

Overview

The NEST Resource Hub is a curated collection of practical, evidence-based resources to support safe sleep before discharge. It brings together trusted web resources, short videos, and caregiver-friendly materials to help answer common questions, navigate real-life challenges, and support families in creating a safer sleep environment at home. These resources are designed to complement the NEST toolkit and support consistent, family-centered care during the transition from hospital to home.

Safe Sleep for New Families

Resource Name	Description
Safe Sleep Academy Video Library - Cribs for Kids	Cribs for Kids Video library Short, family-friendly videos on safe sleep education, modeling, and common caregiver questions. Most videos also available in Spanish.
Safe Sleep for Your Baby (10:00) Safe Sleep For Your Baby (1:00) Sueño Seguro para Su Bebé (10:00)	NICHHD YouTube videos These videos explain safe sleep recommendations and practices to help reduce the risk of SIDS and other sleep-related infant deaths. Available in full-length (10-minute), short (60-second) versions, and Spanish.
How to Keep Your Sleeping Baby Safe: AAP Policy Explained	AAP Printable web page AAP safe sleep policy explained in plain language, including clear guidance on back sleeping, safe sleep surfaces, room sharing, and other ways to reduce the risk of sleep-related infant death.
Safe or Not Safe Photo Quiz	Cribs for Kids Safe or Not Safe Photo Quiz (interactive tool) An interactive image-based quiz to practice identifying safe and unsafe infant sleep environments.
Understanding SIDS: What Science Shows About Vaccines, Safe Sleep, & Infant Health	AAP YouTube video (0:50) Briefly explains suffocation risk in sleep-related deaths and explores relationship between SIDS and vaccination.
The 5 S's for Soothing Your Baby	Lurie Children's Hospital Printable discharge handout Explains the "5 S's" soothing techniques to help calm fussy babies, including swaddling, side holding, shushing, swinging, and sucking, with reminders about safe sleep.
Calming a Fussy Baby	Texas Dept of Family & Protective Services YouTube video (2:15) A light, relatable look at common reasons babies cry and simple ways caregivers can respond.
How to Calm a Fussy Baby: Tips for Parents & Caregivers	HealthyChildren.org (AAP) Printable web page Step-by-step tips for calming a fussy baby, with guidance on soothing techniques, feeding, sleep, and caregiver self-care.
Safe Sleep Tips for Sleep-Deprived Parents	HealthyChildren.org (AAP) Printable web page Practical, realistic safe sleep tips for tired caregivers, focused on simple routines and easy ways to keep babies safe.
Fussy Baby Network Colorado Fussy Baby Network Colorado (Spanish)	CU Anschutz Support program and warm line These flyers are for free, confidential support for families navigating a fussy baby, including phone support, home visits, and virtual visits across Colorado.

Supporting Safe Sleep in Different Scenarios

Resource Name	Description
Safe Sleep Academy Video Library - Cribs for Kids	Cribs for Kids Video library Short, family-friendly videos addressing safe sleep in everyday and higher-risk situations, including nighttime feeding and soothing, caregiver fatigue, room-sharing vs. bed-sharing risks, substance exposure, supporting new caregivers, infant falls, sleep positioning and choking concerns, home sleep space design, and crib or sleep surface setup.
Let's Talk - Safe Infant Sleep Toolkit	Texas Health and Human Services Conversation guide library A collection of short, practical guides to support conversations about back sleeping, safe sleep surfaces, room sharing, breastfeeding, crib safety, pacifiers, smoke and vape exposure, substance use, overheating, prenatal care, baby check-ups, devices, tummy time, swaddling, infant behavior, feeding cues, sleep training, emergencies, and special health needs.
NICU Safe Sleep	Children's Hospital CO YouTube playlist (4 videos; ~1:30 each) Brief, family-friendly videos on safe sleep in the NICU, progressing toward home, and preparing families for safe sleep after discharge.
Breastfeed Your Baby to Reduce the Risk of SIDS Amamante a su bebé para reducir el riesgo del síndrome de muerte súbita del bebé	NICHD YouTube video (1:20) Explains how breastfeeding can reduce SIDS risk and highlights safe sleep practices while feeding. Also available in Spanish.
When a Crib Isn't Available	Louisiana Department of Health Web page A helpful visual for families who do not yet have a crib or bassinet before discharge, showing safe temporary sleep options in emergency or unstable housing situations.
Cribs for Kids Cribette Program	Cribs for Kids Partnership program Outlines the process for organizations to become certified partners and order safe sleep equipment for families.
What does smoking or vaping have to do with safe sleep? Safe Sleep FAQs	UNC Collaborative for Maternal Infant Health (CMIH) YouTube video (1:15) Explains how smoking and vaping increase sleep-related risks and why a smoke-free environment matters for safe sleep.
Nicotine Use Treatment Resources	UC Anschutz Resource list Compiled list of state and national nicotine cessation supports.
SmokefreeMOM	Smokefree.gov Text messaging program A free text messaging program for pregnant people who want to cut back or quit smoking, offering daily tips and encouragement to support a smoke free pregnancy.
2Morrow	2Morrow Health Digital tobacco cessation program A digital program that provides personalized, evidence based coaching to help people reduce cravings, change habits, and quit tobacco.
Safe Sleep for Substance Exposed Infants	Cribs for Kids YouTube video (3:11) Explains safe sleep considerations for infants exposed to substances and how to reduce sleep-related risks.
Risk Factors & Protective Factors	NICHD Printable web page Explains common risk factors for sleep-related infant death and how caregivers can lower risk.
7 Essential Tips to Make Co-Sleeping Safer	Emma Hubbard YouTube video (5:14) A risk-reduction video for families who have bed shared or may, reinforcing that recommended safe sleep is always on the back in a separate sleep space, while offering realistic tips to reduce risk if co-sleeping occurs. Always shared alongside clear AAP safe sleep recommendations.

Safe Sleep Across Cultures & Communities

Resource Name	Description
NIH Safe to Sleep Print and Download Materials	NIH Safe to Sleep Campaign Printable materials and handouts Free, downloadable booklets, handouts, and infographics to help families and caregivers learn about safe infant sleep and share safe sleep information. Includes materials for parents and caregivers, grandparents, Black /African American families, American Indian/Alaska Native families, and resources in Spanish, French, and Arabic.
Safe Infant Sleep and Breastfeeding Myths and Facts (10 languages)	NICHQ Printable multilingual conversation tools Myth-versus-fact resources to support conversations with families about safe sleep and breastfeeding, available in Amharic, Arabic, Chinese, French, Haitian Creole, Igbo, Korean, Somali, Spanish, Tagalog, and Vietnamese.
Safe Sleep Comics	UNC Center for Maternal and Infant Health Printable comic (multiple languages) A visual, easy-to-understand safe sleep comic available in English, Spanish, Arabic, Chinese, French, Hindi, and Vietnamese.
Reducing SUID Risk	Spokane Regional Health District Safe sleep planning resources An evidence-based page that helps families create a safe sleep plan to reduce SUID risk, with clear recommendations and brief instructional videos. Includes printable flyers and booklets in English, Marshallese, Russian, Simplified Chinese, Somali, Spanish, Tigrinya, and Ukrainian.
Safe Infant Sleep for Grandparents and Other Trusted Caregivers Sueño seguro para los bebés	NICHD YouTube video (2:10) Explains safe sleep basics and how grandparents and caregivers can help reduce the risk of sleep-related infant death. Also available in Spanish.
BWPC Safer Infant Sleep Tips for Parents & Caregivers	Black Wellness & Prosperity Center YouTube video (12:21) A caregiver-focused video offering clear, realistic guidance to help reduce sleep-related infant death risk.
Black Infant Health - What is SIDS?	Black Infant Health Printable discharge handout A family-friendly handout for bedside education and discharge packets covering SIDS, safe sleep basics, and key risk-reduction steps.
Don't Sleep on Safe Sleep Fathers Edition	EveryOne Reach One YouTube video (Fathers Edition) A father-focused safe sleep video created by and for Black fathers, sharing the ABCs of infant safe sleep and the role dads play in protecting their babies.
Families Forward Resource Center Healthy Babies, Strong Families	Families Forward Resource Center Culturally responsive family support Provides free doula, lactation, mental wellness, prenatal, postpartum, and fatherhood supports, including programming designed for Black families.
Babies Sleep Safest on Their Backs (choking risk explained) (English & Spanish)	CPCQC (Adapted from NYS DOH & NICHD) Printable Anatomy-Based Safe Sleep Visual A clear visual that explains why babies are less likely to choke when sleeping on their backs. Available in English (page 1) and Spanish (page 2).
Honouring Our Babies Safer Sleep Cards	Perinatal Services BC Safer sleep cards and conversation guide (Indigenous families) A set of culturally concordant illustrated cards with facilitator notes to guide meaningful, community-centered safe sleep conversations.
Infant Safe Sleep Parenting Resources	Inter-Tribal Council of Michigan Family resource webpage Culturally responsive safe sleep resources (digital stories, discharge handouts, and smoking cessation support) for Native parents and caregivers.
Mandarin - Safer sleep for babies	Lullaby Trust YouTube video (1:06) Safe sleep guidance for babies presented in Mandarin, with subtitles and voiceover.

Human Impact & Lived Experience

Resource Name	Description
SIDS Can Happen to Anyone - A Pediatrician's Story	AAP YouTube video (2:35) A pediatrician shares his family's experience with SIDS and explains why placing babies on their backs, in their own crib, near an adult bed helps save lives.
Shayna Raphael - Cribs for Kids	Cribs for Kids TikTok video (2:27) A parent shares her family's story of loss and advocacy, highlighting how education and small steps can help protect babies during sleep.
Mom hopes baby's co-sleeping death warns others	News video segment YouTube video (2:39) A mother shares her family's story after losing her baby during co-sleeping, hoping to raise awareness and prevent similar tragedies.
MyStory Jenn & James	California Department of Public Health YouTube video (5:21) A parent story from the California SIDS Program highlighting the real-life impact of sleep-related infant death.
SIDS Stories	Seattle Children's Hospital Web page Stories from families honoring their children, sharing lived experience, and raising awareness to help prevent sleep-related infant deaths.
Angel Eyes	Angel Eyes (formerly Colorado SIDS) Community organization Nonprofit offering free, professional grief support to families after the loss of a pregnancy, infant, or young child.
Adam's Purpose	Adam's Purpose Community organization Denver-area nonprofit providing culturally responsive grief support (including peer support groups, therapy, and family healing circles) for Black families and communities of color after the loss of a child.

last updated May 7, 2026