



Commonwealth of the Northern Mariana Islands Department of Community and Cultural Affairs

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Prevention of Sudden Infant Death Syndrome and use of Safe Sleep Practices and Prevention of Shaken Baby Syndrome, Abusive Head Trauma, and Child Maltreatment

On Saturday, October 08, 2022, Maricar I. Pena, Evergreen Learning's Quality Care Specialist, conducted training on the required health & safety training topics, (1) **Prevention of Sudden Infant Death Syndrome and Use of Safe Sleep Practices**, and (2) **Prevention of Shaken Baby Syndrome, Abusive Head Trauma, and Child Maltreatment**. A total of twelve participants in the morning session and fourteen participants in the afternoon session from three Saipan-based centers participated in each two-hour session held at the Evergreen Learning Training Center, Chalan Kanoa.

During the morning session on the **Prevention of Sudden Infant Death Syndrome and the Use of Safe Sleep practices**, participants learned the factors that have been linked to sudden infant death, the ways to reduce the risk, and explored practices that create a safe sleep environment for babies.

While attending the afternoon session on the **Prevention of Shaken Baby Syndrome, Abusive Head Trauma, and Child Maltreatment**, participants learned the dangers of shaking babies and causing abusive head trauma, they also learned to identify strategies for coping with and calming a crying baby.

The Child Care Reauthorization Act of 2014 requires that all DCCA - Child Care Development Fund (CCDF) Program childcare providers must complete preservice training requirements in 12 health and safety topic areas before they are allowed to be left alone to supervise young children. The topics of Prevention of Sudden Infant Death Syndrome and Use of Safe Sleep Practices, and Prevention of Shaken Baby Syndrome, Abusive Head Trauma, and Child Maltreatment meet two out of the 12 required training.

