record**

*Click “Next” at the bottom of the screen to proceed to the form.*

**Planning Details**

<table>
<thead>
<tr>
<th>Date</th>
<th>Oct-01-2019</th>
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<tbody>
<tr>
<td>Alternative Date</td>
<td>Oct-11-2019</td>
</tr>
<tr>
<td>Starting Time</td>
<td>6:00 pm</td>
</tr>
<tr>
<td>Ending Time</td>
<td>8:00 pm</td>
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<tr>
<td>Location</td>
<td>school library</td>
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**Parent Educator(s)**

**Presenters**

List Parent Educator(s) name(s)

List any presenters you may have

**Contact Information of Presenter**

List Parent Educator contact information

**Format:**

- Ongoing group
- Presentation
- Family activity
- Community event
- Parent café

**Number of families expected** 15

**Targeted Ages of Children**

- Prenatal
- Less than 12 months
- 13-24 months
- 25-36 months
- 37-48 months
- 49-60 months
- enrolled in kindergarten

**Publicity:**

- Newspaper
- Flyers
- Website
- Personal invitation
- Social media
- Radio/TV
- Text
- Phone call
- Email
- Other

**Incentives**

List your incentives here; basket of baby items

**Refreshments**

Yes

**Refreshments Memo**

List any planned refreshments here, including the responsible person.

**Areas of Emphasis**

- Parent-child interaction
- Development-centered parenting
- Family well-being

**Intent:** What will we focus on at this group connection?

We will provide educational resources to parents and caregivers in order to promote healthy and safe sleep practices for caregivers with infants from birth to one year of age.

**Topics and key points from parent educator resources and other sources**

1. Sudden Infant Death Syndrome (SIDS) is the sudden unexplained death of a healthy child under the age of one.
   - SIDS falls under the SUID umbrella, or the Sudden Unexpected Infant Death, umbrella. Other SUID’s include hypo or hyperthermia (when the child is too cold or too hot), metabolic disorders, neglect or
Although the exact causes of SIDS are not exactly known, steps can be taken to reduce the chances of an infant dying from SIDS. These steps include:

1. Placing baby on his/her back to sleep
2. Keeping cribs free of soft objects such as blankets, pillows, stuffed animals and bumper pads
3. Refrain from smoking, both during pregnancy and when baby is less than 12 months, as these are critical periods for respiratory development
4. Refrain from bed sharing
5. Offer a pacifier at bedtime
6. Encourage tummy time while baby is awake to strengthen core and neck muscles
7. Prevent overheating by putting baby in clothing that would be comfortable for a lightly clothed adult
8. Use fans in the room to keep air circulating
9. Get regular healthy child check-ups with the doctor
10. Breastfeed baby when possible, but avoid putting baby in bed with you to nurse.

Research shows that room sharing, not bed sharing, for the first year of life reduces the risk of SIDS and suffocation by 50%. The American Association of Pediatrics recommends “that infants sleep in their parents’ room, close to the parents’ bed, but on a separate surface designed for infants, ideally for the first year of life, but at least for the first six months”.

1. Make sure baby’s crib meets national safety standards, have firm mattresses, and be placed in rooms free of second-hand smoke.

Always practice the ABC’s of safe sleep:

1. Babies sleep safest Alone.
2. Babies sleep safest on their Backs.
3. Babies sleep safest in their own uncluttered Cribs.

Prompts and questions for sharing observations, questions, or reactions

Share the parent handouts and booklets with each attendee. Ask them to read the parent handouts and booklet, highlighting a few key points from each to share with the group. After allowing the group a few minutes to read the handouts and booklet, ask them to share some key points from each handout with the group. If you wish to do so, record these key points on a piece of chart paper. After all attendees have been given an opportunity to share, review the key points shared for each parent handout. In order to encourage conversation and sharing aloud, use the following prompts: Did you learn anything new by reading these materials? If there is one take-away or aha for you, what would it be? Is there something that you’re currently doing when putting your baby to sleep that you will stop doing after reading these materials? If you are parents of older children, how does the current research differ from how you put your older children to sleep as infants?

Learning activities

Invite attendees to participate in the icebreaker activity:

a. Present the Flip Chart icebreaker activity on a projector and engage the audience in a discussion around the questions. You might consider providing true/false paddles for the participants to raise in response to the questions, or consider using a thumbs up from the participants for statements they believe are true and thumbs down for statements that they believe to be false. Consider providing a prize to the individual(s) who answer the most questions correctly, or to those who participate the most with the activity.

b. Allow time and opportunity for the participants to ask questions before beginning the activities.

Activities: The following are two suggested activities in which to engage parents:

i. **Activity #1: Safe & Unsafe Sleep Environments**

   1. Set up a crib or play yard and have participants identify what should and should not be placed in the crib to make it a safe sleep environment. You can set up an unsafe environment and have participants try to list all the ways the environment is not safe, such as a loose quilt or blanket included in the crib, plush toys, etc. Have participants remove what they think is unsafe from the sleep environment or give them a basket of sleep items and have them select which ones they think are safe for the sleep environment and put them in the crib. Use a doll to demonstrate how to lay an infant in a crib correctly.

ii. **Activity #2: Safety Baby Shower**

   1. Present this as a part-education, part-social activity. Present information on safe infant sleep or show the Safe Sleep for Your Baby video (https://www.youtube.com/watch?v=29sLucYtypA#action=share). Accompany the presentation with a discussion and perhaps a quiz game with prizes provided to the winners. Offer gift baskets of baby products as door prizes to attendees. According to the Safe to Sleep Campaign, this event has been particularly successful with low-income or teenage expecting mothers.

iii. **Parent-Child Activity: Booksharing: Baby Dream**
1. Provide an opportunity for book sharing. If enough copies of the book were ordered for the FACE Family Circle, allow parents to read to their infants. If only one copy of the book is available, consider asking a parent to volunteer to read to the group of parents and infants.

2. After allowing time to complete the book sharing activity, ask the attendees to remain in the group for the closing.

Facilitation Strategies (note additional staffing needs)
Explain the activities first to the parents and allow them to ask questions for clarity, if needed. Encourage participation by everyone in attendance.

Materials and Supplies
- chart paper; chart markers; highlighters; Flip Chart icebreaker activity: projector, computer, true/false paddles; informational booklet: Safe Sleep For Your Baby: Reduce the Risk of SIDS and Other Sleep-Related Causes of Infant Death (published by the Safe to Sleep Campaign); thumb drive containing Safe to Sleep Video and Flip Chart activity; parent handouts: Honor the Past, Learn for the Future: Reduce the Risk of SIDS and Other Sleep-Related Causes of Infant Death (handout published by the Safe to Sleep Campaign), Safe Sleep for Your Baby (Foundational Curriculum, page 1397), Your Baby's Sleep Routines (Foundational Curriculum, page 1413); the book Baby Dream; Safe and Unsafe Sleep Environments activity; crib or pack-n-play, unsafe crib items such as blankets, stuffed animals, bumper pads, pillows, etc., baby doll; Baby Shower activity: Safe Sleep for Your Baby video, baskets of baby items for participants to take home

Number of Volunteers in Group
Volunteer Names
List any volunteers here.

Group Connections Record

Actual Expenses $

Budget Shortfall or surplus (please explain)

Opportunities for feedback from participants and presenters, including surveys
- PAT Group Connection Feedback Survey
- Other Survey
- Informal
- Focus Group

Items for follow-up
Remember to go back into your plan and complete this portion after the conclusion of the FACE Family Circle. Remember to print the Group Connection Planning Guide and Record and place it, along with the other required documents, in the FACE Family Circle binder.

Other program considerations

Successes and Challenges

Parent Handouts

Which curriculum would you like to choose from?
- Foundational

Foundational 1

Area of Emphasis:
- Development-Centered Parenting

Development-Centered Parenting
- Sleep
Sleep

- Safe Sleep for Your Baby
- Your Baby's Sleep Routines

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