



SAFE SLEEP RESOURCES FOR FAMILIES

1. **Maine Safe Sleep Website:** The safe sleep website provides information for families and providers about safe sleep. It also contains links to other resources, including the Maine Prevention Store. www.safesleepforME.org
2. **Books:** "Sleep Baby Safe and Snug" is available free to all families at www.maine-preventionstore.org or check them out Charlie's Kids at www.charlieskids.org/
3. **Videos and Handouts:** available for parents and grandparents <https://safetosleep.nichd.nih.gov/>
4. **First Candle:** National not for profit dedicated to SIDS and unsafe sleep death prevention. <https://firstcandle.org/>

REFERRALS FOR FAMILIES

1. **Maine CDC's Public Health Nursing Program ("PHN"):** All prenatal and postpartum women and all newborns and infants up to 12 months of age may be referred to PHN for appropriate services and supports, regardless of insurance status. PHN provides services and supports for prenatal and postpartum women. Services include postpartum clinical assessment, breastfeeding consultation, safe sleep assessment, postpartum depression screening, domestic violence screening, and identification of long-term support services. PHN also provides services for infants including healthy newborn assessment, support, and case management services for infants with conditions including, but not limited to, birth injuries, oral feeding difficulties, and intrauterine growth restriction. <https://www.maine.gov/dhhs/mecdc/public-health-nursing/> or call 1-888-644-1130.
2. **Maine Families Home Visiting:** Provides support to families to plan for health pregnancies, share tips to be healthy, stay safe and learning, finding resources to meet the needs of families and connect families to support systems. Each county has a contact name, number, and e-mail address to communicate with the local program. Find it here <http://mainefamilies.org/contact.html>.

Providers and/or birthing hospitals may refer clients to PHN and Maine Families Home Visiting via the CradleME referral form. The CradleME form is designed to assist providers in identifying which services an individual client requires. Once a form is received, PHN's referral specialist or patient navigator will review the information and assign a client to a PHN, Maine Families Home visitor or both if appropriate, during regular office hours, 8 am to 5pm, Monday through Friday. PHN performs outreach to the client within 24 hours of receipt of the referral. Please call (888) 644-1130 and ask to speak with a PHN referral specialist if you have questions.