

Let's Talk – Parent and Caregiver Class Agenda

Introduction	Estimate Length
<ul style="list-style-type: none">• Pre-Test• Objectives	10 minutes
What Do We Know About Safe Infant Sleep?	
<ul style="list-style-type: none">• Myths vs. Facts• Recommendations• Baby Behaviors	45 minutes
How Can We Use All the Recommendations?	
<ul style="list-style-type: none">• Talking About Challenges• Planning for Safe Sleep• Sharing Our Plan for Safe Sleep	15 minutes
Who Can Help Me?	
<ul style="list-style-type: none">• Finding Your Circle of Support• Community Resources	15 minutes
Closing	
<ul style="list-style-type: none">• Post-Test	5 minutes