



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

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Unpacking the Safe Sleep Checklist TRAINING

Evergreen Learning Coach, Erlaine Evangelista conducted a two-hour training to fifteen childcare providers. The titled training *Unpacking the Safe Sleep Practices Checklist*. During this training providers went through line by line the *Safe Sleep Checklist* used for all childcare programs under the Child Care and Development Fund (CCDF) in efforts to assess quality practices for safe sleep. The checklist helps ensure infants and older children are safe during their nap routine by eliminating factors aimed to prevent the risk of an infant from suffering sudden infant death syndrome or spreading of illnesses between older children. Participants identified different scenarios and pointed out factors that put children at risk such as a young infant laying on their stomach during nap, or toys and blankets in a crib, etc.... Participants had the chance to observe both a safe sleep and unsafe sleep environment and discussed what made the environment unsafe and what can be done to make it a safe sleep environment using the materials provided during the training.

This training is available through CCDF's Reach Higher CNMI, initiative, the CNMI's version of the Quality Rating and Improvement System (QRIS). A systematic approach to assess, improve, and communicate the level of quality in early childhood and school-age care and education programs. It is made possible through funding from the Department of Health and Human Services, Office of Child Care, CNMI CCDF Program under the Department of Community and Cultural Affairs.

