

Training Name:  
**Let's Talk - Safe Infant Sleep  
Community Training**

Recommended Audience: **Community Training Facilitators**  
Recommended Prerequisites:  
**Building on Campaigns through Conversations**

**Course Description:** The Let's Talk- *Safe Infant Sleep* Community Training uses a train-the-trainer (TOT) format. This provides community educators with information to support their implementation of a safe infant sleep TOT training in their community. The training features:

- information on adult learning principles;
- guidance for how to implement the training that focuses on goal setting and sustainability;
- instructions for use of the Let's Talk – *Safe Infant Sleep* community training and online toolkit; and
- modeling of open and honest conversations between the community educator and parents and caregivers.

#### NOTES ABOUT THIS GUIDE

1. The Let's Talk training uses a “conversations approach” based on work led by the National Center for Education in Maternal Child Health (NCEMCH) and the National Action Partnership to Promote Safe Sleep (NAPPSS) collaborative. This approach allows families and caregivers to share any barriers or challenges they have faced when carrying through safe sleep recommendations. The goal of this approach based on the Theory of Planned Behavior is to develop a plan with families that centers their needs, beliefs, and lived experiences and incorporates realistic goals.
2. The Let's Talk training builds on lessons learned from previous national projects that use a conversations-based approach encouraging discussion on all safe sleep recommendations outlined by the American Academy of Pediatrics. Toolkit resources are designed to encourage use of Social Cognitive Theory and Continuity of Care models to engage safe sleep community educators so that best practice messages and support are aligned throughout a parent's circle of support. Let's Talk calls attention to and provides guidance on additional key topics like normal infant behaviors, emergencies, and special health conditions that can impact a parent's adoption or continued use of safe sleep practices.
3. This training supports a shift in the role of safe infant sleep community educators from “experts or authorities” to “partners” who can help families identify and break down stated barriers to the adoption of safe infant sleep recommendations.
4. This training is recommended for any support provider who interacts with families on topics of safe sleep and breastfeeding. The goal of this training is to reach as many providers as possible within a family's “circle of support” so that families receive consistent messaging (from multiple sources and multiple times) and resources to collectively impact their safe sleep practices.
5. This training includes information for three common states or patterns of baby behavior including feeding, sleeping, and crying. Providing anticipatory guidance and normalization of these infant behaviors should ideally start in the prenatal period and continue after birth as this helps to support continued exclusive breastfeeding (a top-tier safe sleep recommendation) and implementation of safe sleep practices.

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Training Plan	Evaluation	
<p><b>Section 1: Introduction</b>                      Participants will:</p> <ul style="list-style-type: none"> <li>Introduce themselves and engage with at least one other participant by completing the icebreaker activity.</li> <li>Identify training objectives and outcomes.</li> <li>Identify 3 examples of how adults learn best and increase their self-confidence in role of “trainer” for their community.</li> </ul> <p><b>Topics:</b></p> <ul style="list-style-type: none"> <li>Pre-Work to Follow-up</li> <li>Ice Breaker (Let’s Talk Memory Game)</li> <li>Objectives</li> <li>What Are We Learning today?</li> <li>Adult Education</li> </ul> <p><b>Slides:</b> 1-12  <b>Implementation Guide Pages:</b> 1-3; 16  <b>Materials:</b></p> <ul style="list-style-type: none"> <li>Memory Game Cards</li> <li>Participant Pre-Test</li> <li>Adult Learning Game Handout</li> <li>Online Game Application</li> </ul>	<p><b>Methods</b></p> <p><b>Qualitative Data Collection:</b></p> <ul style="list-style-type: none"> <li>Participant discussion and response to facilitators as observed or reported.</li> <li>(Optional) Facilitators debrief meeting after training is complete.</li> </ul>	<p><b>Measure</b></p> <p>Percent of participants highly engaged in Icebreaker activity.</p> <p>Facilitator response to debrief meeting related to engagement in Icebreaker and Adult Learning game.</p>
	<p><b>Quantitative Data Collection:</b></p> <ul style="list-style-type: none"> <li>Community Training Participant Survey at one week.</li> <li>Participant participation in pre-test.</li> <li>(Optional) Number of logins/users in the Online Game Application.</li> </ul>	<p>Percent of participants who answer “strongly agree” to Post-Training Participation Survey Questions 10, 11, 14 and 15.</p> <p>Percent of participants who participate in the in the training pre-test.</p> <p>(Optional) Percent of participants who participate in online game.</p>

The **Let's Talk Circle of Support** is a system of people, information, and resources related to a person. It can include many types of organizations. It may change based on the needs of the person and available community resources.

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<p><b>Section 2: Why Is Safe Sleep Important?</b>                      Participants will:</p> <ul style="list-style-type: none"> <li>Identify the leading causes of sleep related deaths for infant populations in Texas based on 2020 data.</li> <li>Describe the importance of addressing disparities in infant sleep related deaths in Texas.</li> <li>Identify the Let's Talk approach as a strategy to improve safe infant sleep practices among parents and caregivers.</li> </ul> <p><b>Topics:</b></p> <ul style="list-style-type: none"> <li>Defining the Problem</li> <li>What Does the Data Tell Us?</li> <li>A New Strategy</li> <li>Circle of Support</li> </ul> <p><b>Slides:</b> 13-23  <b>Implementation Guide Pages:</b> 4-7  <b>Materials:</b> n/a</p>	<p><b>Methods</b></p> <p><b>Qualitative Data Collection:</b></p> <ul style="list-style-type: none"> <li>Participant discussion and response to facilitators as observed or reported.</li> <li>Circle of Support Activity</li> </ul>	<p><b>Measure</b></p> <p>Percent of participants highly engaged in <b>Let's Talk - Circle of Support</b> activity.</p>
	<p><b>Quantitative Data Collection:</b></p> <ul style="list-style-type: none"> <li>Community Training Participant Survey at one week.</li> <li>Participant participation in pre-test.</li> </ul>	<p>Percent of participants who answer "strongly agree" to Post-Training Participation Survey Questions 8, 9, 10, and 13.</p> <p>Percent of participants who answer the Post-Test questions 1 and 2 correctly.</p>

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<p><b>Section 3: What Do We Know?</b>                      Participants will:</p> <ul style="list-style-type: none"> <li>Classify safe infant sleep practices as myth or fact.</li> <li>Describe recommendations that support safe infant sleep practices.</li> <li>Describe normal infant behaviors that may impact parent and caregivers' adoption of safe infant sleep practices.</li> </ul> <p><b>Topics:</b></p> <ul style="list-style-type: none"> <li>Baby Behaviors</li> <li>Recommendations</li> <li>Myth vs. Fact</li> </ul> <p><b>Slides:</b> 24 - 67  <b>Implementation Guide Pages:</b> 15; 18-21  <b>Materials:</b> Example of Let's Talk – Safe Infant Sleep discussion guides.</p>	<p><b>Methods</b></p> <p><b>Qualitative Data Collection:</b></p> <ul style="list-style-type: none"> <li>Participant discussion and response to facilitators as observed or reported.</li> </ul>	<p><b>Measure</b></p> <p>Percent of correct responses during the Myth vs. Fact game.</p>
	<p><b>Quantitative Data Collection:</b></p> <ul style="list-style-type: none"> <li>Community Training Participant Survey at one week.</li> <li>Participant participation in pre-test.</li> </ul>	<p>Percent of participants who correctly answer Pre-test and Post-Test Questions 3, 4, 5, 6, 7, 8, 9, and 10.</p> <p>Percent of participants who answer "strongly agree" to Post-Training Participation Survey Questions 8 and 9.</p>

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<p><b>Section 4: Helping Your Community</b>                      Participants will:</p> <ul style="list-style-type: none"> <li>Describe opportunities to incorporate self-reflection into their work with parents and caregivers.</li> <li>Identify barriers that impact their support of parent and caregivers.</li> <li>Describe the importance of developing a plan with parents and caregivers to support safe infant sleep practices.</li> <li>Identify people or organizations in their community's Circle of Support that can have conversations or provide resources to parents and caregivers.</li> </ul> <p><b>Topics:</b></p> <ul style="list-style-type: none"> <li>Self-reflection survey</li> <li>Breaking down barriers</li> <li>Adding the Let's Talk Approach</li> <li>Toolkit resources</li> </ul> <p><b>Slides:</b> 78-87  <b>Implementation Guide Pages:</b> 8-23  <b>Materials:</b> Self-reflection Survey; Examples of Let's Talk – Safe Infant Sleep materials {Circle of Support; Infographic; When Time Matters; Parent and Caregiver Plan; Community Resources}</p>	<p><b>Methods</b></p> <p><b>Qualitative Data Collection:</b></p> <ul style="list-style-type: none"> <li>Participant discussion and response to facilitators as observed or reported.</li> </ul>	<p><b>Measure</b></p> <p>Percent of participants highly engaged in discussions about Self-Reflection, Breaking Down Barriers, Helping Parents and Caregivers Plan for Safe Sleep, and Who Can Have Conversations.</p>
	<p><b>Quantitative Data Collection:</b></p> <ul style="list-style-type: none"> <li>Community Training Participant Survey at one week.</li> </ul>	<p>Percent of participants who answer "strongly agree" to Post-Training Participation Survey Questions 10, 11, 12, and 14</p>

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<p><b>Section 4 (A): Practicing Our Approach</b>                      Participants will:</p> <ul style="list-style-type: none"> <li>• Model the Let's Talk approach with a partner.</li> <li>• Select two Let's Talk toolkit materials to use in their conversation practice.</li> <li>• Discuss two common concerns parents or caregivers may face when adopting safe infant sleep practices.</li> </ul> <p><b>Topics:</b></p> <ul style="list-style-type: none"> <li>• Using the <b>Let's Talk – Safe Infant Sleep</b> toolkit.</li> <li>• Modeling the approach</li> </ul> <p><b>Slides:</b> 88-90  <b>Implementation Guide Pages:</b> n/a  <b>Materials:</b> Memory Game; Sample Script; Timer;                      Participants may also select tools from the Let's Talk – Safe Infant Sleep toolkit if available.</p>	Methods	Measure
	<p>Qualitative Data Collection:</p> <ul style="list-style-type: none"> <li>• Participant discussion and response to facilitators as observed or reported.</li> </ul>	<p>Percent of participants highly engaged in Let's Talk – Safe Infant Sleep conversation practice activity and discussion.</p>
	<p>Quantitative Data Collection:</p> <ul style="list-style-type: none"> <li>• Community Training Participant Survey at one week.</li> </ul>	<p>Percent of participants who answer “strongly agree” to Post-Training Participation Survey Questions 11 and 15.</p>

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<p><b>Section 6: Training Your Community</b>            Participants will:</p> <ul style="list-style-type: none"> <li>Identify two tools developed to support their implementation of the Let's Talk approach.</li> </ul> <p><b>Topics:</b></p> <ul style="list-style-type: none"> <li>Tools for planning and measuring your work.</li> <li>Follow-up activities</li> </ul> <p><b>Slides:</b> 91-96  <b>Implementation Guide Pages:</b> 25-27  <b>Materials:</b> n/a</p>	<p><b>Methods</b></p> <p>Qualitative Collection:</p> <ul style="list-style-type: none"> <li>Participant discussion and response to facilitators as observed or reported.</li> </ul>	<p><b>Measure</b></p> <p>Percent of participants highly engaged in Planning, Goals, and Support discussion.</p>

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<p><b>Section 7: Closing</b>                      Participants will:</p> <ul style="list-style-type: none"> <li>Describe identify resources to support their implementation of the Let's Talk – Safe Infant Sleep Community Training.</li> </ul> <p><b>Topics:</b></p> <ul style="list-style-type: none"> <li>Post-Test</li> <li>Post-training Participation Survey</li> <li><b>Let's Talk – Safe Infant Sleep</b> questions.</li> <li>Resources and Contacts</li> </ul> <p><b>Slides:</b> 97-103  <b>Implementation Guide Pages:</b> 28-30  <b>Materials:</b> participant survey; participant post-test</p>	<p><b>Methods</b></p> <p>Qualitative Collection:</p> <ul style="list-style-type: none"> <li>Participant discussion and response to facilitators as observed or reported.</li> </ul>	<p><b>Measure</b></p> <p>100 percent of participants completing the Post-Test Survey.                      Percent of participants who provided a response in to the optional “What I Learned Today” closing activity.</p>

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