

Parent and Caregiver Class Pre- and Post-Test

Let's Talk community educators are encouraged to learn from each training by measuring success and identifying areas to support parent and caregiver participants. Give this pre- and post-test before and after each class to measure participant knowledge change after the Let's Talk - *Parent and Caregiver Class*.

1. The term SIDS is used to describe the death of baby:
 - a. From suffocation by blankets.
 - b. From suffocation due to a parent rolling over on them.
 - c. From an unexplained cause.
 - d. None of the above
2. Placing your baby to sleep on a soft surface like a waterbed, pillow, or sofa is **not** dangerous.
 - a. True
 - b. False
3. Feeding your baby only human milk for the first six months provides protection from sudden infant death syndrome (SIDS).
 - a. True
 - b. False
4. The safest place for your baby to sleep at night and during naps is:
 - a. In a bed with a parent or caregiver.
 - b. Alone on a flat, firm, level, and safe sleep surface.
 - c. Strapped into a car seat and or infant carrier.
 - d. In a crib or safety-approved sleep surface with a positioner to keep them from rolling.
 - e. None of the above
5. Sleep-related deaths for babies can be due to accidents like suffocation, entrapment, and/or strangulation.
 - a. True
 - b. False
6. Which items are safe to place in your baby's crib while baby is are sleeping?
 - a. A stuffed animal
 - b. A blanket
 - c. A breathing monitor
 - d. A hat
 - e. None of the above

7. If your infant falls asleep in a sitting device like a car seat or swing, you do not need to wake them up or move them to a crib.
 - a. True
 - b. False
8. If babies always sleep on their backs at home, it is okay for caregivers like babysitters or child care staff to place babies on their stomachs to sleep.
 - a. True
 - b. False
9. Your baby can get too hot and have trouble waking up and getting oxygen when:
 - a. The room temperature is too warm for a lightly clothed adult.
 - b. Your baby is wrapped or covered in a blanket.
 - c. Your baby wears a hat, or your baby's face is covered.
 - d. All of the above
 - e. None of the above
10. Recommendations for safe sleep practices only work if you follow all recommendations.
 - a. True
 - b. False

Parent and Caregiver Class Pre- and Post-Test Answer Key

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