

# Let's Talk - *Recommendations*

## Topic- Specific Discussion Guides

### How to use

The DSHS **Let's Talk - *Recommendations*** topic-specific discussion guide is a series of 20 individual documents that can be used as a printed guide or digitally. The topics align with the 2022 American Academy of Pediatrics (AAP) recommendations for safe infant sleep and expand to include normal baby behavior.

#### Front Side (Blue)

- This document is designed to **share with parents and caregivers** who may need more information on a specific recommendation.
- **Visuals** are included to help parents and caregivers learn.
- A list of facts support the topic and **help expand the conversation to uncover barriers** the person may face.
- The bottom right corner provides a **reference point** for other developed topic guides that relate to the topic and may be explored.

#### Back Side (Green)

- This document is designed for **use by community partners** who provide safe infant sleep education.
- This guide includes **family and caregiver concerns and guidance** on how to address the concern through conversation.
- It is important to **actively listen** to parents and caregivers when they express any worries about their ability to address safe sleep recommendations and help them to **develop a plan** to address their stated barriers.
- **Use** with the **Let's Talk - Parent and Caregiver Plan** and **Community Resource** documents to help parents and caregivers **develop a plan** and **provide referrals** they may need to adopt recommendations.

