

“New Ways to Talk with Parents about Safe Sleep” Training

REACH CNY has developed a new and innovative workshop on how to deliver safe sleep messages using funding provided by the CJ Foundation for SIDS.

Under this grant REACH conducted 7 focus groups in Cayuga, Madison, Onondaga, and Oswego Counties. Five of the focus groups were conducted with providers; two of the focus groups were conducted with parents of infants. The goal of these focus groups was to find out how safe sleep messages were being delivered by providers and received by parents and other caregivers taking into consideration the culture of the family.



“When we talk about culture of the family, we mean more than just the ethnic backgrounds of the members. We are looking at all the different factors that can influence the values and beliefs of the individual families we work with. This includes, the neighborhoods they live in, their socio-economic status, their religious beliefs, the traditions that have been passed on within their individual families, the structure of the family, and more, “ says Anne Andrianos, Maternal Child Health Specialist at REACH CNY.

“In the past, people were taught to deliver one message only, what certain experts considered the best practices for reducing the risk of a baby dying when sleeping, due to SIDS or other causes. This is one layer of risk or harm reduction but stops short in recognizing that some parents are very resistant to parts of the safe sleep recommendations. Our training offers other ways to communicate with parents, other methods to reduce risk, taking into consideration their family’s values, traditions, and beliefs,” says Wendy Ramsay, Health Education Specialist of REACH CNY.

The new training is a workshop that teaches transferable skills that can be applied to any health topic, but in this case are practiced and discussed around topics related to safe sleep messages. The workshop typically takes at least 3 hours.

For more information about the training, please call Anne Andrianos at 315-424-0009, extension 105 or email her at aandrianos@reachcny.org.

A special thanks to Jessica Jenson, our intern from Syracuse University School of Public Health, for all her fabulous work on this project!

Workshop Topics at a Glance

- * Current Safe Sleep Recommendations
- * Values Exploration
- * Culture of Families
- * Risk Reduction at It’s Best
- * Motivational Interviewing & Communication Skills
- * Readiness to Change
- * Practice Scenarios