



Training Instructions

ET 1: SIDS: Reducing the Risk in Child Care

1 Training Hour

LEARNING OBJECTIVES

- Identify environments and situations that could be potentially risky for sleeping children
- Recognize the importance of safe sleep practices
- Understand actions that promote safe sleep in the child care setting
- Promote safe sleep practices in your child care center

MATERIALS

Training hours will post to your Training Log after completing all steps (1 through 4) for this training. The completion date reflected on your Training Log will be the date you view the training video.

1. Training video:
 - a. *SIDS: Reducing the Risk in Child Care*
2. Handouts:
 - a. What You Will Learn
 - b. Checklist of Practice

INSTRUCTIONS

- Please note: there is nothing to submit to the Training Office. Your training log will automatically update upon viewing the training video. If you have any questions, please contact the IdahoSTARS Training Office by dialing 2-1-1 or 1-800-926-2588 (the Idaho CareLine).

Step 1: Review Training Instructions

Step 2: Review What You Will Learn training handout

Step 3: Watch training video, *SIDS: Reducing the Risk in Child Care* through your [provider account](#)

Step 4: Complete Checklist of Practice

Additional Training Information

IDAHO EARLY LEARNING EGUIDELINES

Multiple strategies in the Idaho Early Learning eGuidelines emphasize the importance that children are provided with caregivers who interact in consistent and caring ways. These are summarized in the [Guiding Principles](#) and Essential Practices of the [Idaho Early Learning eGuidelines](#).

ESSENTIAL TRAININGS

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.