Learning that Lasts: Developing a Survey to Track Behavioral Change Following Safe Sleep Education

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BACKGROUND

- **Sudden Unexpected Infant Death (SUID)** is the leading cause of death in babies aged 1 month to 1 year. SUID includes:
  - **Accidental Suffocation/Strangulation:** Often due to unsafe sleep practices; completely preventable via education and improving access to resources, but its **incidence has been increasing.**
  - **Sudden Infant Death Syndrome (SIDS):** The sudden, unexplainable death of an infant; its risk can be reduced by following safe sleep practices (Moon et al., 2022a)**.**
- **Cribs for Kids** is a Pittsburgh-based, non-profit organization that aims to prevent sleep-related infant deaths by improving the accessibility of cribs and providing education (Cribs for Kids, n.d.).
- The American Academy of Pediatrics (AAP) outlines safe sleep practices in the **2022 Recommendations for Reducing Infant Deaths in the Sleep Environment** (Moon et al., 2022b).

OBJECTIVES

1. Develop surveys to **assess behavioral change** following safe sleep education among parents, caregivers, and professionals who support families of infants.
2. Apply safe sleep knowledge to **evaluate** the top-rated parenting books on **safe sleep compliance.**

METHODS

1. Conducted a thorough **literature review** of infant safe sleep recommendations and survey design.
2. Created a **pre-training** and **follow-up survey** to measure behavior change for the Safe Sleep Ambassador Training and Professional Training Series.
3. Constructed a **post-training evaluation** survey to measure satisfaction for the Safe Sleep Ambassador Training, Safe or Not Safe Photo Quiz, and the Professional Training Series.
4. Specific survey questions were **coded** based on demographics (Parents/Primary Caregivers, Child Care Providers), and strategies were included to **boost participation.**
5. Sent the follow-up survey via email to those who completed the Safe Sleep Ambassador Training in May and June of 2026.
6. Tracked **safe sleep contradictions** in parenting books.

Safe Sleep Ambassador Training: Follow-up Survey

Safe or Not Safe Photo Quiz: Post-Training Evaluation Survey

Professional Training Series: Follow-up Survey

RESULTS

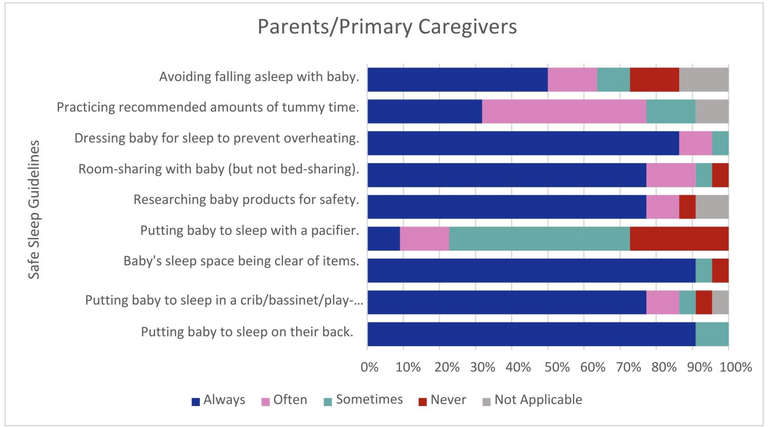

Figure 1. Frequency of Infant Sleep Behaviors among Parents and Primary Caregivers Four Weeks after Education. Survey questions were shortened for graphical simplicity.

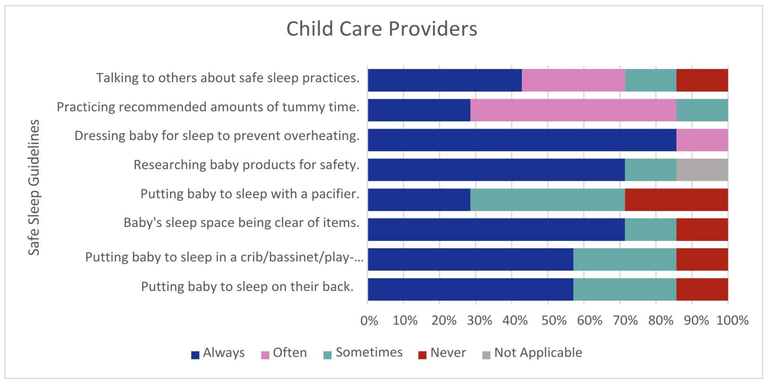

Figure 2. Frequency of Infant Sleep Behaviors among Child Care Providers Four Weeks after Education. Survey questions were shortened for graphical simplicity.

PARENTING BOOK REVIEW

COMPLIANT WITH SAFE SLEEP GUIDELINES



NOT COMPLIANT WITH SAFE SLEEP GUIDELINES



DISCUSSION

- Decreased frequency of pacifier use among infants of parents/primary caregivers could be attributed to **seemingly contradictory guidelines** (*Figure 1*). The AAP emphasizes that items in the sleep space could be a suffocation risk (ex. toys and blankets), yet pacifiers are encouraged when putting the baby to sleep to reduce the risk of SIDS (Moon et al., 2022b).
  - **Clearer communication** with caregivers is necessary.
- Many of the recommended parenting books were not compliant with safe sleep guidelines. Common contradictions were encouraging bed-sharing and the use of toys in the crib.
- **Public Health Significance:** These surveys aim to evaluate the **gap** between education and practice, and to identify **barriers** to implementation.

CONSIDERATIONS & LIMITATIONS

- **Anonymity** was emphasized to reduce biased responses.
- Questions were written concisely, at an **8th-grade reading level**, and used the same **Likert scale** to improve readability.
- Most literature recommends sending follow-up surveys 6 months after training (Johnson et al., 2025).
  - However, a **4-week follow-up** was selected because the highest risk for SUID occurs between 1 and 4 months of age (Moon et al., 2022a). This maintains the training's **salience** & **assesses** its intermediate influence.

NEXT STEPS

1. Implement pre-training and post-training surveys, and consider participant **feedback**.
2. **Expand** the survey questions to other demographics (Expecting an Infant, Healthcare Provider, Child Welfare).
3. Continue to **collect** and **analyze** the survey data.
4. Contact **publishers** of noncompliant books.

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