Clear the Crib Challenge

This is a fun activity to raise awareness of safe infant sleep practices. The participant's goal is to complete the challenge of creating a safe sleep environment as quickly as possible.

What You Need for the Crib Challenge:

- A crib, bassinet, portable crib, or play yard that follows **the safety standards of the Consumer Product Safety Commission: cpsc.gov/SafeSleep**

- Up to 10 pieces of "**crib clutter,**" such as:

  - Baby wipes
  - A bottle
  - A pacifier attached to a string, cord, or toy
  - Soft toys or stuffed items
  - A blanket

  - A book
  - A pillow
  - Extra diapers
  - Extra clothes

- Several acceptable items for the sleep area, such as:
  - A doll or other object to represent a baby—if using something other than a doll, add a "BABY" label to make it clear that the item is the baby.
  - Pacifier by itself not attached to a strong, cord, toy, or the baby doll.
  - Fitted crib sheet.

- Digital or printed copies of the **What Does a Safe Sleep Environment Look Like?**

- A stopwatch, timer app, or other timekeeping device

How to Play the Crib Challenge:

1. Review *DSHS What Does a Safe Sleep Environment Look Like?*

2. **Set up the safety-approved sleep space.** Make sure there is enough room for participants to safely move around the space.

3. **Add up to 10 pieces of crib clutter and at least one piece of the acceptable item(s) to the sleep area.** Spread out and mix up the items within the crib so the participant really thinks about which items belong in the sleep area.

    Tip: Have a box or container nearby (such as a basket or bucket) in which to place items pulled out of the sleep space during the game.

4. **Set a timer for 10 seconds.** Explain to participant(s) that you will give them 10 seconds to **#ClearTheCrib**. Instruct them to remove crib clutter but leave in the acceptable item(s). Before starting the timer, give the participant(s) a 3-2-1 countdown. Once the 10 seconds are up, say "Stop."

    Tip: With the permission of the participant(s), post a recording, using a cell phone camera or a video recording device, of the participant playing the game to social media.

dshs.texas.gov/SafeInfantSleep

5. **Count the number of correct items** the participants(s) removed and left in the sleep space. If multiple people are playing, the individual who removed or left in the most correct items wins! Give the winner a champion certificate and give others participation certificates. Be sure to celebrate all participants for their interest in learning about safe sleep environments.

6. **Educate participant(s)** on safe sleep environments using the *DSHS What Does a Safe Sleep Environment Look Like?*

    During individual support opportunities:
    - Give all participant(s) a copy of the handout and review the handout together.
    - After reviewing with the participant(s), ask participants(s) to identify any information that they have questions about and address questions about the information as needed.
    - Give the participant a handout that includes any community resources available for creating a safe infant sleep space at home.

    For community events or other group settings:
    - Give all participant(s) a copy of the handout, and select and a person to review it out loud.
    - Address questions about the information as needed.
    - Give the participant the handout and any needed community resources for creating a safe infant sleep space at home.

7. **Optional:** Share approved videos and images on social media using the **#ClearTheCrib** hashtag!

Crafting the Ideal Social Post About the Challenge:

- Review the **Before-You-Post Checklists: safetosleep.nichd.nih.gov/resources/toolkit/ safesleepsnap#checklists.**
- Include a safe infant sleep message with your post to help inform your followers about safe sleep for babies.
- **Use messages from Safe to Sleep® (safetosleep.nichd.nih.gov/resources/toolkit/shareable-content)** as inspiration.
- Use **#ClearTheCrib** and **#HealthyTexasBabies** plus other parenting hashtags you follow or use on social media.
- Consider making your social media posts public so they are shareable and visible to others. You can also show support for Sudden Infant Death Syndrome (SIDS) Awareness Month and partners by reposting/retweeting **#ClearTheCrib** posts from others.

Remember to:

• React to **#ClearTheCrib** posts that follow the safe infant sleep guidelines, and congratulate participants and winners.

• Respond to questions and share links to trustworthy **resources (safetosleep.nichd.nih.gov/resources/toolkit/partners)** for more information.

• Respectfully address unsafe sleep messages **(safetosleep.nichd.nih.gov/resources/toolkit/address-unsafe)** that tag you or your organization.

SOURCE
This activity is adapted from the National Safe to Sleep® campaign.
safetosleep.nichd.nih.gov/resources/toolkit/clearthecrib#need

dshs.texas.gov/SafeInfantSleep