



Morrison County will provide cost effective, high quality services to county residents in a friendly and respectful manner.

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Sudden Unexpected Infant Death (SUID) – Training Post-Test

Family/program name: _____

Instructions:

View the approved videos (found here: <http://www.anokacounty.us/DocumentCenter/View/6749>), then complete the following post-test. Programs with multiple license holders may complete this together on one form – just make sure both license holders view the videos, sign and date the form. By signing the form you are acknowledging this to be true. Return the completed form(s) to the licensor to verify completion – additional certification is not required.

1. In a typical year in Hennepin County, _____ infant deaths occur in an unsafe sleep environment.
2. True or False: The majority of infant deaths due to unsafe sleeping environments occur in the infant's crib.
3. In order to create a safe sleep environment for infants, the following guidelines should be followed (mark all that apply):
 - A. The child should be alone in the crib.
 - B. Crib bumpers should be used to prevent the infant from injuring themselves during sleep.
 - C. Make sure the infant is warm enough by covering them with a blanket.
 - D. The child should be placed in government approved crib.
 - E. The child should be placed face-up in their crib.
 - F. Place the child in the sleeping position in which they seem most comfortable.
4. True or False: Experts recommend that the infant should sleep in the same room as the caregivers, but not in the same bed.
5. The following types of sleep surfaces are safe for an infant (mark all that apply):
 - A. An adult mattress with the sheet pulled tightly across the mattress
 - B. A couch
 - C. A car seat
 - D. A firm sleep surface in a crib
6. True or False: An infant's mouth must be covered in order to suffocate on a soft sleep surface.

7. Dangers of sharing an adult bed include the following (mark all that apply):
- A. Rolling over on the child.
 - B. An adult inadvertently placing an arm or leg on the child, inhibiting the infant's breathing.
 - C. Babies becoming wedged in between the wall and the bed.
 - D. Soft sleeping surfaces that may cause suffocation.
 - E. All of the above.
8. True or False: As many as 80-90 percent of sudden unexpected infant deaths in the USA are the result of unsafe sleep practices.
9. Which of the following statements is NOT correct?
- A. Use tummy time for play.
 - B. It's alright to sleep a baby on their tummy if the parent approves of the sleeping position.
 - C. Positioning products, such as rolled blankets or wedge devices, should not be used.
 - D. A baby who usually sleeps on their back should never be placed on their tummy to sleep.
10. The following items are safe to have in an infant's crib (mark all that apply):
- A. Blankets
 - B. Pillows
 - C. Loose fitting sheets
 - D. Toys
 - E. Stuffed animals
 - F. None of the above

Date of completion: _____

License Holder: (print)_____ (signature)_____

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