

Safe Sleep: An Annotated Bibliography

A selected listing of titles available on this topic from the Early
Childhood Training Center's Media Center



NDE Early Childhood Training Center

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Books

Guide to Your Child's Sleep: Birth through Adolescence, George Cohen, New York: Villard Books, 1999. The American Academy of Pediatrics has collected in these pages the best advice on getting newborns, toddlers, and school-age children to sleep. Packed with practical tips, this guide offers invaluable information, answers questions from parents, and provides reassuring advice for preventing SIDS, getting your baby to sleep through the night, and solving sleep-wake problems. Above all, the Academy weighs in on the controversies over the most popular child-sleep advice by evaluating the pros and cons of these conflicting theories—enabling parents to make the best decisions for their families.

Happiest Baby on the Block. Los Angeles: The Happiest Baby, Inc., 2006. Dr. Harvey Karp shares his five steps to elicit the calming reflex for crying and fussy babies.

Out of the Box Training: SIDS: Saving Babies in our Communities—A Change of Position, A Change in Tradition, Exchange Press, Redmond, WA: Author, 2005. This kit helps teachers understand the risk factors associated with Sudden Infant Death Syndrome and ways to reduce the incidence of SIDS. The target audience for this kit is beginning teachers working with children from birth to 12 months. It is designed to train teachers of infants to recognize the risk factors associated with SIDS and to put babies under the age of 12 months to sleep on their backs to reduce the incidence of SIDS.

Reducing the Risk of SIDS in Child Care: Training for Child Care Providers, American Academy of Pediatrics, Elk Grove Village, IL: Author, 2004. This training for child care providers was created through the Healthy Child Care American Back to Sleep Campaign to decrease occurrences of Sudden Infant Death Syndrome through awareness of preventive methods.

Understanding Children: The Guidebook for Children 0 to 3, Richard Saul Wurdman, Chicago: Civitas, 2002.

Understanding Children takes on the most relevant child development topics including healthy sleep, children at risk, child care, brain development and play and explains and simplifies the latest research on that topic. Brimming with hundreds of facts, checklists, charts and tips, *Understanding Children* helps you quickly find everything you need to know about young children.

DVDs

Happiest Baby on the Block. (2006). Los Angeles: The Happiest Baby, Inc. In this DVD, Dr. Harvey Karp shares his five steps to elicit the calming reflex in crying and fussy babies. This DVD includes a demonstration of the five steps in a 38-minute program in both English and Spanish, and 60 minutes of bonus calming sounds.

I Am Your Child: Safe from the Start/Soy Tu Hijo: Seguros desde el inicio, Beverly Hills, CA: Parents Action for Children, 2000. Childhood is a time of growth, experimentation and learning. Although a few bumps and scrapes are to be expected along the way, there are many things parents and caregivers can do to help prevent serious childhood injuries. This video provides helpful information about car seats and car safety; feeding and food safety; sleep/bedtime; bath time and bathroom hazards;

Some descriptions have been provided by the publishers or vendors.

childproofing at home; toy safety; kitchen safety; safety outside the home, and gun safety. Hosted by Gloria Estefan. This DVD is available in both English and Spanish. 23 minutes.

Infants: Physical Development. (2010). Chicago: Learning Seed. Watch our cast of infants as they begin to explore their world and reach different milestones along the way. Learn how a baby's brain develops and what activities help stimulate healthy brain growth. Also learn the importance of proper nutrition and sleep in the first year. See how infants rely on their innate reflexes and how gross and fine motor skills emerge in typically developing children as well as those with challenging conditions.

CD

Happiest Baby on the Block. Los Angeles: The Happiest Baby, Inc., 2006. This CD offers five tracks of calming white noise to calm your baby and dramatically improve the sleep of your infant or toddler. The tracks can be played individually, in combination, or repeated for hours as your child settles into a deep level of relaxation.