

Approved CARES Plus Component A Training

Title: Safe Sleep and Sweet Dreams for Infants – Online **Approved:** May 23, 2016

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Training Information

- **Type:** Locally developed
- **Delivery Method:** Online
- **Length:** One two-hour session
- **Availability:** Statewide
- **Language:** English
- **Age-level Focus:** Infant, Toddler, Preschool, and Kindergarten
- **Cost:** \$30 per person (individual and group member discounts)

Training Description: Participants will learn about Sudden Infant Death Syndrome (SIDS) and other sleep-related causes of infant death, specific strategies to reduce the risk, how to create a safe sleep environment, and how to educate families about SIDS risks.

Training Methods: Lecture, handouts, demonstration and practice during training, written reflection, required reading, self or program assessment, facilitated peer discussion, interactive learning activities, quizzes, games, videos, case studies, and examples.

Learning Objectives

Competency Area	Performance Area	Topic/Competency Context(s)
Health, Safety, and Nutrition	Environmental health and safety	Environmental health and safety policies and practices
Health, Safety, and Nutrition	Child and family health	Sleep and rest

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Training Provider: First 5 California-Approved Statewide Training

Training Category (Competency): Health, Safety, and Nutrition

Training Topic: Physical Activity