



## ET 1: Reducing the Risk of SIDS in Child Care (AAP)

### LEARNING OBJECTIVES

- Define SIDS and SUID
- Identify behaviors that increase the risk of SIDS and sleep related infant deaths
- Explain common beliefs and misconceptions about SIDS
- List resources that can help you reduce the risk of death for the infants in your care

*This training is one of the Essential Trainings developed or identified by IdahoSTARS to meet our goal of improving child care through professional development. The Essential Trainings are embedded in Steps to Quality, Idaho's Quality Rating and Improvement System and introduce the basics of child development, health & safety, relationships with families & communities, and supporting children with diverse abilities. Think of this training and all Essential Trainings as introductions to a broad subject. You can explore other IdahoSTARS trainings to deepen your knowledge. Scholarships are available through IdahoSTARS to support your ongoing education*

**Caring for our Children, National Health and Safety Performance Standards: Guidelines for Early Care and Education Programs, 3<sup>rd</sup> Edition, <http://cfoc.nrckids.org/>**

### Instructions:

1. View *Instructions for Accessing AAP Training Courses*, available on the IdahoSTARS Distance Learning Page
2. Complete the Training
3. Receive 1 training hour, when you mail, email, or fax a copy of your completion certificate to:

**Mail to:** IdahoSTARS Training Office  
Center on Disabilities and Human Development  
University of Idaho  
1187 Alturas Dr  
Moscow, ID 83843

**Email:** [idahostars@uidaho.edu](mailto:idahostars@uidaho.edu)

4. Complete Training Evaluation in your Provider Training Account

5. Complete the checklist of practices which corresponds with this training and is included in the training materials. You are encouraged to work with your director, other staff members, or co-teachers to complete and reflect on the checklist.