

## Community Training Pre- and Post-Test

Let's Talk training facilitators are encouraged to learn from each training by measuring success and identifying areas to best support community participants. Give this pre- and post-test before and after each community training to measure participant knowledge and self-efficacy change after the Let's Talk - *Safe Infant Sleep* Community Training.

1. SIDS (sudden infant death syndrome) is:
  - a. Caused by silent choking or vomiting while sleeping.
  - b. The second most common cause of death for infants under one year in Texas.
  - c. Is the same thing as SUID.
  - d. Completely preventable.
  - e. None of the above.
2. In Texas, which racial ethnic groups have the highest rates of infant deaths due to SIDS?
  - a. Non-Hispanic White
  - b. Hispanic
  - c. Non-Hispanic Black
  - d. Asian
  - e. Native American
3. Why might room-sharing reduce the risk of sleep-related death?
  - a. Room-sharing supports breastfeeding.
  - b. Room-sharing makes it easier to monitor infant.
  - c. Room-sharing makes it easier for parents to respond to their infant's needs when they wake during the night.
  - d. All of the above.
  - e. None of the above.
4. Which device is recommended for use by parents and caregivers to reduce the risk of SIDS?
  - a. Mat or wearable monitor to measure oxygen
  - b. Wedge or positioner to help the infant sleep on their side
  - c. Memory foam sleep mat that can be inclined
  - d. Pacifier to use for naps and nighttime sleep (once breastfeeding is going well)
  - e. All the above
5. When speaking with parents and caregivers about safe infant sleep practices, you should list all recommendations and be seen as an expert by the parent or caregiver.
  - a. True
  - b. False

6. Parents and caregiver can feed babies “extra” during the day to help them wake up less at night and lower their risk of sleep-related death.
  - a. True
  - b. False
7. A parent or caregiver expresses concerns to you about their infant waking frequently at night. They explain that they have been told infants sleep longer when placed on their stomachs. What can you share in response?
  - a. A baby is more likely to choke and die when sleeping on their stomach.
  - b. A baby has several states of arousal including active sleep, which may make it seem like baby is restless in their sleep.
  - c. Sleep training and feeding large amounts can help babies sleep longer.
  - d. Express support for the parent or caregiver and provide information about normal baby behavior, such as lighter sleep and more frequent awakenings.
  - e. None of the above
8. Infant car seats, swings, carriers, or other devices are approved sleep surfaces.
  - a. True
  - b. False
9. Supervised tummy time when baby is awake is recommended for all infants.
  - a. True
  - b. False
10. Safe sleep practices only work if parents or caregivers follow *all* of the recommendations.
  - a. True
  - b. False

## Community Training Pre- and Post-Test Answer Key

1. E
2. C
3. D
4. D
5. B
6. D
7. D
8. B
9. A
10. B