

Note to Learner: The Institute for Advancement of Family Support Professionals encourages you to complete the training and activities with the support of your supervisor. The notes below will guide you in preparing to take the training, following up with your supervisor after the training, supporting transfer of learning into daily practice, and extending learning through individual supervision.

Ongoing: View the Professional Development Program and each EIV training module as an investment in skills and knowledge to help improve home visitor effectiveness.

Before the training:

- Learner and supervisor review course objectives and home visitor competencies
- Learner rates knowledge of learning objectives

During the training, the learner:

- Completes activities
- Reflects on own response
- Identifies questions and concerns
- Completes post-training evaluation

After the training:

- Learner:
 - Rates knowledge of learning objectives
 - Completes post-training activities, as required
 - Develops an action plan for applying skills and knowledge in daily practice
 - Meets with supervisor to:
 - Review pre- and post-training activities
 - Discuss reflections, questions, and concerns
 - Review action plan for applying skills and knowledge in daily practice
 - Assess personal learning goals, transfer of learning, and action plan

This 60-minute online module will prepare family support professionals to educate expecting and new parents about safe sleep for infants. The training discusses risks associated with sleep-related death and describes a safe sleep environment. Users will learn strategies and tips for talking with families about safe sleep.

National Family Support Competencies addressed:

Domain 2: Child Health, Safety and Nutrition

Dimension 8 – Safe environments for young children

Component a: Safe sleeping

Safe Sleep

Learning Guide for Professional Development

Before the Training

Rate Your Knowledge (Scale of 0 to 5, 0 = no knowledge, 5 = significant knowledge)

Learning Objective	Before the Training	After the Training
Understand the basic sleep patterns of infants		
Identify the risk factors for unsafe sleep		
Describe prevention and education techniques for families		

My personal learning goals for this training are:

1. _____
2. _____
3. _____

After the Training

Reflections on what I learned:

Questions and concerns I identified:

Action Plan: (Each learner’s plan will be unique. To get you started, some ideas are listed below.) As a result of this training, I will...

- With my colleagues, practice using the three-step counseling strategy to talk about safe sleep.
- Research resources for safe cribs, bassinets or portable cribs in my community.

My Action Plan

Action	Target Date	Date Completed

Developed in Partnership by: