

Have a Good Night's Sleep: Keep Baby Close *and* Safe



Using Motivational Interviewing to Promote Safe Sleep

Ask Permission

- “Can we take a few minutes to talk about keeping your baby safe when he/she sleeps?”
- “I have some new information on infant sleep; can I share it with you?”

Ask an Open-Ended Question – Listen – Summarize

“Since it can be confusing, tell me what you know about protecting your baby while he/she sleeps.” or “Where does your baby sleep now?” and “Where did your other children sleep when they were infants?”

Offer Options and Elicit Patient Choice

“In the past many people thought sleeping with their baby was safe AND (NOT “BUT”) now we're learning that babies have died when sleeping next to their parents in bed.”

“In the last nine years (2006 -2014) 29 babies died while sleeping. Sharing a bed with another person and/or soft bedding (blankets, pillows, etc.) was noted in 86% of the deaths.”

“There are a number of ways to help keep your baby safe and close to you during sleep.”

- Keep your baby’s crib in the same room near your bed.
- Begin on your baby’s first day of life by always placing your baby on his/her back to sleep in the crib.
- Breastfeed your baby and return your baby to his/her crib after feedings.
- Keep blankets, pillows, toys, bumpers out of the crib to prevent your baby from smothering.

“Is there one of these you’d like to discuss further today? Do you have questions about things you’ve heard?”

Assess Readiness – Listen and reflect after each question.

“On a scale from 0 to 10, how important do you think it is to place your baby in his/her crib for sleep?”

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

- Straight question: “Tell me about what “5” (or 1 or 10...) means to you.
- Backward question: “Why a 5 and not a 3? - What are the things you like about having your baby in your bed? - What are the things you don’t like about your baby sleeping with you?”
- Forward question: “What would it take to move you from a 5 to a 7?”
- Reflect. If parent says “I really like cuddling to sleep with my baby but I would feel terrible if something happened to him/her.”; possible response: “You really want your baby to be safe”; then say: “anything else?”
- Summarize and then ask: “Did I get it all?”

Show Appreciation/ Acknowledge willingness to discuss change:

- Comment on ANY, even small, positive change in attitude – **look for “change talk” & reinforce it!**
- “Thank you for being willing to talk about this important subject.”

Offer advice, emphasize choice, and express confidence:

“As a nurse/social worker I want your baby to be safe. I advise you that it is safest for your baby to sleep on his/her back in a crib close to your bed. This is your choice and I am confident that if you decide that this is important, you will find ways to work this into the way you care for your baby.”

Confirm next steps and arrange for follow up:

- Help with securing a crib
- Risk reduction for parents who choose to co-bed:
 - Sleep on a firm mattress without pillows, blankets or other bedding that could cause suffocation.
 - Do not have the baby sleep between parents or have other children & pets in the bed.
 - Maintain a smoke-free environment.
 - Never bed-share after using alcohol, medications or drugs that reduce one’s ability to arouse or respond.
 - Have an alternative safe place for baby to sleep during the day, in case of illness, parental fatigue or impairment. Never leave a baby alone on an adult bed, a sofa, armchair, or beanbag.