

RESOURCES FOR CAREGIVERS

RESOURCES FOR FAMILIES

- **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. [SafeSleepForME.org](https://www.safesleepforme.org)
- **BOOKS:** “Sleep Baby Safe and Snug” is available free to all families at [MainePreventionStore.com](https://www.MainePreventionStore.com) or check them out Charlie’s Kids at [CharliesKids.org](https://www.CharliesKids.org)
- **VIDEOS AND HANDOUTS:** available for parents and grandparents [safetosleep.nichd.nih.gov](https://www.safetosleep.nichd.nih.gov)
- **FIRST CANDLE:** National not for profit dedicated to SIDS and unsafe sleep death prevention. [FirstCandle.org](https://www.FirstCandle.org)

REFERRALS FOR FAMILIES

- 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. Visit [maine.gov/dhhs/mecdc/public-health-nursing](https://www.maine.gov/dhhs/mecdc/public-health-nursing) or call 1-888-644-1130.
- 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: [MaineFamilies.org](https://www.MaineFamilies.org)

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.

RESOURCES FOR HOSPITALS

- **CRIBS FOR KIDS HOSPITAL CERTIFICATION:** Information about the National Safe Sleep Hospital Certification Program including descriptions of the three levels of certification, resources available to hospitals, and map of certified Maine hospitals. cribsforkids.org/hospitalcertification and cribsforkids.org/wp-content/uploads/HC25.Quick-Guide.pdf
- **TECHNICAL ASSISTANCE:** DHHS has education and technical assistance available free of charge to any hospital committed to becoming a Safe Sleep certified hospital. To learn more, contact a Perinatal Outreach Nurse Coordinator for the Maine CDC.
 - For the Southern part of the state contact Emily Watson at emily.watson@mainehealth.org.
 - For the Northern part of the state contact Anne Boomer at aboomer@northernlight.org.
 - You may also contact Meredith Jackson MD, FAAP Newborn & Pediatric Hospitalist and Chair of MMC Safe Sleep Committee at meredith.jackson@mainehealth.org.

Questions about this initiative can also be directed to Amy Belisle MD, MBA – Chief Child Health Officer, DHHS Commissioner's office at amy.belisle@maine.gov. For questions about Safe Sleep Campaign materials contact Kim Gosselin at the Maine CDC at kimberly.gosselin@maine.gov.

- **AAP STATEMENT: SLEEP-RELATED INFANT DEATHS:** Updated 2022 Recommendations for Reducing Infant Deaths in the Sleep Environment. *Pediatrics* July 2022; 150 (1): e2022057990. 10.1542/peds.2022-057990 publications.aap.org/pediatrics/article/150/1/e2022057990/188304/Sleep-Related-Infant-Deaths-Updated-2022
- **WEARABLE BLANKETS:** Wearable blankets may be available for your hospital through the Halo Sleep program. Learn more: halosleep.com/in-hospital-safe-sleep-modeling-program
- **MAINE PREVENTION STORE:** An integrated clearinghouse of resources for tobacco, substance use, mental health, and suicide prevention. There are free brochures, rack cards, and posters designed to educate the public, parents, and professionals on topics including safe sleep. MainePreventionStore.com
- **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. SafeSleepForME.org



- **CRIBETTES:** A limited number of Cribettes are available for families that do not have a safe sleep environment.
 - **Maine Families:** Families who are enrolled and connected with Maine Families Home Visiting program are eligible to receive a cribette. To find the contact information for each county visit: mainefamilies.net/learnmore
 - **Public Health Nursing:** Families who are receiving home visits from a Public Health Nurse are also eligible to receive a cribette. For more information or to make a referral visit: www11.maine.gov/dhhs/mecdc/public-health-nursing/contact-us.shtml
 - **Cribs for Kids:** All of the Maine birthing hospitals have become Safe Sleep certified through Cribs for Kids, making them eligible to obtain cribettes for families in need. For more information visit: CribsForKids.org
- **HEALTHCARE PROVIDER MANUAL:** Healthcare provider manual on SIDS/SUID from The National Institute of Child Health and Human Development: pmc.ncbi.nlm.nih.gov/articles/PMC10351748
- **NICHD:** The National Institute of Child Health and Human Development (NICHD) information on safe sleep initiatives: safetosleep.nichd.nih.gov

NATIONAL PRESENTATIONS

- **THE NATIONAL INSTITUTE OF CHILD HEALTH AND HUMAN DEVELOPMENT (NICHD):** NICHD offers free CE Activity on safe infant sleep, with 1.5 contact hours for those who complete it: extranet.nichd.nih.gov/nursececourse
- **CHILDREN'S SAFETY NETWORK:** Safe Sleep Webinar childrenssafetynetwork.org/events/csn-webinar/infant-safe-sleep-introduction-model-program

