Memorandum

#10-176

TO: WIC Regional Directors
    WIC Local Agency Directors

FROM: Linda Brumble, Unit Manager
       Nutrition Education/Clinic Services Unit
       Nutrition Services Section

DATE: December 17, 2010

SUBJECT: Safe Sleep for Babies Recommendations

The Department of State Health Services (DSHS) and the Department of Family & Protective Services (DFPS) have partnered together to research safe sleep practices and develop Safe Sleep for Babies resources. Please visit the DSHS Safe Sleep website for WIC participant education materials and WIC staff education resources, at: http://dshs.state.tx.us/mch/#Safe Sleep.

The following Safe Sleep resources are available:

• **Downloadable handouts for parents** - In English and Spanish.
• **Community Training** - This training been presented by DFPS representatives to some East Texas WIC local agencies. Because there are very few DFPS representatives available to present the training, it has also been added as a break out session at the 2011 Nutrition and Breastfeeding Conference.
• **Texas Infant Sleep Study** - Provides baseline data on infant sleep practices, including sleep position, sleep surface, and bed-sharing.

The Department of State Health Services continues to recommend co-sleeping in the form of room sharing however, not bed-sharing. All WIC materials have been revised to reflect the new DSHS safe sleep recommendations.

If you have questions about the new Safe Sleep resources, please contact Tracy Erickson, WIC Breastfeeding Coordinator, at (512) 341-4521, or tracy.erickson@dshs.state.tx.us, or Maria Pena, Women's and Perinatal Health Coordinator, Office of Program Decision Support, Division of Family and Community Health Services at (512) 458-7111, extension 6965 or maria.pena@dshs.state.tx.us.