

## Extend Your Learning Resources

**American Academy of Pediatrics:** Explore the AAP's Safe Sleep resource page which includes their Policy Statement, links to videos and free trainings, and links to grief or bereavement resources for parents: <https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/healthy-child-care/Pages/Safe-Sleep.aspx>

**Centers for Disease Control and Prevention:** This landing page has a 1 minute video on safe sleep as well as statistics and infographics outlining safe sleep practices and their importance: <https://www.cdc.gov/vitalsigns/safesleep/index.html>

**Healthychildren.org - Sleep:** Created by the AAP, this website is targeted at parents and is available in English and Spanish. This link takes you to the Sleep page, with several articles related to sleep and children:  
<https://www.healthychildren.org/English/healthy-living/sleep/Pages/default.aspx>

**Healthychildren.org – Safe Sleep:** Created by the AAP, this website is targeted at parents and is available in English and Spanish. This link takes you to the Infant Sleep page, with dozens of articles related to safe sleep, including best sleep positions, sleep equipment, and appropriate sleep equipment: <https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/healthy-child-care/Pages/Safe-Sleep.aspx>

**National Sleep Foundation:** This page contains links to several articles related to children and sleep. <https://www.sleepfoundation.org/articles/children-and-sleep>

**Safe Sleep for Babies (video) Healthychildren.org:**  
<https://www.healthychildren.org/English/ages-stages/baby/sleep/Pages/Safe-Sleep-for-Babies.aspx>